

Gen Morley

# Creating Your Compass

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**Living in health, wealth and wellbeing.**

My **BIG GOAL/S** (the ultimate dream) is to...

**(example; have a thriving business, make 'X' amount of money, travel a lot, three day work week)**

Name the goal/s and then explain what you will feel when you've accomplished the goal that you don't feel now.

When you define how you will feel, make an effort to use a feeling word like safe, peaceful, more self worth, loved, proud of myself...etc. These are our root desires that are the true drivers in our lives and when we are building a life from these places honestly we will live in health, wealth and wellbeing.

1.

Then I will feel:

2.

Then I will feel:

3.

Then I will feel:

**How would you spend your time each day in the life above?**

**Build your dream job from your dream life:**

Subtract all the hours you would like to sleep, exercise, eat and be with family and loved ones from the 24 hours in a days.

(Consider commuting time etc.)

Now you have the number of hours you can work in a day.

From the number of hours for work you have,  
subtract time for seeing clients, email, building business, networking etc.  
Now you Have your day and your dream job.

**1. Weekdays: work hours/days?**

What would you do at work?

How much sleep would you get each day?

How much exercise would you get per day?

How much time with family or loved ones each day?

**2. Free time/weekends?**

What would you do in your free time?

**What's the one big thing you need to do to accomplish your goal?**

**List one thing that would move the needle toward your goal**

**(example; get more clients, make more money, learn more, SLEEP ;)**

1.

**What are 3 things you could do this week that would get that one thing going?**

**(example...improve SEO, networking, social media, sleep, work more, manage my time, eat better, relax)**

1.

2.

3.

