

THE 100

Building Blocks for
Business Leadership

DO1

Life-Goals Template

TOM SALONEK

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How to Use this Download

- For the mission, let the funeral example mentioned in the book guide you to determine what you'd like to have as your overall life's goal. Think of a BHAG or mission on a "you" level.
- For values, identify the core values that you use to drive your life. If you aren't sure, ask others who know you well... partners, board members, close friends or family members.
- For each goal area, brainstorm. Dream. Be limitless. From your brainstormed list, pick out the ones you view as important and want to add to your goal area. From those, identify the top goal. For the top goal, define what it looks like when it's 100% complete or 10 years from now. When you've got that forward picture, work it backwards. Where would you need to be in one year to be on the trajectory to hit the 10-year mark? What are the actionable things that you'd need to do in the next 90 days to accomplish the goal? Write it down in the space provided.

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How to Use this Download (continued)

- For your mission, values, and goals, review them daily. Put them in places you'll see them... in your planner, on the background of your tablet or laptop, on a mirror in your bathroom, or where you work-out in the morning. Choose places you'll see every day.
- Share your goals with those close to you. When others know your goals they'll help you not sabotage yourself and look for resources or opportunities to achieve your goal
- Don't feel bad if your goals change over time. This is natural. At minimum at least you're aware that your goals are changing.
- From the book *What Happy People Know*, remember the big three for happiness are relationships, purpose, and appreciation and the common traits of happy people are love, optimism, courage, sense of freedom, pro-activity, security, health, spirituality, altruism, perspective, humor, and purpose.

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Life-Goals – Example

[MISSION:]

[VALUES:]

Relationship	Family
Friends	Learning
Business/Career	Fitness
Savings	Spirituality
Creative	Charity
Travel	

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Life-Goals – Template

[MISSION:]

[VALUES:]

[MISSION:]	

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