

# YOUR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

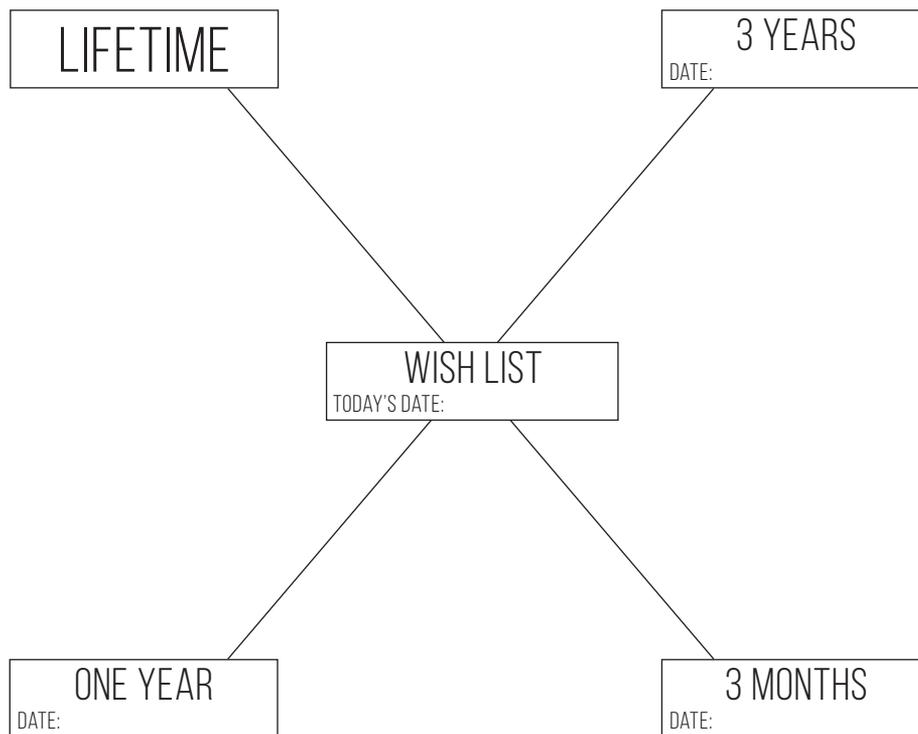
## 1. MAKE A WISH LIST

Set a timer for five minutes. For the next five minutes, imagine that this piece of paper is magical; whatever you write in it will come true within the designated time frame. Think of it as a wish list describing your ideal life. Ask yourself,

“IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?”

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



## 2. PRIORITIZE

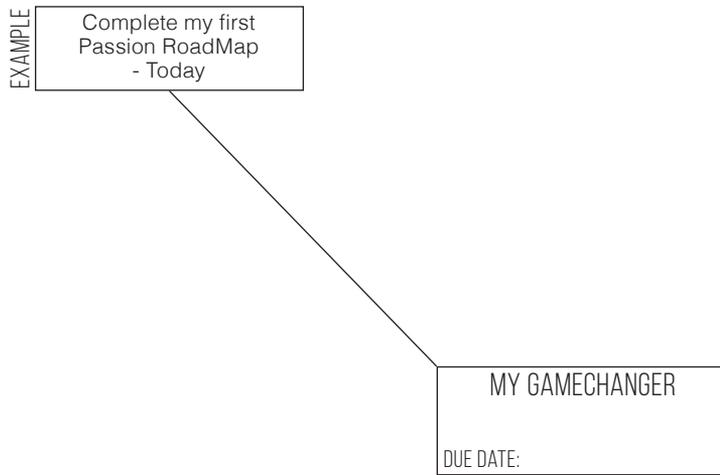
Time's up! Now set the timer for 1 minute. Go back and for each of the four sections, circle one goal that would have the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Think of them as the most important destinations in your life right now. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

### 3. CREATE YOUR FIRST PASSION PLAN

Your Passion GameChanger is the goal that would have the most positive impact on your life right now. Write this goal down in the blank box below. If you are unsure of what to write, simply write the goal circled under your three month section. Set your timer for five minutes. Write down as many necessary steps you must take or tasks you must complete to get you to your goal; the more detailed the better. Connect each step to the middle box with a line (see example).



### 4. ADD SPECIFICS

Assign due dates for each of these tasks by estimating the amount of time needed to complete them. Be specific and be sure to indicate how much, how many, or by when.

### 5. CREATE A TIMELINE

Look over each task and write the number "1" next to the one that must be completed first. Add a number "2" next to the second task, and so on until all tasks are numbered.

### 6. MAKE A DATE

Now write these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

### 7. WORK AT IT!

For this goal, strive to do at least one productive thing every day before 10 AM to get you closer to your goal. Consistency is key: if you skip a day, be sure to make up for it the next day.

### 8. REPEAT

Repeat this process for as many goals as you'd like.

### EXTRA CREDIT

Find a follow-up buddy to check in with you and help you stay accountable for your goals.

Cross out "Lifetime", "3 Years", "1 Year" and "3 months" and replace them with "5 YEARS", "3 YEARS", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.