

# WEEK 4 - PLAN

This worksheet is part of the '2021 New Year Reset' Course. The related video can be found [here](#).

## STEP 1 - TAKING STOCK

Now you have your [pillars](#), [compass point](#) and the right [mindset](#), we start to look at planning our first goals. Sit down with a pen and paper, grab a cuppa and allow yourself dedicated time to reflect on where you are, and where you want to be.

<b>Current Compass Point:</b>					
<b><i>Pillar 1</i></b>	<b><i>Pillar 2</i></b>	<b><i>Pillar 3</i></b>	<b><i>Pillar 4</i></b>	<b><i>Pillar 5</i></b>	<b><i>Pillar 6</i></b>

Where are you with the above right now? What are you happy with? Anything you'd like to change? Anything outside of your pillars and compass point you'd like to work on?

## LOOKING TO THE FUTURE

Where do you want to be? Assume everything goes right, what does a day look like in your life 5 years from now? What would be the coolest thing that could happen in the next year?

*Dream big here - be realistic, but optimistic. You're absolutely nailing it - how does that look?*

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## BRAINSTORM SOME GOALS

Pick a few things from the previous two questions that jump out at you. What do you really want to work on? Did you get energised by anything? Write them down - the more the merrier.

*Don't filter yourself - this should be a long list of possibilities.*

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## PRIORITISE

Look at your list of goals. Which are most important for your life right now? Anything you're excited to get started on? Or would make the biggest impact on achieving your future vision?

*Remember not to have too many process goals or to-do list goals - try to spread them evenly*

**Note** - If you're having trouble knowing which goals to choose, use the linked ['Prioritisation Matrix'](#)

GOAL 1	GOAL 2	GOAL 3

How will I know when I've achieved these?

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Do I need to do this by a specific time?

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