

Plan 168

Ask yourself: What gives you the most self-fulfillment?	Ask someone close to you: What do they see giving you the most fulfillment? When do they see you light up?
What gives you the LEAST self-fulfillment?	When do they see you drained and unfulfilled?

What obstacles are in your way to living the life of self-fulfillment?

Make Your Plan 168

Make your own categories, but here are some ideas to get you started:

- 5 Domains: Personal, Family, Church, Career, and Community
- Think about: Exercise, Recreation, Church, Hobbies, Commuting, Cooking/Eating, TV/Movies
- Notes on sleeping time: 8hr=56. 7hr=49. 6hr=42

How are you currently spending your time? How would you like to spend it?

	Current	Goal
• Sleep		
• Work		
•		
•		
•		
•		
•		
•		
•		
• I don't know where this time goes		
TOTAL	168	168

Mission / Gameplan: (End Goal / What does “Good” look like?)

Additional needs

Short Term Goals – 90 Days

1)

2)

3)

4)

5)

6 Month Goals

1)

2)

3)

4)

5)

1 Year Goals

1)

2)

3)

4)

5)