

“Q4 is where games are won and lost. Plan to win.”

Monthly Vision

Key intentions & Themes

Top Goals per Area

Hobbies	Relationships	Work	Miscellaneous
Health & Fitness	Spirituality	Rest/Sleep	

Money Matters

Internal Qualities

Important Dates

Main Characters

Primary Locations

Check-Ins (1-10 Scale, 10 Highest)

	10/1	10/8	10/15	10/22	10/31
PHYSICAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MENTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EMOTIONAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPIRITUAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

“I take full ownership of my time and life in October 2024 and will be proactive in living each moment of it!”

_____ Signature