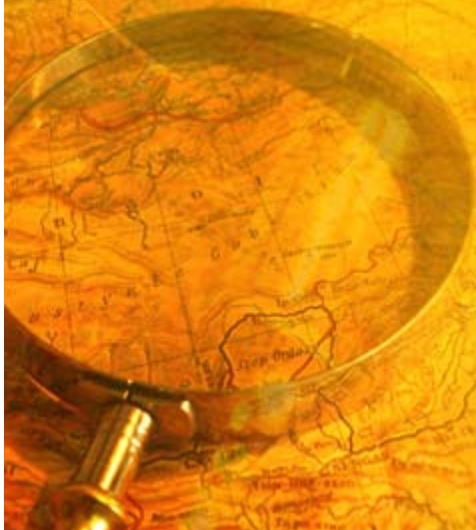


Life: A One-Year Road Map

A Simple and Powerful Program to Get Yourself on Track for Success in Business and Life



BILL BAREN

COACHING

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Welcome



Hello!

We are thrilled to welcome you, a conscious business owner, to Life: A One-Year Road Map.

Let this Road Map be your muse, your partner, and your inspiration. Give yourself permission to really go for it—in a hammer-down, drop-the-ski-poles, hang-your-head-out-the-window kind of way. Be courageous. Be interested. Let this matter. Step so far outside your comfort zone you can't remember where it is. Consciously create a year that exceeds even your wildest expectations!

You may be new to planning your life this way; we promise to challenge you and can guarantee that the more you put into this process, the more you will get out of it. We also know that as a conscious business owner you probably put more time and energy into your business than into your personal life. Our intention for you is to view your life as a whole and not have lopsided attention towards your business.

Let's get started!

Warmly,

Bill Baren Coaching Team

***“If you don’t know where you are going,
any road will get you there.”***

~Lewis Carroll

Overview



- Life: A One-Year Road Map is designed to guide you in the creation of a personal one-year plan for your life and—as an important part of your life—your business.
- Taking time now to get the plan in place will help insure that you will take focused action on what's most important to you and achieve the goals that you are about to set.
- Why one year? Is it too long? No! Setting shorter goals – 3 or 6 months – is too small to really push you forward. What you can accomplish in one year is substantial, and you can chunk this down into smaller goals.

How to Use This Guide

- To begin, give yourself an afternoon to lay the foundation; then set aside an hour per week to plan and review.
- To get the most out of this process, decide that you are going to work this program. Some days this may feel easier than others, and that's OK. Keep going, remember to breathe, and know that you are doing a good thing for yourself.
- Acknowledge that this may feel like a lot of work, and yet be willing to start.
- If you find yourself getting stuck in the process, don't worry. We'll be checking in with you along the way and offering helpful tips.

How to Use This Guide – cont.



- As an entrepreneur, we know that you may be inclined to focus solely on the elements of this process that point directly to your business. Doing so is a mistake and you will shortchange yourself. Successful entrepreneurs align their work with their overall life.
- To make it easy on yourself, please print the pertinent pages of this guide out now. Put it in a 3-ring binder, and include plastic sleeves and lined paper. You'll use the sleeves to hold the various pieces we ask you to create, as well as items that inspire and support you in achieving what you want. Yes, we really want you to do this (let out your inner 3rd grader and have fun).
- As you accomplish your action steps and get closer to your vision, you can (and must) celebrate!

Why Bother Doing This Road Map?



- Life is so much better when you live from your hopes and dreams
- It creates enough energy, enough money, and enough time for what matters to you most.
- Creating a one-year road map is a great example of adopting an entrepreneurial mindset. Taking total responsibility for your life and business allows you to be in control of the big picture, while creating flexibility around the details.
- You know that every successful business has a plan. Similarly, every successful person has a plan. Your life comes first. Your business supports it. You will be creating a life plan that includes your business, but is not limited to it.
- It is good to have a plan even if you don't rigidly follow it. Be willing to make one and allow it to serve as a guide without controlling you. You run it; not the other way around.
- The work that you do now will pay dividends not just this year, but in years to come.

What You'll Walk Away With



- A clear plan for the upcoming year, which will enable you to get the most out of your year
- A clear sense of where you are and where you want to be in 8 unique areas of your life
- A vision and a theme that will guide and motivate you to stay focused
- A sense of both calm and excitement as you plan for and take the steps toward what is important to you
- Satisfaction knowing that you are creating what is most important to you

What to Do if You Get Stuck

- In our experience working with clients on this type of planning, we've found that they sometimes get stuck. Here are some suggestions for how to get moving again if this happens to you.
 - When taking stock, make sure you're honest with yourself about where you are now.
 - Give yourself permission to dream big enough for the things that you really want
 - Don't listen to any voices telling you why you can't have something, including those suggesting you don't deserve to have what you want
 - Take a break. Breathe and come back to it.
 - Review your vision, theme and goals to re-motivate yourself
 - Create your own support team (coach, friends, loved ones, colleagues, etc.)

The Pyramid



Overview of the Pyramid

- We think of this process in terms of a pyramid, as you will see below.
- First we lay the foundation, which looks at the big picture of your life. This is a bit like looking down from an airplane flying at 10,000 feet.
- Then, based on what the “big picture” tells you, you will start to narrow down the big picture into a more focused vision. A vision gives you a sense of how your life and business will look on a daily basis once you have worked the guide. Think of this as the 7500-foot view.



