

# 10-Year Vision Brainstorm

*Jim Rohn Goal Setting Template • Reality by Design*

If you could design your life ten years from now, what would it look like? Dream freely and write down everything that comes to mind. Don't limit yourself—this is about possibility, not practicality.

## Career & Business

## Financial

## Health & Fitness

## Relationships

## **Personal Growth & Learning**

## **Lifestyle & Experiences**

# Goal Categorization Worksheet

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Review your 10-year vision and organize your goals by timeframe. Sort them into 1-year, 3-year, 5-year, and 10-year categories. This helps you see what needs immediate attention and what's part of your long-term vision.

## 1-Year Goals

*What can you achieve in the next 12 months?*

- 1.
- 2.
- 3.
- 4.
- 5.

## 3-Year Goals

*What major milestones do you want to reach in 3 years?*

- 1.
- 2.
- 3.
- 4.
- 5.

## 5-Year Goals

*Where do you see yourself in 5 years?*

1.

2.

3.

4.

5.

## 10-Year Goals

*What's your ultimate vision for this decade?*

1.

2.

3.

4.

5.

# Top 4 Major Goals Selector

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From all your categorized goals, select the 4 most important ones to focus on this year. These should be the goals that, if achieved, would have the greatest impact on your life and move you closest to your 10-year vision.

## Major Goal #1

**Goal:**

**Why is this goal important to me?**

**First 3 action steps:**

- 1.
- 2.
- 3.

## Major Goal #2

**Goal:**

**Why is this goal important to me?**

**First 3 action steps:**

- 1.
- 2.
- 3.

## Major Goal #3

**Goal:**

**Why is this goal important to me?**

**First 3 action steps:**

- 1.
- 2.
- 3.

## Major Goal #4

**Goal:**

**Why is this goal important to me?**

**First 3 action steps:**

- 1.
- 2.
- 3.

# "Who Must I Become?" Reflection

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*"Success is something you attract by the person you become." - Jim Rohn*

Your goals require you to grow into a new version of yourself. This worksheet helps you identify the characteristics, skills, habits, and mindset you need to develop to achieve your top 4 major goals.

## Character & Mindset

*What qualities of character must you develop?*

*Examples: disciplined, resilient, confident, patient, courageous, focused*

## Skills & Competencies

*What skills must you master?*

*Examples: public speaking, financial literacy, leadership, marketing, negotiation*

## Daily Habits

*What daily practices must become non-negotiable?*

*Examples: morning routine, exercise, reading, meditation, networking*

## Knowledge & Learning

*What must you learn or study?*

*Examples: books to read, courses to take, mentors to learn from, certifications to earn*

## **Relationships & Network**

*Who must you become connected with?*

*Examples: mentors, peers, masterminds, industry leaders, accountability partners*

## **What Must You Let Go Of?**

*What habits, beliefs, or relationships are holding you back?*

*Examples: limiting beliefs, time-wasters, toxic relationships, fear of failure*



Jim Rohn Goal Setting Template, based on the presentation:

2012 Goal Setting Workshop by Jim Rohn, hosted by Jeff Fiore, Millionaire Team <https://www.youtube.com/watch?v=q7mQFOAFnCw>

Jim stated that:

- the major value in setting goals was to entice you into being the kind of person it takes to achieve them.
- Goals are something you attract, not something you pursue

### Exercise 1.

List 5 things you have already accomplished that you are proud of:

## Exercise 2.

- a) What do you want in the next 10 years? What would really do it for you? List as many things as you can think of, without concern as to their likeliness.
- b) What kind of goal is it? e.g.: Lifestyle; Personal Development; Quality Time; Travel; Possessions; Paying off Mortgage/CC/Loans; Savings amounts; Family Goals
- c) Write down next to each goal how long you think it might take you to achieve it (e.g. 1yr, 3yr, 5yr, 10yr+)





- If you hardly have any 10-year goals it means you are not thinking far enough into the future.
- Once you accomplish some goals, keep adding new ones
- Once you achieve a significant goal, CELEBRATE in a meaningful way. If it was a family goal, celebrate with the whole family.

#### Exercise 4.

Look at all your listed 1 year goals and choose from among them the 4 you feel are the most important to you. Highlight them with a marker. These are your major goals, and the others remain your minor goals. This helps you to focus on the ones you most want to accomplish.

Now do the same, with different coloured markers for the 3 year, 5 year and 10 year goals.

#### Exercise 5.

List all the things that really turn you on, get you excited about waking up and energise you for doing anything.


Now list all the things that deflate you, turn you off and demotivate you from getting out of bed and rolling in the morning


This will help you to focus your mind on the things that motivate you and start to manage the things that demotivate you.

#### Exercise 6.

Write a paragraph for each of your top four 1-year goals- as to why you chose it to be one of them.



1.

2.

3.

4.

- You can do this for all your other top 4's if you wish

#### Exercise 7.

Jim said that the major value in reaching the goal is the person you will have to become to achieve it. Think carefully then, as to both your goals, and the kind of person you will need to become to achieve it. Look at your top four 10-year goals. Write a brief paragraph on the type of person it will take to accomplish it. Maybe better health; more wisdom; More strength, fitness; Some coaching; New skills

1.

2.



3.

4.

- How happy would you be if you achieved even 80% of only your top fours?