

100,000 feet first

Time is a Non-Renewable Resource

See the time you actually have. Then decide what you want to do with it.

Each box represents one year. **1** Put an X through those already lived. **2** Cross out the years beyond your rough life expectancy. **3** Look at what remains.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

How many summers do you have left?

NAME IT BEFORE YOU SCHEDULE IT

What do you want life to contain?

Don't worry about when or how yet. Get the important stuff onto the page first.

EXPERIENCE

Where do you want to go? What do you want to do, feel or try?

BUILD / CREATE

What do you want to make, grow, lead or leave behind?

PEOPLE

Who do you want more time with? What relationships need attention?

CHANGE / BECOME

What needs to shift? What do you want to learn or become?

THE CONFRONTING BIT

What are you postponing as though time is guaranteed?

100,000 FEET —→ NEXT 90 DAYS

Put it on the timeline. Work backwards.

Go back to your life grid on page 1 and add the things you identified on page 2. Where do you want them to happen? Then come back here and work backwards. Your short-term goals should serve the life you chose, not just keep you busy.

10 YEARS

What do you want to have done, changed or experienced?

5 YEARS

What needs to be in place?

3 YEARS

What needs to be underway?

THIS YEAR

What needs to change or begin?

NEXT 90 DAYS

What will you actually do?

A useful 90-day goal is a small, credible move towards the life you said you wanted.



**Clear on what you want but less clear on
how to get there?**

This is exactly the territory I work in with clients.

Work with me »



www.zenzeroconsulting.com