

YOUR PASSION ROADMAP

AN EVOLVING WISHLIST - START FOCUSING ON WHAT REALLY MATTERS TO YOU

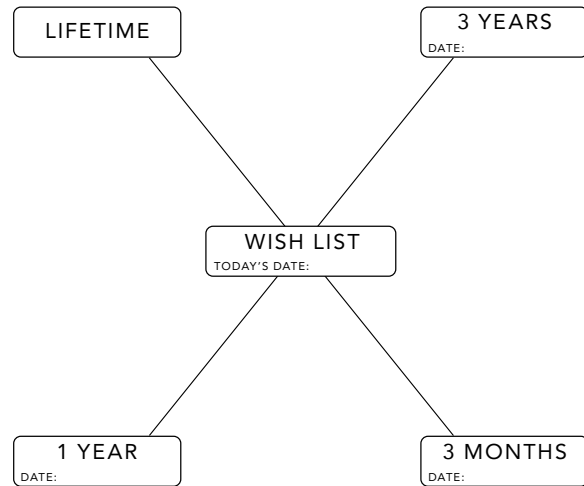
1. BRAINSTORM

Set a timer for 5 minutes. Imagine this piece of paper is magical and anything you write down will come true. Think of the ultimate 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. Write what excites you and do not feel the need to be realistic or justify your dreams. Just write.


READY. SET. GO.



2. SELECT YOUR GAMECHANGER GOAL

Time's up! Now set the timer for 1 minute. Go back and circle one goal that would have the most positive impact on your life right now. This is your GameChanger Goal. Having a hard time selecting your GameChanger Goal? Ask yourself, "Is there a goal that, if completed, would make attaining the other goals easier?" "Is there any goal in particular that excites me?" "If I only had 6 months left to live, what would I want to do with it?"

 Know that your Passion RoadMap isn't set in stone; it is a fluid mindmap that can evolve with you. To calibrate with yourself, we recommend making a new Passion RoadMap every 6 months from scratch and supplementing it with past Passion RoadMaps to see if you want to add previous goals that still resonate with you.

 Congrats! You have just done something that 90% of the people on the planet fail to do. Very rarely do people actually take the time to think about where they want to go with their lives that they reach a destination feeling empty and unfulfilled. As you continue on this journey, this simple exercise will keep your life aligned with your deepest desires and biggest dreams.

THIS MONTH'S GAMECHANGER GOAL

☐ **DEFINE:** The one month goal that would have the most positive impact on your life.

☐ **BRAINSTORM:** Take 5 minutes to create a mindmap to brainstorm as many tasks as possible.

☐ **MAKE IT MEASUREABLE:** Add specifics (Ex. Run → Run 1 mile a day).

☐ **PRIORITIZE:** Number tasks in the most strategic order.

☐ **INCORPORATE:** Add tasks into your daily pages to create checkpoints.

☐ **COMMIT:** I will block off _____hour(s) a day to make my GameChanger Goal a reality.

☐ **DEFINE YOUR WHY BELOW:** Why is my GameChanger Goal important?

☐ **VISUALIZE:** Take one minute to visualize completing your GameChanger Goal exactly how you'd want it. What do you see, feel, hear, and smell? Note those here:

☐ **KEystone HABIT:** I will _____ every day for _____ minutes at _____ AM/PM.

☐ **ASK FOR SUPPORT:** I have asked _____ to hold me accountable.

☐ **RESOURCE:** A resource I will use is _____.

☐ **CELEBRATE!** I will _____ to celebrate.