

Developing Your 10 Year Plan

Day One:

1. Read <https://yourtenyearplan.com/> and listen to the 6 minute audio clip, then read the exercises on page 2-7, but do not complete them.

Day Two:

2. Watch <https://youtu.be/SemHh0n19LA>
3. Watch <https://youtu.be/tiNCtzgfrY>
4. Spend 90 minutes on the Wheel of Life exercise (below) and outline what a “10” looks like and three important goals to reach between now and then.
5. Spend 90 minutes on the 10 Year Vivid Vision exercise (below) - Write a detailed description of a typical day in 10 years.

Day Three:

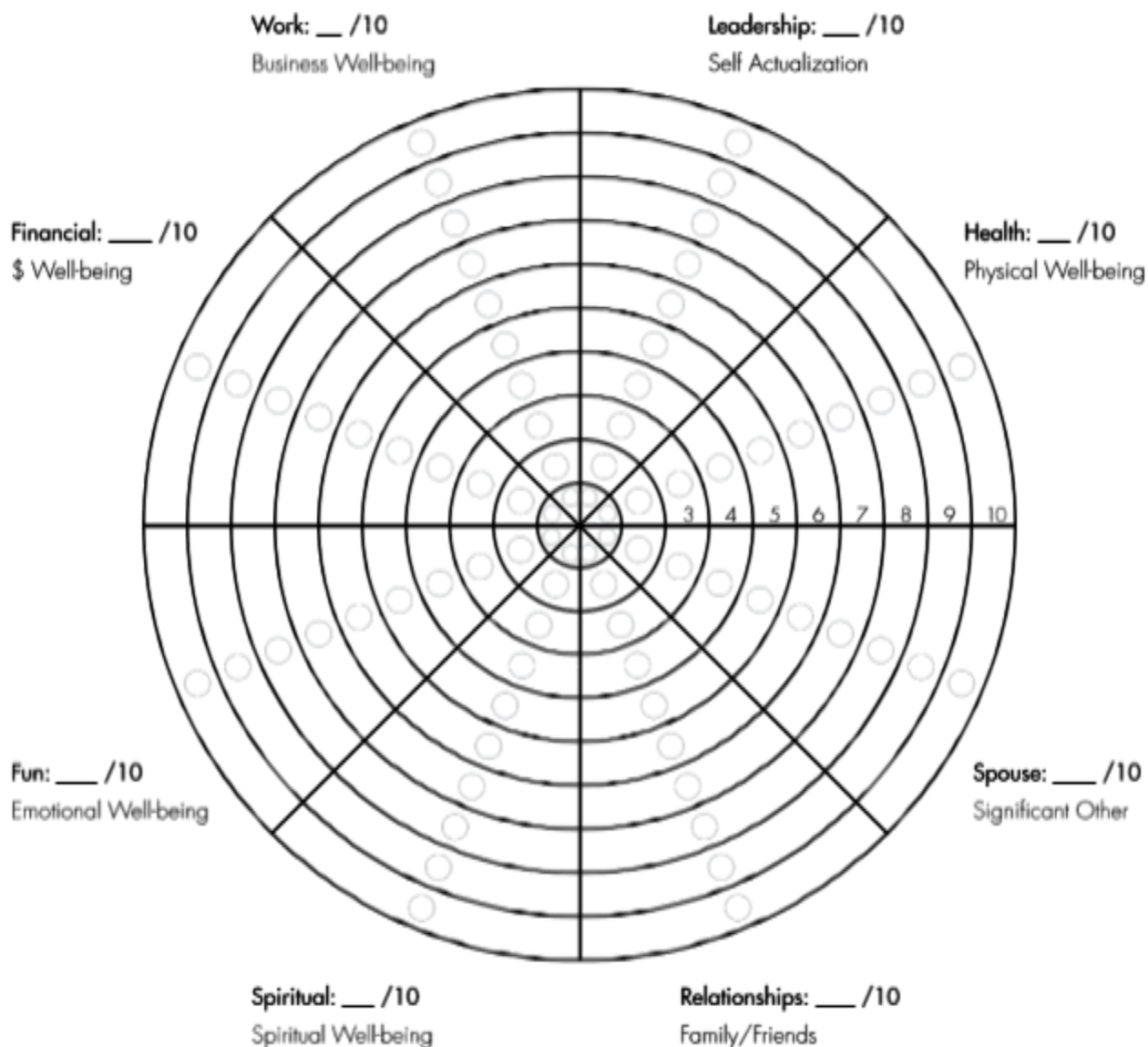
6. Spend 90 minutes continuing on the Wheel of Life and 2030 Vivid Vision so you have three goals in each area to accomplish this decade, along with a descriptive narrative on a day in your life.
7. Watch <https://youtu.be/NQ4en7o8B-g>
8. Watch https://youtu.be/ft_DXwgUXB0

WHEEL OF LIFE

Instructions: Reflect and self evaluate... How satisfied are you in each category?

