

# Your Passion Roadmap

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

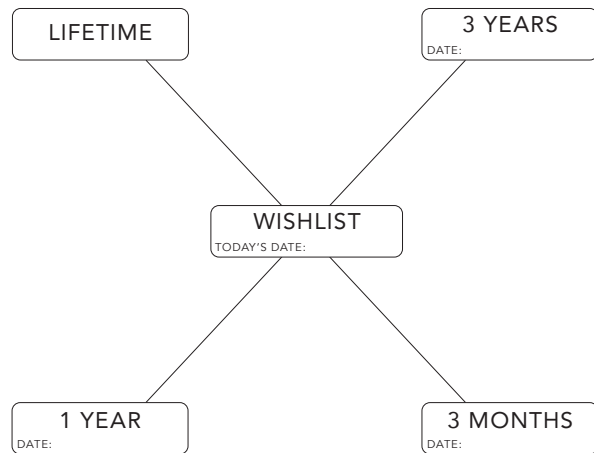
## 1. Make a wishlist.

Set a timer for 5 minutes. Imagine that whatever you write on this piece of paper will come true within the designated time frame. Think of it as a wishlist describing your ideal life. Ask yourself,

**"IF I COULD BE ANYTHING, EXPERIENCE 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.

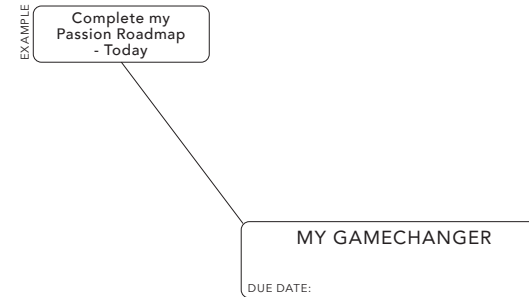
Time's up! Now set the timer for 1 minute. Look at all of your goals and circle your **GameChanger Goal**, which is the one goal that would have the **most** positive impact on your life right now. To prevent burnout, we will strategically prioritize reaching this **one goal only**. Consider progress on your other goals extra credit, awesome but not necessary!

## 3. Visualize.

Set a timer for 2 minutes to close your eyes and **visualize reaching your GameChanger Goal**. What do you see? Feel? Smell? Hear? Touch? What does the journey look like? Is there anyone with you? Immerse yourself in that win. Write down any notable details you imagine, nothing is off limits here!

## 4. Create a Passion Plan.

A **Passion Plan** is a mindmap that visually breaks down your GameChanger Goal into smaller, more actionable steps. Set a timer for 5 minutes and write your GameChanger Goal into the box below. Brainstorm and jot down any steps, connecting them to the center box (see example).



## 5. Add specifics.

Go back and add specifics to each step. A good rule of thumb is to make the steps detailed enough that someone else could do them. Add details like how much, where, and with whom. This creates clarity and helps make taking action less intimidating, especially on days when you don't feel super motivated. For example, "Run" turns into "Run 1 mile Monday, Wednesday, and Friday at the park between 7 and 8 AM with Jacks."

## 6. Strategize.

Number all the steps in the most strategic order.

## 7. Schedule.

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

## 8. Work at it!

The most important step! Strive to **do at least one small step toward your GameChanger Goal at the beginning of your day**. **It doesn't have to be perfect, it just has to start**. Great things are built by doing small things often. Take breaks, listen to your body, and keep making imperfect progress at your own pace.

## 9. Repeat.

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

### EXTRA CREDIT

- **Buddy up:** Find an accountability buddy to check in with you and help you stay accountable with your goals.
- **Up for a challenge?** Cross out "Lifetime", "3 Years", "1 Year" and "3 Months" and replace them with "5 YEARS", "1 YEAR", "3 MONTHS", and "1 MONTH", respectively. Challenge yourself to meet those deadlines if you can meet them in a sustainable way.
- **Learn from the mistakes of others.** "You can't live long enough to make them all yourself." –Eleanor Roosevelt. Take no more than 30 minutes to go online and research how others have reached the same goal. See if you can learn from their experience to improve your plan.