Overview of the Pyramid – cont.



- As you continue your descent to the 2000-foot level, you find yourself at your theme. This captures the essence of your vision; a shorthand reminder of what you're up to this year. Think of it as a mantra that you can carry in your pocket and repeat to yourself easily.
- Action steps are the next logical point on our journey. This is where the rubber meets the runway; where you start to take specific actions that support you in achieving your vision and theme. This is the ground-level view.
- And as you pull up to the gate, this is where you get to celebrate having arrived at your destination. You've achieved your goals!

The One-Year Roadmap Pyramid





Meet Becky



Meet Becky

- We'd like to give you an example of how one person has used the road map to achieve success. Becky came to us knowing that she was unhappy about her job, but was unclear what to do about it. So much so that even asking the question, "What do you want in a job," made her burst into tears. We worked through this road map step by step:
- First, she laid the foundation by working through the 8 categories, and as a result, knew she needed an exit strategy from her current job. She also got clear on where she would like to be in each category, and then did a classic gap analysis, seeing what was standing between where she was and where she wanted to be.
- We brainstormed ways to bridge the gap, including creating alternative sources of income that would allow her to quit the job she hated while she searched for what she really wanted. Looking at her skills and interests reminded her of her life-long love for boats and the water, and she soon found herself as first mate on a boat! While it was not her ultimate goal to work on a boat, this was a means of earning income doing something she enjoyed while still focusing on discovering the work that she wanted to do long term.
- She then set about creating her vision by writing a future letter and making an image board. She let herself dream without making up that she had to do something specific now with the elements that she was dreaming about. There would be plenty of time for "doing" soon enough. The vision helped Becky realize that her future needed to include (among other things) working for herself, owning a house, and starting a family. At this part of the process, the dreaming was what mattered. The doing would come later.
- Next, Becky created her theme, which she decided was about freedom: financial freedom, professional freedom, and the freedom to wake up each morning with a sense of possibility.

Meet Becky – cont.

- Armed with her foundation, vision and theme, Becky found that making decisions now came much more easily. It was action time! She and her husband decided to move to a new city and to buy a house once they got there. Doing so called upon Becky's creativity since there was not a pile of money lying around to make this possible. And yet she did the financial footwork to make it all possible.
- Part of that footwork meant she needed to go find a job, one that didn't need to be perfect now, but one that would be satisfying enough for now (based on her categories, vision, and theme) and that would help her get established in her new city, pay the bills, etc.
- Through a variety of temporary jobs, Becky learned some important lessons: She clarified which skills she liked using, the type of environment she liked working in, and which elements of her vision were non-negotiable, versus the ones about which she could be more flexible.
- One of the lessons she likes to talk about is the time she landed in trouble for laughing too much at work and having too good of a time. And she realized the importance of a fun environment for her. Becky laughs a lot, and she was clear that she had to have work that allowed her to be herself.
- She knew that while she wanted to make a good living, she realized that money alone would not be the main criterion. She decided in that moment that she would create work that allowed her to make a good living while having a good time. And what became clear to Becky was that becoming an entrepreneur would be the path that would help her have those things. At first glance, her prior jobs might seem to have been detours and dead ends. Rather, they were all means to an end that allowed her to become clear about what she really wanted.
- It was at this time that she and her husband bought their house. In terms of her vision, she could check buying a house off the list!

Meet Becky – cont.

- Becky and her husband were working on starting a family. When Becky became pregnant, she saw her opportunity to make the leap she had been contemplating, taking maternity leave and then not returning from it. Her vision was becoming reality!
- Having put into place the other 2 elements of her vision (buying a house and starting a family), Becky knew it was now time to start creating the entrepreneurial part of her vision, which was to be a fitness coach.
- She summoned up the courage, took out an ad, and rounded up her first set of clients. Today, Becky is making a good living doing work that she loves.
- Looking back on it, she realizes that taking the time to create a foundation, vision and theme (and being in action towards those things) have lead to clarity, calmness, tremendous freedom, happiness, and contentment. She has more compassion for herself and those around her. She's using her strengths, including her love of having fun.
- The plan got her there much more easily than she would have on her own. It was the stake in the ground that helped keep her in action. It helped her gather evidence for what was working, and that she could have what she wants. She stayed open to this process/adventure.
- Hopefully this story of Becky has given you a feel for how one person used the One Year Road Map. Let Becky serve as an inspiration that you can have the life and work of your dreams by taking one baby step at a time.



The 8 Categories / Foundation



Introduction to the 8 Categories



- Using the 8 categories outlined, assess each aspect of your life. Use the following pages to record where you are now in each category, followed by where you would like to be in each.*

**(We want to thank Jack Canfield as the source of the first 7 categories and for his generosity in sharing them.)*

- When you think about each category, you might feel as though things are “good enough” and there’s nothing to be done in that category. If this is the case, we encourage you to consider what it could be like if you decided that this category will be “amazing” instead of just “good enough.”
- Alternatively, you might feel a bit overwhelmed, or you might not like everything you’re seeing about where you are now. If this is the case, it’s OK. Be compassionate with yourself and acknowledge the fact that you are now taking powerful steps to change things!
- The next set of slides is a chance for you to assess where you are in each category. We’ll share some additional explanation for each one, so relax, take a breath, and get going!

