Journey Layout

BASIC LAYOUT INFO

Goal Description

With filling out the chart above, this is to write the final goal out on paper. When we write things out to brings it to reality and in front of our face. Not just another random thought in our minds. We have over 60,000 thoughts in one give day. To stay focused on this one, write it down and keep it somewhere you will see it many times everyday.

Sub Goals

Sub goals are to break down the many steps it would take to get to your final accomplished goal. Break it down as much as possible to make it easier and feel great along the way. Put a goal time frame on each of the sub goals and if you need some additional motivation, put a reward to each of the subgoals. Doing this step will have many reasons. You can assign a sub goal for the designated timeframe and If you need a little extra push, assign a reward. For instance, If I complete a full week of post on the website getatitnow.com I reward myself with a new video game or 3 hours of video games straight (oh yeah).

Your Why

You need 3 reasons to your why. If you only want to make money, not strong enough to push you through. If you only want more free time, again, wont be a strong enough reason to keep you going. This is why three reasons are so important. If this is gonna change your life for the better, you need a strong 3 reasons to keep fighting for it. A future page is solely designated to put these in massive letters to hang somewhere in your household as a constant reminder to keep that motivation at its peak everyday.

Basic Info

GOAL	What is it you want to achieve?
GOAL TIME FRAME	How long do you think it should take to complete your goal?
ADDITIONAL EDUCATION	Do you need to sign up for a class or course to get to your goal?
SUB GOALS	What are the steps you can think of to get to your goal?
COST	Does it cost anything to complete your goal?
YOUR WHY	List 3 reasons why you want to accomplish this goal 1) 2) 3)

Goal and Subgoal Timeframe

Start Time	End Time	Activity
NOW		Filling this form out and understanding your foundation

Notes

Use this space for additional information needed to provide for the layout.

3 REASONS WHY

1)

2)

3)