



Defined Life

GOALS-PLANNER

Reach the Goals That Matter

The key to living a life you love is to live each day with tasks that align with your values and life's purpose. This short exercise will help you find the connection between the actions you take today and your future Defined Life. Don't be afraid to make mistakes.

Write what comes to mind. You can always adjust your path later.

What Defines You?

3 values you hold most dear.

1. _____
2. _____
3. _____



4-Week Goals

Write up to 3 goals that align with your values.

1. _____
2. _____
3. _____



Weekly Milestones

Write actions you can take this week to move toward your goals.

1. _____
2. _____
3. _____



Desert of Distraction

Distractions that could lead you off course

1. _____
2. _____
3. _____

Get Ready to Move Forward

This is a work in progress. You may find that what you have written here doesn't work exactly as planned. That's ok! Make mistakes, refine your awareness, and improve your ability to make this connection. Pretty soon it will become a natural part of your process.

Define Your Day

On the next page, you'll find a simplified version of the daily page found in our planners.

Do not skip any steps. This process is carefully designed to help you sharpen your focused attention while improving your mindset.

Prioritize an action that moves you toward a milestone that you wrote down on the previous page. It can be something small as long as it aligns with your goal. Accomplish it as early as possible and move on with your day.

You will also identify **distractions** to avoid. These are activities that drain you of time and energy. Examples can be scrolling on your phone, to-do list items, or too much TV.

Next, close your eyes and think about what you **appreciate** most in this moment. Take a moment to see it. It may be a loved one or pet. Maybe its the opportunity to grow.

The entire process takes under 5-minutes!

Finally, at the bottom of the page is room to **journal** about your experience today. Carve out a few moments at the end of the day to reflect on what stood out most for you.



Keep it simple!

Small steps = big results (over time)

frazzled

Focused

DEFINE MY DAY™

DATE: / /

My Priorities for
Today:

Distractions I
will avoid:

I appreciate:

How today went:

Continue your journey at www.definemypath.com.
Use code: **BEGIN** and get \$8 off your first planner purchase.