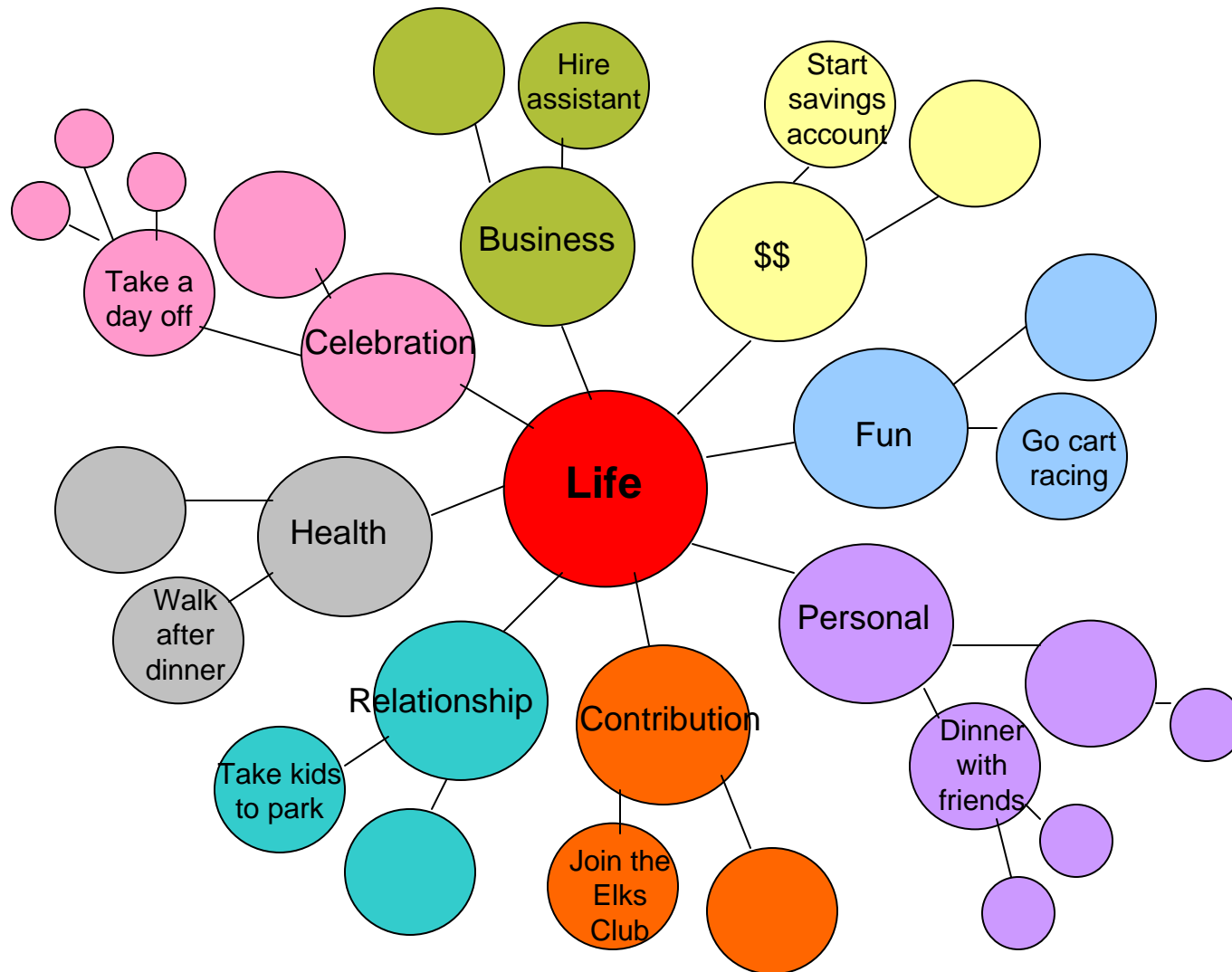
The 8 Categories

1. **Business** - Professional / Career / Job
2. **Financial** - Income / Debt Reduction / Investments / Net Worth
3. **Fun Time** - Recreation / Sports / Hobby / Travel
4. **Personal** - Learning / Projects / Purchases / Physical Environment
5. **Contribution** - Service / Community / Legacy
6. **Relationships** - Family / Friends
7. **Health** - Health & Fitness
8. **Celebration** - Noticing what is working well / Acknowledging your progress / Practicing gratitude / Rewarding yourself

Example of a Completed Category

- Example of the category Business / Professional / Career / Job
- Where you are now
 - ❑ Making \$5000/month
 - ❑ 15 clients
 - ❑ Working 12 hour days
 - ❑ Feel overwhelmed
 - ❑ Etc.
- Where you'd like to be
 - ❑ Making \$8000/month
 - ❑ 20 clients
 - ❑ Working 8 hour days, with ease
 - ❑ Relaxed that my business supports me and I support it
 - ❑ Etc.

