# GOGL GENIUS LIFE ON PURPOSE 

Goal Genius Beta Test Worksheet 3/24 Step One: My Roles

My Current Roles:


The Roles I will work on during the next year:
Role \#1: $\qquad$
Role \#2:
Role \#3:
Role \#4:
Role \#5:
Role \#6:
Role \#7:

## My Roles \& Goals

## Role 1:

How I would like others to describe me in this Role:

My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:
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$\qquad$



Steps to achieve Goal \#3:
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Steps to achieve Goal \#6:
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$\qquad$ $\longrightarrow$

## My Roles \& Goals

## Role 2 :

How I would like others to describe me in this Role:

My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:


Steps to achieve Goal \#3:
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The best way to predict your future is to create it. -Abraham Lincoln


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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:


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Steps to achieve Goal \#6:
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## My Roles \& Goals

Role 3:
How I would like others to describe me in this Role:
$\qquad$
$\qquad$

My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:
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Steps to achieve Goal \#3:
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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:


Steps to achieve Goal \#6:
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## My Roles \& Goals

## Role 4 :

How I would like others to describe me in this Role:
$\qquad$

My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:
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Steps to achieve Goal \#3:
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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:

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Steps to achieve Goal \#6:
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## My Roles \& Goals

## Role 5:

How I would like others to describe me in this Role:
$\qquad$
My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:
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Steps to achieve Goal \#3:
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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:


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Steps to achieve Goal \#6:
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## My Roles \& Goals

Role 6:
How I would like others to describe me in this Role:
$\qquad$

My current Goals in this Role:


Steps to achieve Goal \#1:


Steps to achieve Goal \#2:
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Steps to achieve Goal \#3:
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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:

Steps to achieve Goal \#6:
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$\qquad$ $\longrightarrow$
$\qquad$ $\longrightarrow$

## My Roles \& Goals

## Role 7:

How I would like others to describe me in this Role:
$\qquad$
My current Goals in this Role:


Steps to achieve Goal \#1:
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Steps to achieve Goal \#2:
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Steps to achieve Goal \#3:
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Steps to achieve Goal \#4:


Steps to achieve Goal \#5:


Steps to achieve Goal \#6:
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## Step Two: My Priorities - My Time

List One - Things I am spending my time on now:
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$\qquad$ $\longrightarrow$
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Things I will spend my time on in the future:
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## Notes

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List One - Things I am spending my money on now:
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Things I will spend my money on in the future:

## Notes

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Write a description of those convictions that form the Foundation of your personal Belief System.

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## Step Five: My Code of Conduct

These things I will do:
These things I will not do:


## Notes


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## Step Six: My Personal Tune-Up

Things I will do to cultivate a healthy body:
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$\qquad$
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$\qquad$

Things I will do to cultivate a healthy mind:

$\qquad$


Things I will do to cultivate a healthy spirit:



| March |  |  |  |  |  |  |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| $\begin{aligned} & \text { Mind } \\ & \square \end{aligned}$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\stackrel{\text { Body }}{\square}$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| ${ }^{\text {Spirit }}$ |  |  | $\square$ |  |  | $\square$ |
|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
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| Mind | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| $\stackrel{\square}{\text { Body }}$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Spirit | $\square$ | $\square$ |  |  |  | $\square$ |
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| $\underbrace{\text { Mind }}_{\text {Body }}$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| ${ }^{\text {Body }}$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
|  | $\square$ |  |  |  | $\square$ | - |




| June |  |  |  |  |  |  |
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| September |  |  |  |  |  |  |
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\text { Mind } \\
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\text { Body } \\
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\text { Spirit } \\
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## Kaizen - The practice of constant incremental improvement.

List five ways you can leave people better than you found them every day.
1.
2. $\qquad$
3. $\qquad$
4. $\qquad$
5. $\qquad$

List five ways you can leave places better than you found them every day.
1.
2. $\qquad$
3. $\qquad$
4. $\qquad$
5. $\qquad$
2. Pick a recurring date you are going to review steps one through six with the intent to fine tune the responses you made on the first pass through. It can be monthly, quarterly, yearly, or at any interval you choose.

What will the recurring date be? $\qquad$
How frequently will you review your steps? Choose Frequency
Other: $\qquad$
And once you complete your review of steps one through six, remember to review and update step seven as well.


## Seek the wisdom of others.

List five people you respect who have built a purposeful life and make an appointment to spend an hour interviewing them.
1.
2.
3.
4.
5.

Follow us for the release of the full Goal Genius system by the end of 2024! Notes

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## Notes


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## Notes


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