

CATHY CHRISTEN



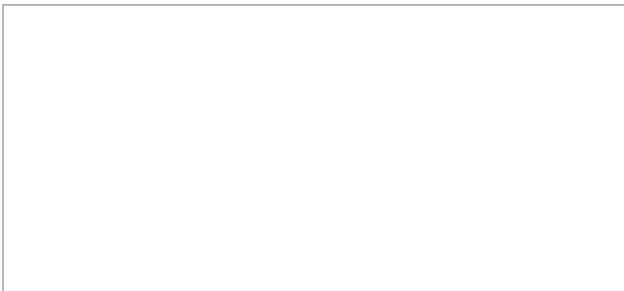
**STEPS TO DESIGNING YOUR LIFE AS THE
MASTERPIECE IT WAS MEANT TO BE!**

STEP 1

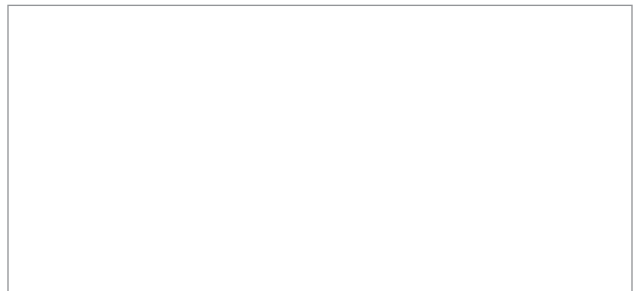
Dream Away!

Write down as many dreams in the following categories.
Try to continuously write until you pass 100.

