

"DREAMS to HABITS" template

Think

DREAMS: What

If Money and Time were not an issue, what would you do in the next 12 months, 3 years, 5 years?

WANT: I would...

NEED: I should...

Abstract | Intangible | Imaginary zone

VISION: Why

I see myself (doing any of the above) BECAUSE...

Decide

PLANS: When & Where

Identify TIME & SPACE constraints

Explains your PLANS to GOALS

Answer GOALS questions

Interact with HABITS to come up with alternatives and options

GOALS: Reality Check

Ask questions to PLANS ensuring alignment to personal values, available resources and other reality checks.

Allow PLANS to come up with options (plan A, B, C, backup plan...)

Act

HABITS: Who & How

Identify your habits in the form of characters in the "movie of your life"

At the top, place the ones that happen most frequently

At the bottom, the ones that happen less frequently

Dreams, Vision, Plans and Goals will only be successful if the right HABITS are committed and engaged to make them a reality

Concrete | Tangible | Reality Zone