



2019 Goals

To have multiple positive impacts on new ventures in 2019

Core Values

What's important to you? In other words, what are your core values? Your values make you do the things that are often not easy to do. You don't want to live life based on somebody else's values.

1. Share wisdom born from my experiences to others - a helping mindset
2. To make the world a better place
3. To honor family and invest well into it
4. To seek mindfulness and spend each day wisely
5. To laugh

Goals

What are your "BIG 5" for the year? (Top 5 goals within the next 12 months)

1. Promote podcast: weekly, Author 20 eBooks, guest on 10 podcasts
2. Launch 1 product
3. Visit and spend quality time with the family - WI, Germany,
4. Prepare for circumnavigating the world - trip - nomad USA
5. Help at least 1 startup weekly (if not more)

Reasons

What are your 5 most compelling reasons to hit those goals and elevate your life?

1. Grow, flex and engage my mind
2. Satisfaction of knowing I've helped others
3. Satisfy my curiosity
4. Meet great people
5. Viscerally experience the joy and humor of life

Key Behaviors

What are your key behaviors and habits you must develop?

1. Daily mindfulness: quotes/reading/body movement/eating
2. Engaging in and discovering those in-need
3. Experimentation
4. Intentional half hours
5. Go outdoors

Signature _____  _____ Date _____ 12/31/2018 _____