



my8dayweek

Planning with the End in Mind

"The challenge I face today, is the character I'll need tomorrow."

YOUR GOALDRIVER:

SUCCESSFUL ORGANISED INSPIRED CONFIDENT
RESPECTED FREE HAPPY RELAXED CREATIVE

YOUR NO. 1 GOAL:



DATE YOU WILL ACHIEVE YOUR GOAL BY:

___ / ___ / ___

PLANNING BACKWARDS;

LAST STEP

STEP BEFORE

STEP BEFORE

DATE

24 Hrs

___ / ___ / ___

7 Days

___ / ___ / ___

30 Days

___ / ___ / ___

60 Days

___ / ___ / ___