
100 DAYS CHALLENGE - GOALS PRIMER

AKA

“WHAT I WANT IN MY LIFE!”

Instructions

1. Overview: On the next page, we are going to fill in column **(a) first**. **THEN** column **(b)**. **THEN** row **(c)**. **Then** column **(d)**. **It's important to go in order and not jump ahead.**
2. In column **(a)** write down what your own personal ideal life would look like for each area of life. If it helps, feel free to write in the names of people you know that are great examples of your ideal.
3. THEN in column **(b)** On a scale from 1 to 10, with 10 being “I’m living my ideal right now,” how close are you to living your ideal? “Halfway” would be a “5”. Are you more or less than halfway? Rate your current self on each ideal by filling in a bubble.
4. THEN in row **(c)**, the **last row** of the table, fill in the first box with an *area of life* that is important to you but wasn’t already mentioned. Maybe it’s a part of yourself you know you need to work on. Maybe it’s a dream or a specific project. Then do steps (a) and (b) for this new row.
5. CONGRATULATIONS! Take another look at column (a). Let me introduce you to your ideal self. Most people have no idea what they want or who they want to be. You just visualized it! That alone is a huge success! Say this out loud or to yourself: “I’m so excited about who I am and who I will become!”
6. NOW in column **(d)**, the **last column**, for every row,
 - a. Pick 2 or 3 categories you want to improve. Don’t try to improve more than 2 or 3 categories, that’s a plan to fail.
 - b. Don’t try to jump from a “5” to a “10”. Aim for the next notch up. If you already circled “10”, write in an “11” and go for that.
 - c. For the 2 or 3 thing you will improve, write a goal to improve your rating in that row by completing the sentence “By the end of my 100 days I will...”.
 - d. Make it a SMART Goal (Specific, Measurable, Achievable, Relevant, & Time-Bound). Focus on the daily habits you will embody and track.
 - e. For the rest of the categories, write, “I will maintain __, __, and __.” For example, Health & Fitness might be: “I will maintain my current weight of XXX, dinner out with friends twice a week, and my current exercise schedule of XXX.”
7. All done! Say this aloud or to yourself: “Welcome to the BEST YEAR OF MY LIFE!!”

WHAT I WANT IN MY LIFE!

Area of life	(a) What would MY ideal look like?	(b) Rate my current self	(d) By the end of my 100 days I will...
Health & Fitness		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Personal & Spiritual Growth		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Friends & Family		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Romantic Relationship		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Fun & Time-off		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
My Career		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Money		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
Living my mission in life		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	
(c)		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩	