

LIFE SCRIPTING EXERCISE

The Definite Chief Aim

Process goal: The collective vision of everything I want to work through this year, and what I want to create.

Top 3 Goals

Goal 1:

Goal 2:

Goal 3:

Time Block Habits

Hour 1: Habits goal 1.

Hour 2: Habits goal 2.

Hour 3: Habits goal 3.

Daily Tiny Habits

1. **Goal 1:** Paint the picture - what are the exact 1, 2, 3, or 5 little things to do daily?

2. **Goal 2:** Paint the picture - what are the exact 1, 2, 3, or 5 little things to do daily?

3. **Goal 3:** Paint the picture - what are the exact 1, 2, 3, or 5 little things to do daily?

This is the
vision I
want to
create

Quarter 1 - Projects

- Read 3 books.
- Write book
- Fun

Quarter 2 - Projects

- **Books.** Read two more on personal development.
- **Fun.** Go to Australia.

Quarter 3 - Projects

- TBD

Quarter 4 - Projects

- TBD

Hour a Day Mastery

Books/ practice: What information should I focus on to achieve my goal?

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Hour 1:

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Daily Tiny Habits

1. Goal 1:

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Quarter 1 - Projects

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- TBD

Quarter 4 - Projects

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Hour a Day Mastery

Books/ practice: What information should I focus on to achieve my goal?