Example of the 8 Categories Visually



Taking Stock:

1. Business / Professional / Career / Job

- **Consider:** What activity do I engage in to earn a living? Is my work too small for me? How well is my work aligned with who I am?
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

2. Financial / Income / Debt Reduction / Investments / Net Worth



- **Consider:** What is my overall financial picture? Do I feel good about where I am with my finances? Is there something about my finances that I am avoiding?
- **Where you are now**
- **Where you'd like to be**

Taking Stock:

3. Fun Time / Recreation / Sports / Hobby / Travel



- **Consider:** What do I do to relax and rejuvenate *AWAY* from work? What are my favorite hobbies and how often do I let myself pursue them? Am I having as much fun as I would like?
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

4. Personal / Learning / Projects / Purchases / Physical Environment



- **Consider:** What non-work-related projects/skills/classes am I involved in? Is there something that I am excited to learn, just because? Is there a project or a purchase I've been putting off for "someday?" Am I happy with my current physical environment?
- **Where you are now**

- **Where you'd like to be**

Wowzer!

You're already half-way through the categories!

Nice work so far; keep going and see you at the end!



Taking Stock:

5. Contribution / Service / Community / Legacy



- **Consider:** Where would I like to make a contribution to my community? What impact would I like to have on others? In what ways do I enjoy being of service?
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

6. Relationships / Family / Friends



- **Consider:** How would I like to be in my relationships with my family and friends? Are there any relationships that need more attention than I've been giving? Am I being the friend/spouse/parent that I want to be?
- **Where you are now**

- **Where you'd like to be**

Taking Stock:
7. Health / Fitness



- **Consider:** What is the state of my health and fitness? Am I in the optimal state of health for my body? Do my body and I have a healthy relationship?
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

8. Celebration / Noticing what is working well / Acknowledging your progress / Practicing gratitude / Rewarding yourself

- **Consider:** Do I skip over life's rewards? Do I acknowledge and am I grateful for the progress I am making? Am I celebrating my accomplishments?
- **Where you are now**

- **Where you'd like to be**

Create Your Vision



Big Rocks Story

We love the story of the Big Rocks and want to share it with you.

A time management expert places a large wide-mouthed jar on the table, and then puts several large rocks carefully into the jar. When the jar is packed to the top, he asks, "Is this jar full?"

Everyone watching says, "Yes." Then he says, "Really?" He begins to add pebbles into the jar and the group watches as they work themselves down into the spaces between the big rocks.

Then he asks again, "Is this jar full?" By this time, the group is skeptical. "Maybe not," they say. "Good!" he answers. He then adds sand to the jar and it fills in the spaces left between the rocks and the pebbles.

Once more, he asks, "Is this jar full?"

"No!" they shout. Once again, he says, "Good!"

Big Rocks Story – cont.

Then he takes a pitcher of water and began to pour it in until the jar is full to the brim. He then looks at the group and asks, "What do you think is the point of this Illustration?"

One eager student raises her hand and says, "The point is, no matter how full your schedule is, if you try really hard you can always fit more things in."

"No," the speaker replies, "that's not my point. **The truth is: If you don't put the big rocks in first, you will never get them in at all.**"

The moral of this story: Put your "Big Rocks" in first, organize your priorities around those. Only then look at what else you want to add into the remaining spaces of your life.



Your Vision

- Now that you have taken stock of each category and read the Big Rocks story, let's use them to create a compelling vision!
- A vision increases your clarity about what you want; the more clarity and detail - including how you'll feel when you are living your vision - the better. This is what attracts what you want to you and helps you create it in physical reality.
- In creating your vision, it is important to use both sides of your brain. That's why we will give you 2 very different ways of going about it. Please do both of them.
- As a reminder, we know that you may be tempted to focus exclusively on the categories of career and finance because they seem easier or more straightforward. We strongly encourage you to include every category, as we have found that our clients get further, faster, when they put all 8 to work.
- Once you've created your vision, remember that it is a powerful, living document that you will use regularly to keep you connected to what you want. Review it frequently—weekly or even daily.

“Your vision of where or who you want to be is the greatest asset you have.”

~Paul Arden

Create Your Vision: Future Letter

- A future letter is a simple and effective way of getting your vision down on paper. You will be writing a letter from your future self to your current self.
 - Pick a time 1 year from today.
 - Write about what your business and life are like. Your letter may include: a description of your ideal day, what activities fill your time, who you interact with, and how you feel as you experience all of this.
 - Be sure to include as much passion and enthusiasm as possible. Include a level of detail that excites you, but not so much that it bogs you down.
- Note: What you've written likely does not exist at this exact moment, and that is the point. You are creating a clear picture of where you want to go.
- Take on the perspective that it already exists. If you find your critical mind not believing what you've written, try this: suspend - just for this one moment - your rational, logical mind and immerse yourself in your vision.
- This will help you take inspired action that is aligned with bringing your vision into existence.

Example of a Future Letter

Dear Me,

This has been quite a year...I achieved my business goal, had fun going on trips, being with my friends and family, and am loving every day. Whew!

Financially I didn't make my goal – I passed it!!! It feels so great to make that kind of money – I absolutely love having my money match what I feel inside.

Relationship-wise, I am grateful for those who are in my life. My family and friends continue to amaze me, and I have a blast hanging around with them and deepening our connection.

Health-wise I feel better than ever. I lost weight and am feeling so much better about my body, and continue to be active. I love waking up every morning and having energy and motivation, and am eager to start the day.