- Rename or clarify any category so each is meaningful and represent a core of a 'balanced' life for you.
- The center is 0 and the outer circle is 10. Put a number beside each label, click the corresponding button in each section and color in your satisfaction with each slice.
- The filled in circle represents your current view of your 'Wheel of Life'.

Date: _____



add different factors why you gave that score.

2. Write a big picture goal for each spoke of the wheel. Try to use the vivid picture framing of it: what does it feel like? What would perfect look like?

3. What challenges and resources do you need to achieve that ideal 2030 state?

10 YEAR VIVID VISION STATEMENT
PONDER

QUESTIONS TO

- What are you doing with your life? How do you spend your time?
- What does a typical day look like for you? A week? A month?
- What do you do for work? When and where do you do that?
- How much do you earn? What do you do with your earnings?
- What have you been up to for the last ten years? How did you get here?
- What have been your greatest accomplishments?
- What have you learned from failure?
- What do you value most in your life? How does the life you're living reflect that?
- What gets you excited to jump out of bed in the morning?
- What are you reading and learning about?
- What ten words best describe the life you're living?
- Why are you doing the things that you do?
- How does it feel to live the life you're living?
- Who is there with you?
- Who are the other important people in your life? Children, grandchildren, pets?
- Describe your relationships with friends and family.
- How are you involved in your community?
- What are you doing to serve others?
- How is your health?
- What are you eating? Where does it come from? How is it prepared?
- What types of physical activity do you engage in? Where? How often? What time of day? With who?
- Where are you living? What part of the world? Are you in the city or the country?
- What kind of house do you have? How is it furnished? Where do you spend the most time on your property?
- What kind of view do you have? Describe what you see, how it smells and what you hear.
- What are you wearing? How do you style your hair? Describe how you look.
- What do you drive? Where are you driving it and why?
- What else is an important part of your daily life?

10 YEAR VIVID VISION STATEMENT PONDER

QUESTIONS TO

Your Skillset In 10 Years' Time

- Mastery of a skill usually takes about ten years. Is there a skill that you want to get started learning now in order to have achieved mastery in ten years' time?
- You can get reasonably good at a skill in about a year. What skills do you want to get reasonably good at in the next ten years?
- You can obtain basic proficiency in a skill in about a month's time. Are there any skills in which you wish to gain basic proficiency in the next ten years? If so, which skills?

Your Finances In 10 Years' Time

- How much money will you have amassed in 10 years time?
- What types of investments will you be holding?
- What will your debt situation be like?
- What assets will you own?
- How will you be making your money?
- What level of financial security will you have obtained?

Your Health in 10 Years' Time

- How will you manage your weight in the next ten years?
- How will you stay fit?
- How will you look and feel in ten years' time?

Your Career In 10 Years' Time

- Will you move up the corporate ladder in the next ten years?
- Do you want to strike out on your own in the next ten years?
- What contributions do you want to make in your field in the next ten years?
How will you expand your field's area of knowledge?
- What will you be known for in ten years' time?
- Do you want to retire in the next ten years?

Travel and Adventure In 10 Years' Time

- What countries do you want to visit in the next ten years?
- What adventures do you want to have in the next ten years?
- What events do you want to go to?

Your Relationships in 10 Years' Time

- What type of people do you want to surround yourself with in the next 10 years?
- Do you want to get married in the next ten years?
- If you're married, how will your marriage grow in the next ten years?
- Do you want to have kids in the next ten years?
- If you have kids, how will you promote and support their physical, emotional, social, and intellectual development in the next ten years?
- Do you want to build a business contact network in the next ten years? What kind of people do you want in your network?
- What will your social life be like during the next ten years?

Your Personal Development In 10 Years' Time

- How will you change and grow in the next ten years?
- How will you improve your mental and emotional health in the next ten years?
- What habits do you want to adopt over the next ten years?

Projects In Ten Years' Time

- What projects—such as writing a novel, composing a piece of music, or opening a gym—do you want to work on during the next ten years?
- Will you work on one long project for the next ten years?
- Will you complete several mid-sized projects in the next ten years?

Contributions In Ten Years' Time

- How will you further your legacy in the next ten years?
- How will you help make the world a better place in the next ten years?
- What charitable contributions will you make? How will you volunteer in your community?

Next Steps

Once you've answered the questions above and used those answers to create a 10 year plan, you can plan for each of the ten years by referring back to your plan. Do the following:

- Create New Year's resolutions that are aligned with your 10 year plan.
- Create a 365-Day Challenge that will move one of your ten -year goals forward.

- Use prompts to help you plan your year in a way that will contribute to your 10 year plan.

If you do this every year for the next years, chances are high that you'll achieve your 10 year plan.