

My Boldest Year Plan: Name:



Domain:	Vision:	Goal:	By:
	Intention:	Goal:	By:
		Goal:	By:

Domain: A focus area in your life

Vision: A statement that describes your desires and dreams for this area of your life.

- How would it feel?
- Who would be with you?
- What would indicate success in this area?
- How would it look, sound, smell, taste?

Intention: How you will be as you work towards and then live in your vision.

Goal: A tangible outcome that will support your vision

- Detailed and specific
- Either a behavior or an outcome goal—what you will do or what your doing will achieve
- A stretch but not a sprain—right sized to inspire and to be able to achieve

By: A date by which the goal will be achieved—either:

- An end date for an outcome (\$12,000 in income by February 15, Book to the publisher by September 1)
- Or a date for a milestone in a behavior goal (12 workouts in 4 weeks, 1000 pages ready by March 1)