

What are your non-negotiables?

- 1.
- 2.
- 3.
- 4.

What do you want for your life?
Let's talk details: How do you want to spend your time? What do you do for work? Do you have any hobbies? What does adventure look like to you? What does security feel like? Who do you spend your time with?

What are your SMART goals?
Specific Measurable Actionable Realistic Timely

In the next 5-10 years I am...

When?

PERSONAL

PROFESSIONAL

In the next 1-5 years I am...

When?

PERSONAL

PROFESSIONAL