

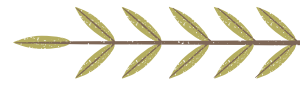


Step 2: See The Big Picture

wellnowfitness.com



See the Big Picture



What do you want your life to look like when you are 80 years old?

What will matter to you then?

What won't matter to you then?

What does your life look like
right now?

How do these things line up?

What needs to change?



Specify your Legacy

Describe the person you want to become

Who do you want to be?
What do you want to be known for?

Why I want to make what matters happen.



State your Dreams

Write Down 50 dreams for all areas of your life

Brainstorm: Don't be restrictive in your thinking here. It might reveal something that really matters to you

1	26
2	27
3	28
4	29
5	30
6	31
7	32
8	33
9	34
10	35
11	36
12	37
13	38
14	39
15	40
16	41
17	42
18	43
19	44
20	45
21	46
22	47
23	48
24	49
25	50