There's so much more I could say...suffice it to say that this has been awesome and inspiring year, where I got to be myself, do good work, explore, love and have fun.

Love ya ~ M.

**This is a shortened example to save space. Please be sure to include all categories and more detail about each one.*

Future Letter Worksheet



- Write your letter here:

Create Your Vision: Collect Images

- Use this page to start your image bank.
- An image bank is a visual representation of your goal, and/or what it feels like to have achieved it.
- You will likely need more than just this page for the process.
- We encourage you to really have fun with this piece. Remember the part about letting out your inner third grader?!
- Add as many images to this page as you can, put random images in your page protectors, really go to town.
- Check out the next page to see an example of how it might look!
- Resources for images: online, magazines, books, drawings, etc.

Example of an Image Bank



Images Worksheet

- Add images here

Choose Your Theme



Your Theme



- Looking at the 8 categories, where you would like to be in each, and your vision, find a theme that captures the essence of them all.
- Your theme acts like the “glue” that holds everything together. It is the overarching concept that captures the spirit of the year. It also becomes the filter through which you evaluate opportunities and actions. If they fit the theme, they’re in. If not, they’re out.
- You can think of your theme as the “hip pocket” version of your vision, meaning it is the short-hand, mobile version that is easy to remember and designed to keep you motivated.

Examples of Themes

- Business growth with ease
- Outrageous fun
- Inspired leader
- Innovative leaps
- Drink more champagne
- Etc.

My Theme

- My theme for the year is:

Putting the Exercises into Action



Action Steps

- Now you're ready to take these big pieces that you've created (where you'd like to be in each of the 8 categories, your vision, and your theme) and make them tangible by taking inspired action.
- You may find it easier to create action steps from the overall vision, or it may be simpler to use the 8 categories to help you organize your action steps. Either way is fine. The point is to create actions that will help turn your vision into reality!
- Make your action steps small and easy to do. Baby steps are not only preferred, they are the keys to success (no points for making this hard...). We suggest you take on no more than 3 actions at a time.



Action Steps – cont.

- The point is to build up your success muscle, and that's easier to do when the steps are bite-sized.
- The first step is to look at what is already in progress. Assess those things you are currently doing which are getting you closer to your vision. Acknowledge yourself and keep going.
- For the parts of your vision that you haven't yet started on, ask yourself, what's the smallest, simplest first step that will help you go in this direction? Ex: If you want 10% business growth, talk with a fellow entrepreneur who has accomplished this. Notice what he or she is saying, then take action on the inspiration and/or advice that you receive.
- Now get busy!

Examples of Action Steps

- **Action steps are:**
 - ❑ Review your vision on a daily or weekly basis
 - ❑ Contact a prospective client and invite him/her to coffee
 - ❑ Create a sales contest for the next quarter
 - ❑ Write a page of your book
 - ❑ Call your credit card company and find out the interest rate
 - ❑ Replace the washers and leaky faucet in the bathroom
 - ❑ Eat at least 2 hours before bed

- **Action steps are not:**
 - ❑ Get more clients
 - ❑ Increase profit
 - ❑ Write a book
 - ❑ Eliminate credit card debt
 - ❑ “Fix up” the house
 - ❑ Lose weight
 - ❑ Spend more time with family

“Twenty years from now, you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

~Mark Twain

My Action Steps

- My action steps are:

Gauging Your Progress

- It is important to know where you are in relation to your goal. By gauging your progress, you can look back and see how well you did designing actions that get you closer to your goal. If they're working, great. If not, you can tweak them so that they will serve you better.
- On a weekly, monthly/quarterly, and annual basis:
 - ❑ Decide what actions to take that will support your vision. Be realistic while stretching yourself.
 - ❑ Take those actions!
 - ❑ Celebrate what's working and what you've accomplished.
 - ❑ Notice what isn't working and adjust where needed.
 - ❑ Ask yourself how satisfied you are with your progress towards your vision. Is your time frame still realistic? If not, feel free to change it.

Gauging Your Progress – cont.



- If you find that you need to change your vision, it is important that you be truthful with yourself and make that decision consciously.
- As you take steps towards your vision, you may start to feel that it no longer motivates you. Sometimes this happens, and it is a valid part of the process. Let go of the parts of the vision that are not working. Tweak it in a way that reinvigorates you and then adjust your action steps as necessary.
- This reassessment and course correction is often a natural and necessary part of bringing your dreams to life. Congratulations on being willing to remain flexible and engaged with this process!

Wrapping it Up

- If you have diligently worked your way through the entire workbook, way to go!! Please celebrate your achievement by treating yourself to something that is fun and/or meaningful for you.
- If you have so far just scanned through, give yourself a pat on the back for being willing to take tangible steps to improve your current situation. Great 1st step! Now we encourage you to go back and work your way through each section of this road map.
- Either way, we acknowledge you for coming this far, we've been honored to be your guides, and we wish you loads of success!

“The only courage that anyone ever really needs is the courage to live the life that you truly dream.”

