



PLAN YOUR BEST YEAR EVER

with Racheal Cook MBA

|
day 2

DESIGN YOUR YEAR

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DESIGN YOUR YEAR

Now that we've reviewed last year, it's time to jump in and start mapping out goals and action plans, right?

Slow down there speed racer!

I often hear from entrepreneurs who set and achieve big goals... only to realize that those goals actually belong to someone else. We are surrounded by so much noise of what we SHOULD DO that we often struggle to tune into our own dreams and desires.

There is ONLY ONE RIGHT WAY - YOURS!

The most important part of this process to plan your best year ever is making sure that your goals are YOUR GOALS. Aligned with what YOU REALLY WANT for your life and business. So what matters most, to you?

PART I:: YOUR PAINTED PICTURE FOR 2022

Let's spend some time dreaming! Imagine that you got into the DeLorean and traveled to the future, one year from now. Just like in Back to the Future, you're observing your future self living their normal every day life. What does it look like?

I:: FROM THE MOMENT YOU WAKE UP UNTIL THE MOMENT YOUR HEAD HITS THE PILLOW, WHAT DOES A TYPICAL DAY LOOK LIKE FOR YOU 1 YEAR FROM TODAY?

Consider all the areas of your life - your day to day lifestyle, your health, your relationships, your hobbies, and yes, your business!



2:: IMAGINE YOU'RE FOLLOWING FUTURE YOU {1 YEAR FROM TODAY} FOR AN ENTIRE WEEK. WHAT'S CHANGED?

What have you STARTED doing each week? What have you STOPPED doing each week? What are you doing MORE of? What are you doing LESS of?

3:: AS YOU FOLLOW YOUR FUTURE SELF THROUGH THIS WEEK, WHAT UPGRADES HAVE YOU MADE OVER THE LAST YEAR?

What areas of your life have you upgraded? New car? New computer? Yoga membership? Hiring a housekeeper? Taking a vacation?

4:: FUTURE YOU WALKS INTO YOUR OFFICE, SITS DOWN AT YOUR DESK, AND GETS TO WORK. WHAT ARE THEY DOING? WHAT DOES YOUR BUSINESS LOOK LIKE?

Consider what would make this your dream business - who do you want to work with? How are you working with your clients? What are you known for? Who is on your support team? What do you spend most of your time doing?

PART 2:: LIFESTYLE DESIGN

Now it's time to reverse engineer your painted picture. What needs to happen in order to make this painted picture a reality?

UPGRADE YOUR LIFESTYLE	TIME	MONEY

ARE THERE ANY LIFESTYLE UPGRADES YOU COULD MAKE RIGHT NOW?

UPGRADE YOUR RELATIONSHIPS	TIME	MONEY

ARE THERE ANY RELATIONSHIP UPGRADES YOU COULD MAKE RIGHT NOW?

UPGRADE YOUR HEALTH + SELF CARE	TIME	MONEY

ARE THERE ANY HEALTH UPGRADES YOU COULD MAKE RIGHT NOW?

UPGRADE BUSINESS	TIME	MONEY

ARE THERE ANY BUSINESS UPGRADES YOU COULD MAKE RIGHT NOW?

PART 3:: MAKE IT REAL

Many entrepreneurs struggle to set accurate and achievable goals around business growth and revenue because they never take into consideration what they need to pay themselves to live their dream life! Let's crunch a few quick numbers to determine what YOUR TAKE HOME PAYCHECK needs to be *{we'll cover business specific numbers tomorrow - stay focused on your LIVING expenses}*.

MONTHLY LIVING EXPENSES	COST NOW	PAINTED PICTURE
Mortgage/Rent		
Utilities (Electric, Water, Gas, Sewer, Etc)		
Phone + Internet + Cable		
Groceries + Eating Out		
Fuel + Transportation + Car Maintenance		

PERSONAL EXPENSES	COST NOW	PAINTED PICTURE
Childcare + Kid Activities		
Gym + Personal Self-Care		
Clothing		
Gifts		
Entertainment		

INSURANCE	COST NOW	PAINTED PICTURE
Home/Renters Insurance		
Health Insurance		
Life Insurance		
Disability Insurance		
Long Term Care Insurance		
Auto Insurance		

SAVINGS	COST NOW	PAINTED PICTURE
Emergency Fund		
Vacation		
Kids College Fund		
Retirement		

DEBT	COST NOW	PAINTED PICTURE
Car Payment		
Student Loan		
Credit Card Debt		

TOTAL MONTHLY EXPENSES	CURRENT \$	FUTURE \$