

Life Goals Planning Pack

Twelve blank worksheets, planners, and trackers. The whole Goal Cascade on paper, from your values all the way down to today's habits. Print as often as you like, and revisit each level on its own rhythm.

- 1** **The Goal Cascade Template** · the whole system on one page

- 2** **Your Values** · surface what actually matters

- 3** **The Life Areas Map** · score ten areas, find the gap worth working on

- 4** **Three Futures** · find your Summit Goal

- 5** **Your Goal Plan** · Outcome Map and Friction Map

- 6** **Year Plan** · one goal per life area

- 7** **Quarter Plan** · your 90-day focus

- 8** **Month Plan** · this month's slice

- 9** **The Weekly Reflection** · keep the plan alive

- 10** **Daily Plan & Reflection** · aim and close each day

- 11** **Habit Tracker** · define the habits, then track the month, two pages

- 12** **Wall of Wins** · proof that you are moving

- Work top down the first time. Values, then Summit Goal, then the year, quarter, month and week.
- Reprint the sheets you use often. The weekly reflection and the daily page are made for a stack.
- Sheet 10 runs over two pages. Print it double-sided, flipping on the short edge, so the month grid lands on the back of your habit definitions.

The Goal Cascade Template

Fill it in from the top down. Each level narrows the one above it, so the action you take today traces all the way back up to your Summit Goal.

Level	What you decide here	Your entry
Values	What genuinely matters to you	
Purpose	The direction your values point in	
Summit Goal	The one big goal in focus now	
Annual	This year's milestone toward the summit	
Quarterly	The next visible step, in 90 days	
Monthly	This month's slice of the quarter	
Weekly	The few things that move it this week	
Daily	Today's concrete action	

Test of a good plan: every daily action should trace back up to your Summit Goal.

Your Values

Answer honestly and quickly, before the part of your mind that wants to sound admirable catches up.

1. A recent day you felt genuinely satisfied with how you spent your time. What were you doing, and who was it for?

2. A recent decision you regret. What did you trade away, and what does that tell you you care about?

3. Whose way of living do you admire? Name one or two people and the single quality you envy most.

4. If you could protect only three things about your current life from any change, what would they be?

5. Read your answers back. The three to five words or phrases that keep showing up are your working values.

The Life Areas Map

Two numbers per area, both out of ten, both yours to judge. **Satisfaction** is how the area is actually going right now. **Importance** is how much it matters to the life you want, which is where your values come in. Score every area before you work anything out.

Life area	Satisfaction 0 to 10	Importance 0 to 10	Gap 10 minus sat.	Priority gap x importance
Physical Health				
Emotional Wellbeing				
Relationships				
Career				
Financial				
Growth and Learning				
Fun and Recreation				
Purpose and Meaning				
Environment				
Contribution				

Why multiply and not add. An area you are relaxed about scores near zero however bad it is, because 8×0 is 0. An area that matters but is already going well also scores low, because 1×9 is 9. What reaches the top is a real gap in something you actually care about, so the sheet will sometimes rank your worst score last. That is not a mistake, and it is the most useful thing this page does.

Your top three, and what is in the way

Highest priority first. For each one, name the thing blocking it and say whether it is yours to move. If it is, it becomes a decision. If it is genuinely outside your control, trying harder is not the move.

#	Area and priority score	What is blocking it, and is it yours to move?
1		
2		
3		

Three Futures

Sketch three believable versions of your life a few years out. Write in the present tense, as if you are already living it.

Future A, the likely path. If nothing major changes and you keep going as you are, where are you in three to five years?

Future B, the blocked path. If your current main plan became impossible, what would you build instead?

Future C, the wild card. If money, fear, and other people's opinions did not count, what would you actually chase?

The future most worth pursuing, in one sentence. This is your draft Summit Goal.

Your Goal Plan

A Summit Goal is a direction, not yet a plan. Build it in two halves: what success looks like, and what will get in the way.