~Oprah Winfrey

Feedback

- We want to continue to support you in the process of reaching your goals and dreams. To help us be more effective, please share your thoughts with us about this guide: what you like, what you'd like more of, less of, etc. And while you're at it, please let us know of other programs and tools that you would find useful.
- We appreciate feedback and are committed to a process of continual improvement. Email us at life@billbaren.com



About Us



- Bill Baren Coaching is an organization that works with intelligent and conscious entrepreneurs who find either time, money, or energy is missing from their work/life mix. Together we create prosperity by aligning business and life so that there's more than enough money, time and energy for what's really meaningful.
- Since 2001 we have coached hundreds of entrepreneurs, business owners and executives to success and prosperity.
- We would love to talk with you about how coaching can support you in creating and/or completing your own 1-year plan, and about other ways that coaching can help you take your business to the next level. Please visit us at www.billbaren.com



Addendum A
Becky's Completed Road Map

Addendum A – Becky’s Road Map



- We thought you might find it helpful to see what a completed road map looks like. So we’ve included our friend Becky’s filled-out version (she said it was fine with her!).

Taking Stock: Becky's Version

1. Business / Professional / Career / Job



- **Where I am now**
 - ❑ Working for the man and not enjoying it
 - ❑ Not using my strengths
 - ❑ Getting yelled at for laughing
 - ❑ Dreaming about having my own business
 - ❑ Feel like I'm on a hamster wheel and not creating anything valuable

- **Where I'd like to be**
 - ❑ Working for myself
 - ❑ Playing to my strengths
 - ❑ Having fun in my work, *including* laughing!
 - ❑ Look forward to work every day

Taking Stock: **Becky's Version**

2. Financial / Income / Debt Reduction / Investments / Net Worth



- **Where I am now**
 - **Underearning**
 - **Living paycheck-to-paycheck**
 - **Feeling nervous about my finances**

- **Where I'd like to be**
 - **Earning a comfortable living**
 - **Saving money to buy a house**
 - **Credit cards paid off by end of year**
 - **Paying attention to finances without worrying about them**

- **Where I am now**
 - ❑ **Not enough time for my hobbies like boating and running**
 - ❑ **Feel guilty about taking time for fun**
 - ❑ **Not travelling at all, which is *not* ok**

- **Where I'd like to be**
 - ❑ **One great vacation this year**
 - ❑ **Two weekend getaways this year**
 - ❑ **Volunteer at yachting events regularly**
 - ❑ **Set aside a weekend per month for other fun activities**

- **Where I am now**
 - Renting an apartment
 - Wanting a personal development opportunity

- **Where I'd like to be**
 - Living in a different city
 - Purchasing a house
 - Enrolled in an SBA (Small Business Administration) class

- **Where I am now**
 - Working too much to have time to volunteer
 - Don't feel that I have the resources (time, energy, money) to be a contribution

- **Where I'd like to be**
 - Leaving a lasting foundation for my child
 - Volunteering frequently at yacht club and SPCA

Taking Stock: Becky's Version

6. Relationships / Family / Friends

- **Where I am now**
 - I do not get to spend much time with my husband, family or friends

- **Where I'd like to be**
 - Spend frequent quality time with husband
 - Hosting regular dinner parties
 - Able to visit with family on regular basis
 - Be the kind of friend that I used to be

Taking Stock: Becky's Version

7. Health / Fitness

- **Where I am now**
 - ❑ **Exercising sporadically, which is frustrating**
 - ❑ **Not feeling on my game**
 - ❑ **Have not been to doctor in too long**

- **Where I'd like to be**
 - ❑ **Current with physical exams**
 - ❑ **Running regularly**
 - ❑ **Having the energy to live life the way I want to**

