

“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...



VISION: Why

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



Abstract | Intangible | Imaginary zone

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