Outcome Map

1. Your Summit Goal, in one clear sentence.
2. What your life looks like once it is achieved. What is different about an ordinary week?
3. Two or three Success Measures. Observable signals of real progress, not feelings.
4. The very next physical action you can take this week.

Friction Map

Name the obstacle, then decide the response now, while it is still cheap to decide.

What will get in the way	If it happens, I will

Year Plan

One meaningful goal per life area for the year. Check that each one ladders up to your Summit Goal.

This year's Summit Goal

This year in one word

Life area	This year's goal	First step
Health		
Relationships		
Career and work		
Growth and learning		
Finances		
Well-being		

The single goal that matters most this year

What I will not take on this year, so the list above stays possible

Quarter Plan

Ninety days is long enough for real progress and short enough to stay urgent. Pick a focus that ladders up to your year.

Quarter _____ Dates _____

The one outcome that would make this quarter a success

Milestones

Milestone	Target date	Done

What I will say no to, to protect this focus

A signal at the halfway point that I am on track

Month Plan

This month is one move in the quarter. Keep it to a few things that genuinely matter.

Month _____

This month's focus, and the quarter goal it serves

Key actions

Action	By when

Habits I am building this month

Define them properly on the Habit Tracker, then track them day by day on its back page.

One thing I will improve from last month

The Weekly Reflection

Five honest minutes at a fixed time you will actually keep. Print one for each week.

Week of _____

1. What did I do this week that moved me toward my Summit Goal?

2. Where did friction show up, and did my if-then response hold?

3. The one thing I will move forward next week.

4. Does my plan still point where I want to go, or does something need adjusting?

Wins worth keeping

Anything that went right, however small. Copy the ones that still matter onto your Wall of Wins.

Daily Plan and Reflection

One minute to aim the day, one minute to close it. Print a stack and keep them by your desk.

Date _____

The one Summit-serving action that matters most today

Today's intentions

☐ _____

☐ _____

☐ _____

☐ _____

Evening reflection

One line about today: what worked, and what will I carry forward?

Energy today, circle one 1 2 3 4 5

Anything on my mind

Habit Tracker

Define the habits here. Track the month on the back.

A habit survives a bad week when the whole loop is decided in advance: the person it makes you, the routine that sets it off, the smallest version you can still do when you are empty, and a reward the brain logs as a win. Write the 2-minute version now, not in the moment you need it. Start at a level you can keep, then raise it once it is boring.

One habit from the app's library, filled in.

Habit 20-minute walk after lunch	I am someone who clears their head on foot	After I ... I will after lunch, before I sit back down, I walk	On a hard day, the 2-minute version one lap around the block, about five minutes	Reward, straight after an audiobook saved only for walks	Why it matters it resets my focus and guarantees movement on a day when nothing else happens
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1 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

2 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

3 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

4 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

5 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

6 Habit

I am someone who

After I ... I will

On a hard day, the 2-minute version

Reward, straight after

Why it matters

The Month Grid

The same six habits, in the same order as the front. One mark a day.

Month _____ Year _____

Habit	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	Best streak	Come-backs
1 _____																																	
2 _____																																	
5 _____																																	
4 _____																																	
5 _____																																	
6 _____																																	

The Comeback rule

On a hard day, do the lazy-day version and stripe the square. The streak stays alive, and willpower never has to negotiate. A full done the next day is the comeback, and that is the day worth celebrating.

An empty day resets the counter, not the habit. Come back the very next day, even tiny.

Decide the lazy-day version on the front page before the month starts, not on the day you need it.

Builds on the never-miss-twice idea, the classic two-day rule: one skipped day is a bad day, two in a row is how a habit ends.

How to mark a day

- Done. Fill the square.
- Lazy day. Two diagonal strokes. Counts as kept.
- Missed. Leave it empty and move on.
- Same three marks as the app, so a printed month and a synced month read the same way.

What this month showed me

Which habit carried the others, and which one needs a smaller lazy-day version next month.

Wall of Wins

Progress is easy to forget. Each time something goes right, however small, write it here. Read it on the hard days.

Date

Date

Date

Date

Date

Date

Date

Date

Date

Date

Date

Date