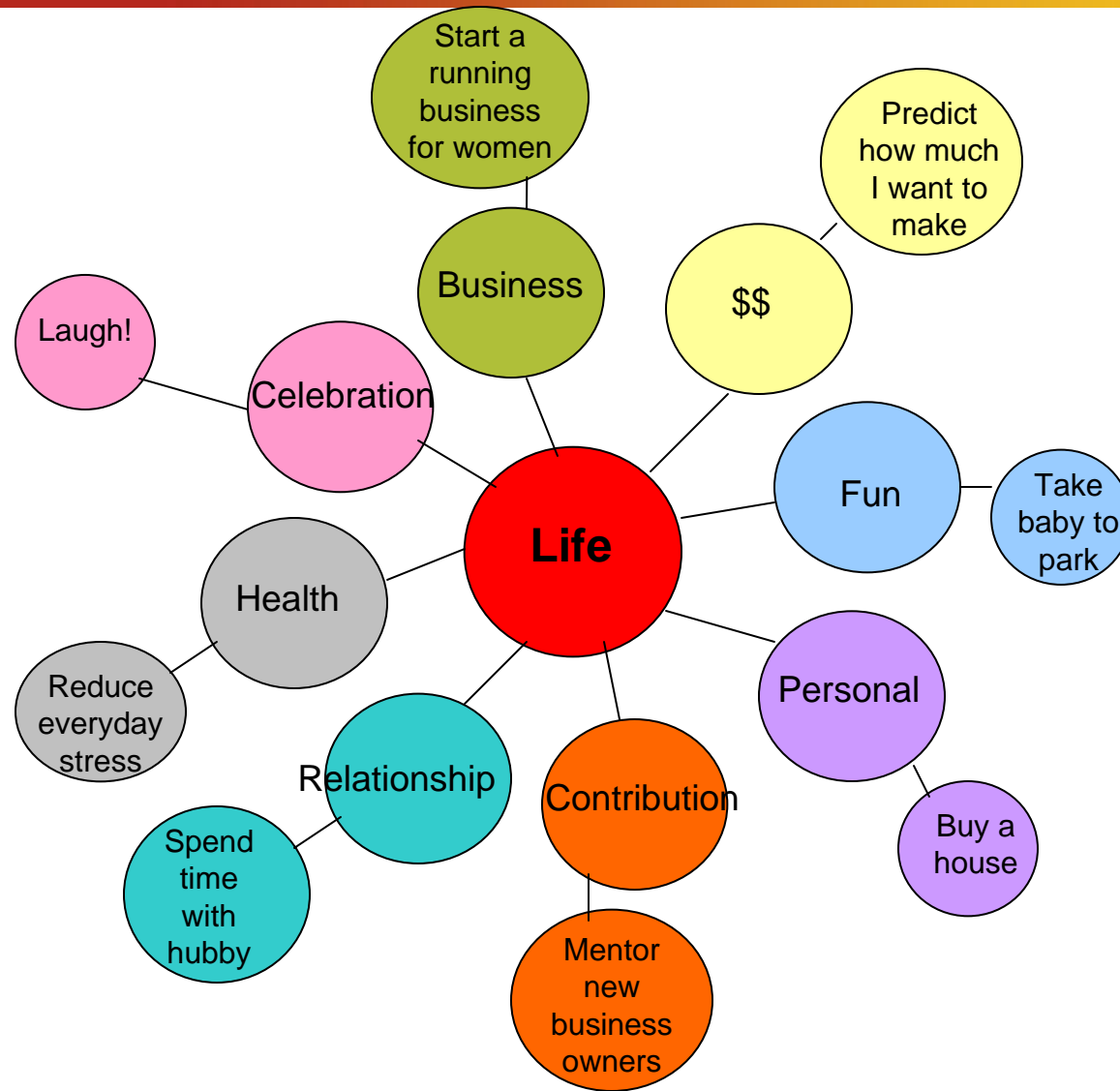
Taking Stock:

8. Celebration / Noticing what is working well / Acknowledging your progress / Practicing gratitude / Rewarding yourself

- **Where I am now**
 - Beating myself up
 - Feeling like I don't have much to celebrate

- **Where I'd like to be**
 - Drinking Champagne regularly
 - Keeping a gratitude journal
 - Once-per-week celebratory time with my husband

Becky's 8 Categories Visually



Becky's Future Letter

To my lovely friend Allison,

I've been doing fantastically well running my own business. My clients include both individuals and organizations and I love seeing the difference that my work is making for them. This is so rewarding in every way! I can't believe I waited so long to make the big change.

Since Mark and I were married, we've dreamed of buying a house together, and this year, we finally did it! It's so close to what I had imagined, it's scary. We're in the process of fixing it up, and while challenging, it's coming along nicely and we know we will love it for years to come. And I've even started cooking again, which both Mark and I are enjoying.

And it's good that we are fixing up the house because we are expecting! Our bundle of joy should be arriving this fall and we are absolutely thrilled.

Looking back, I am so happy to no longer be locked in a cubicle getting scolded for laughing (LOL). I have the energy, flexibility, and the freedom I always wanted.

Love,

Becky

Becky's Image Bank



Go, girl!



Physically
Fit



Becky's Theme



- My theme for the year is:

Kick

Entrepreneurial

Butt!

Becky's Action Steps

For this month, I will:

- Research running clubs in town to see what the potential business competition looks like, 3 hours/week
- Decide how much I want to make this year as an entrepreneur. Muse about: whether or not that's enough to live on and how soon I can quit my day job.
- Spend 1 weekend day looking at neighborhoods where I might want to buy a house
- Watch 1 funny movie or show per week to get my laughing in!
- Have a fun afternoon looking at baby clothes, realizing what a great Mom I'm going to be
- Volunteer a day for the local radio station so I can contribute in a fun way
- Take my hubby out to dinner, just the two of us, at least once
- Go jogging around the lake so I can feel fit and enjoy the beauty
- Drink a bottle of Champagne and celebrate how much I love the life I have as well as the life I am creating!



Addendum B
Blank Road Map Pages

Addendum B – Road Map Worksheets



- The following slides are for you to print out and work with as you create your own road map. They include:
 - ❑ The 8 categories
 - ❑ Your vision
 - ❑ Your theme
 - ❑ Your action steps

Taking Stock:

1. Business / Professional / Career / Job

- *Consider: What activity do I engage in to earn a living? Is my work too small for me? How well is my work aligned with who I am?*
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

2. Financial / Income / Debt Reduction / Investments / Net Worth



- *Consider: What is my overall financial picture? Do I feel good about where I am with my finances? Is there something about my finances that I am avoiding?*
- **Where you are now**
- **Where you'd like to be**

Taking Stock:

3. Fun Time / Recreation / Sports / Hobby / Travel

- *Consider: What do I do to relax and rejuvenate AWAY from work? What are my favorite hobbies and how often do I let myself pursue them? Am I having as much fun as I would like?*
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