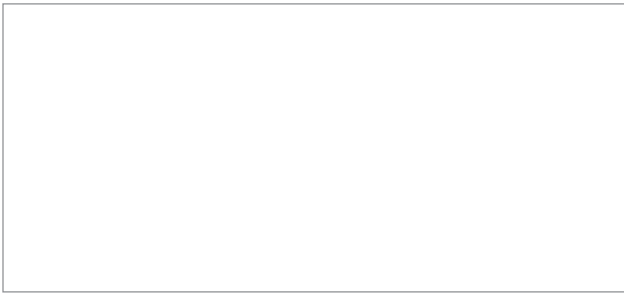
PHYSICAL



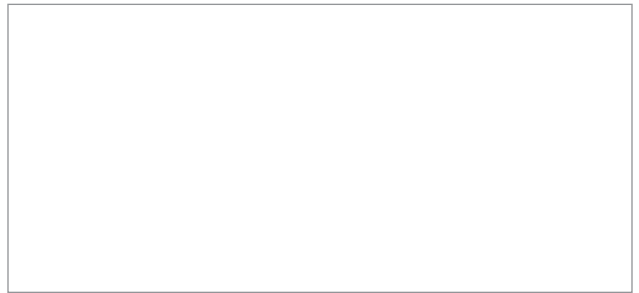
MATERIAL



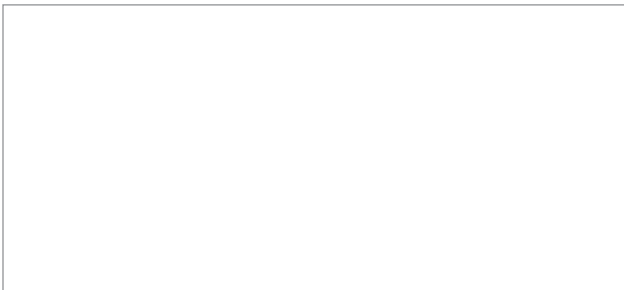
EMOTIONAL



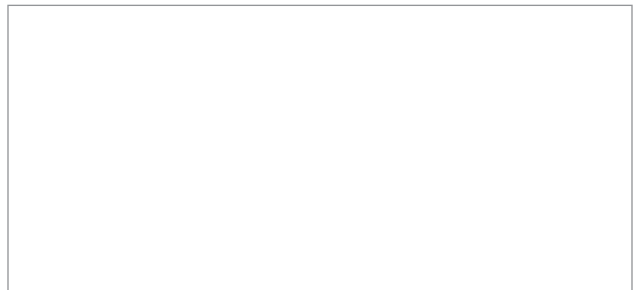
CREATIVE



ADVENTURE



PROFESSIONAL



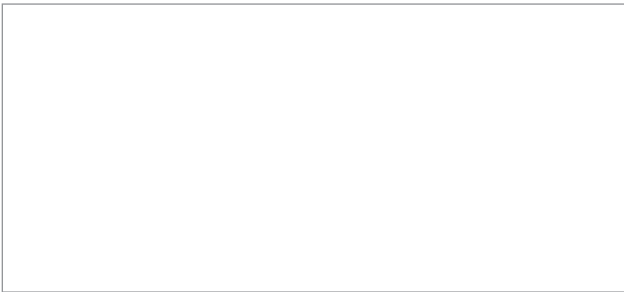
INTELLECTUAL



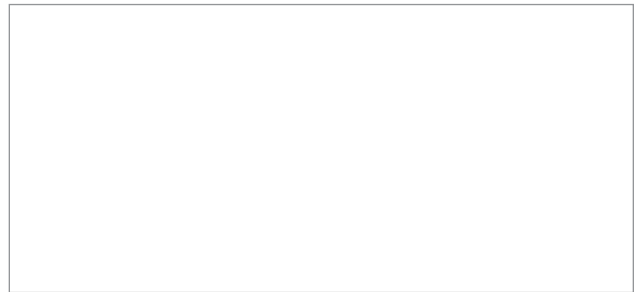
SPIRITUAL



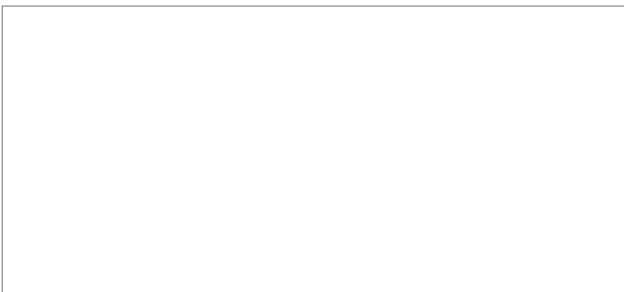
FINANCIAL



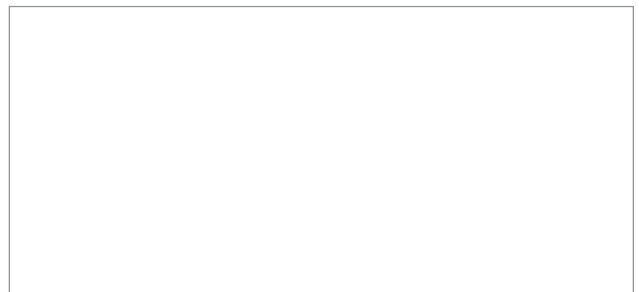
LEGACY



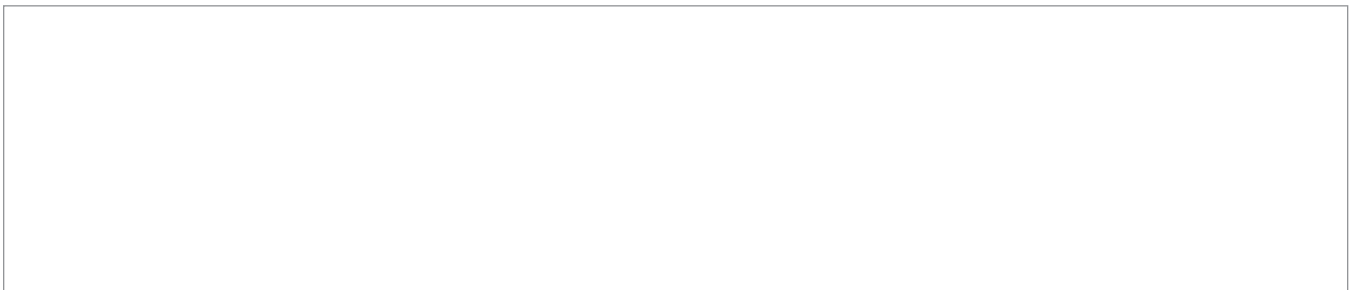
PSYCHOLOGICAL



CHARACTER



OTHER



STEP 2

Identify Top 20 Non-Negotiables and Why

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

*“If you want to reach a goal you must see the reaching in
your own mind before you can actually arrive at your goal.”*

ZIG ZIGTAR

STEP 3

Turn your Dreams into Reality

Give them a deadline/time frames. Set short-term goals with deadlines to help you stay on track!

1 YEAR GOALS

3-5 YEAR GOALS

DECADE GOALS

LIFETIME GOALS

“Setting goals is the first step in turning the invisible into the visible.”

TONY ROBBINS

STEP 4

Break it Down!

What actions need to be taken monthly, weekly and daily to accomplish your 1 year goals?

MONTHLY

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

WEEKLY

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

DAILY

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Break it Down!

MONTHLY	DAY/TIME	NOTES
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STEPHEN COVEY

STEP 6

Know The Price!

What would it cost you NOT to follow through with your plan?

Be as specific as possible & walk through this with all the actions that MUST happen, not just the ones you'd like to get done.

ACTION:

What would it cost you not to execute? _____

Why does that matter? _____

ACTION:

What would it cost you not to execute? _____

Why does that matter? _____

ACTION:

What would it cost you not to execute? _____

Why does that matter? _____

STEP 7

Commit!

“Discipline is the bridge between goals and accomplishment.”

JOHN ROHN

Once your plan is in place, it's all about committing and having the discipline to carry out the daily actions and effort needed to make your dreams a reality.

MY COMMITMENT TO MYSELF:

I, _____ commit to (doing) _____
in order to _____
and design my life as the masterpiece it was meant to be!

Sign: _____

Date: _____

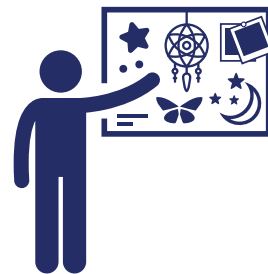
Bonus Tools



ACCOUNTABILITY



DAILY
VISUALIZATION



VISION BOARD



ABOUT THE AUTHOR

Cathy Christen is a holistic peak performance strategist passionate about helping people design their life as the masterpiece it was meant to be. She brings awareness to the extraordinary potential within you, inspires you to fully develop the gifts you've been given, and provide business and personal coaching tools to help you elevate your energy to it's highest level to start living the life of your dreams today!

She has coached over 100+ people over the past decade to start and grow profitable businesses, 5 national champions, and exclusively mentors 35 entrepreneurs annually across multiple market spaces. She oversees the Gulf-Coast division of Cutco/Vector Marketing, which produces over 5.5 million in sales annually. Cathy was the quickest promoted District Manager to the Cutco Hall of Fame, won 7 national titles and is responsible for over \$42 million dollars in sales. She is also co-founder of Elevated Fitness and Nutrition; an energy and lifestyle company focused on a holistic approach to help others have the energy they need to really LIVE their best life.

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