

Creating Your Ideal Life Top Category Worksheet

What are you the most excited about creating in your life?

This simple step-by-step worksheet will help map out and guide you into exactly that creation.

1. Get in a good state. This is critical. Don't start from a place of problems and needs. Get excited for the possibility your life holds.
2. Consider what you want in your life. Use the questions below to help get you started.
3. Grab a blank notebook and write down everything! Let your imagination run wild.
4. Decide which of the 8 Categories speaks most to you right now. This will be your **Top Category**. There are descriptions of each in the **8 Categories** PDF.
5. Come up with a short, 1-3 sentence **High Level Objective** for your chosen category.
6. Decide on the top 1-3 month projects for this category. Write those **Goals** down.
7. Establish the **Next Actions** you need to take for those.
8. What **Habits** would serve you in achieving your objective and goals in this category?
9. Pair this with our **Come Back to Center** PDF for Day 2 of the Habit Installation.



Top Level Category:

What are you most excited about creating in your life?

Which category most speaks to you right now?

High Level Objective:

(1-3 sentences) What is the ultimate aim for your success in this category?

Goals:

What are the top 3 or 4 projects for this category that you can complete in the next 1-3 months?

Make sure your goals are:

Specific
Measurable
Attractive
Realistic
Timely

What is the project you're going to complete first?



Next Actions:

What are you going to do next to accomplish this?

Habits:

What habits do you want to develop to better achieve your goals and objective?

Who are some role models you have that are already successful in this category?

What are some of their habits?