4. Personal / Learning / Projects / Purchases / Physical Environment



- **Consider:** *What non-work-related projects/skills/classes am I involved in? Is there something that I am excited to learn, just because? Is there a project or a purchase I've been putting off for "someday?" Am I happy with my current physical environment?*
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

5. Contribution / Service / Community / Legacy

- *Consider: Where would I like to make a contribution to my community? What impact would I like to have on others? In what ways do I enjoy being of service?*
- **Where you are now**

- **Where you'd like to be**

Taking Stock:

6. Relationships / Family / Friends

- *Consider: How would I like to be in my relationships with my family and friends? Are there any relationships that need more attention than I've been giving? Am I being the friend/spouse/parent that I want to be?*
- **Where you are now**

- **Where you'd like to be**

Taking Stock: 7. Health / Fitness



- *Consider: What is the state of my health and fitness? Am I in the optimal state of health for my body? Do my body and I have a healthy relationship?*
- **Where you are now**

- **Where you'd like to be**

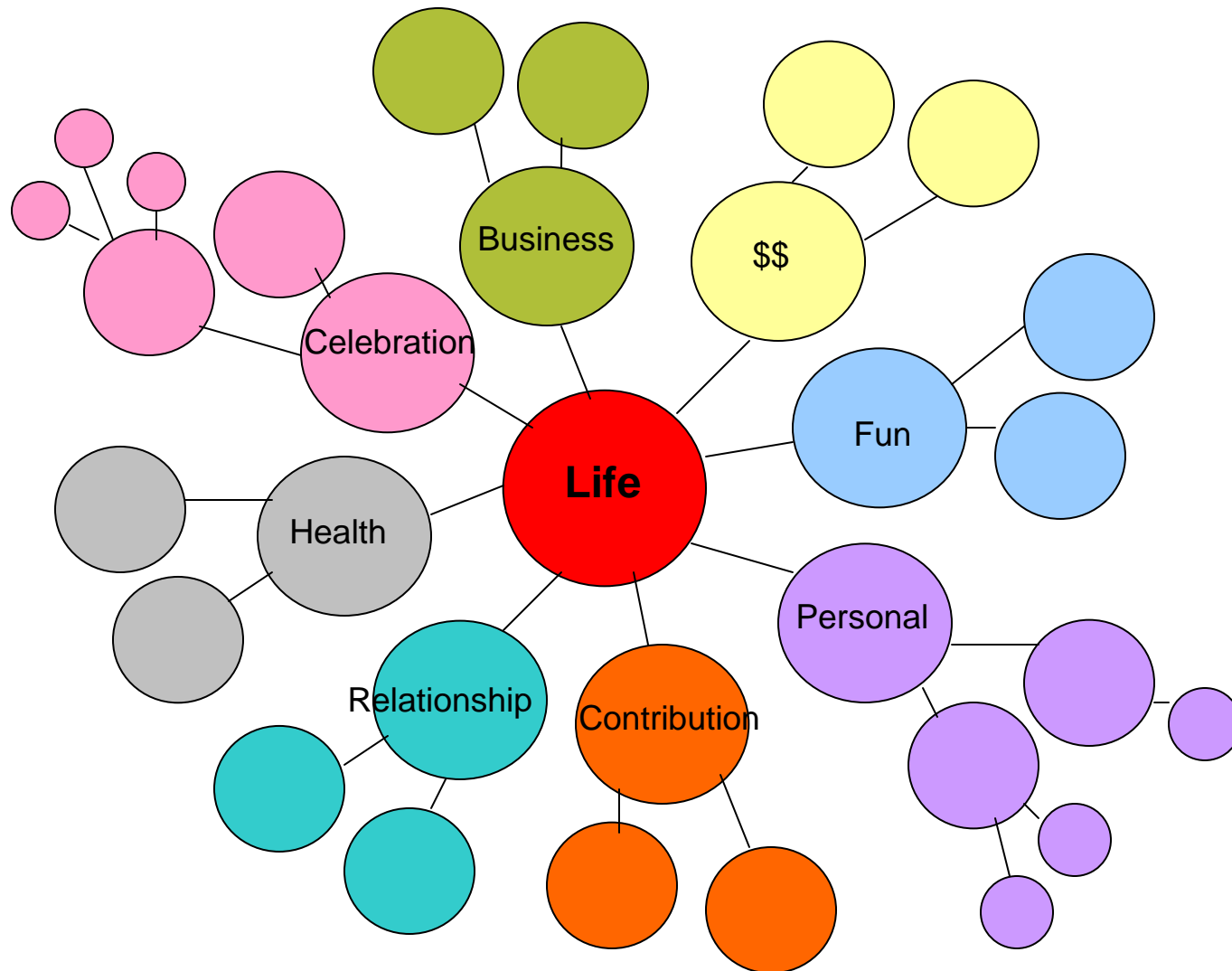
Taking Stock:

8. Celebration / Noticing what is working well / Acknowledging your progress / Practicing gratitude / Rewarding yourself

- *Consider: Do I skip over life's rewards? Do I acknowledge and am I grateful for the progress I am making? Am I celebrating my accomplishments?*
- **Where you are now**

- **Where you'd like to be**

The 8 Categories Visually



Future Letter Worksheet



- Write your letter here:

Images Worksheet

- Add your images here

My Theme

- My theme for the year is:

My Action Steps

- My action steps are: