

Prioritize & Commit

You ALWAYS have a choice. Always.

Spend a few minutes reviewing the six Key Area goals you've prioritized below BEFORE you have conflicting demands competing for your attention later in the year. That way, you will have planned in advance what your utmost priority is for the year before you're emotionally invested in an "emergency" situation. When those moments arise later in the year (and they will), you can refer to your list of priorities and make an intentional decision about how to proceed, instead of falling victim to "putting out fires" that may not even be your fires to deal with in the first place.

I, _____ am committed to:

1.

2.

3.

4.

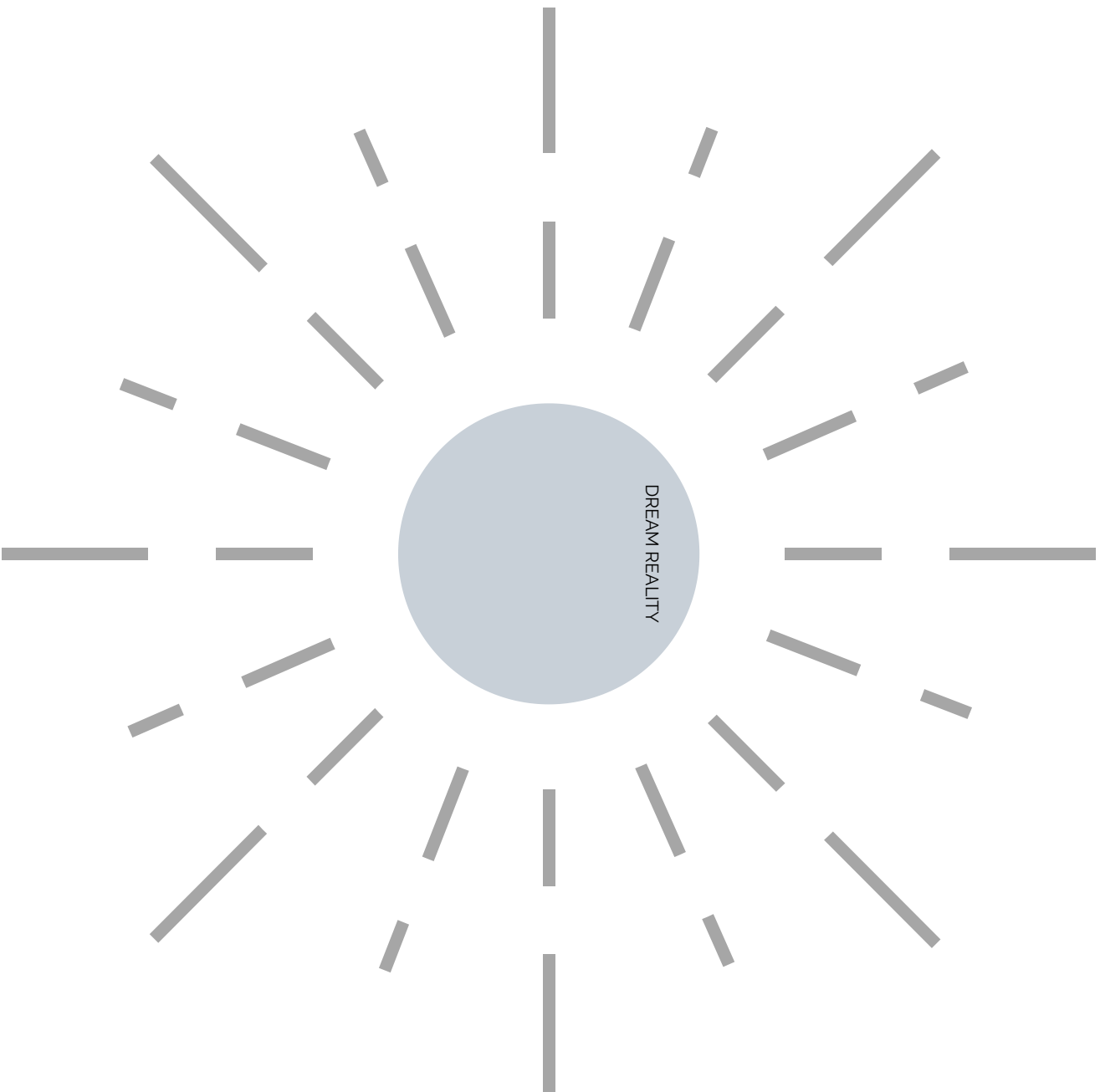
5.

6.

... and enjoying my life in the process. Each of these commitments is cause for celebration, when they are achieved, and as I work toward achieving them. I will celebrate my wins as they happen and regularly evaluate my priorities over the next 12 months.

Signed: _____ Date: _____

POST THIS COMMITMENT WHERE IT WILL INSPIRE YOU EVERY DAY.



CURRENT
REALITY

DREAM
REALITY

Bridge To Your Dreams

LISAROBBINYOUNG.COM

CREATIVEFREEDOMLIVE.COM

2022

January

Su	M	Tu	W	Th	F	Sa
						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					

February

Su	M	Tu	W	Th	F	Sa
		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					

March

Su	M	Tu	W	Th	F	Sa
		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		

April

Su	M	Tu	W	Th	F	Sa
					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

May

Su	M	Tu	W	Th	F	Sa
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				

June

Su	M	Tu	W	Th	F	Sa
			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		

July

Su	M	Tu	W	Th	F	Sa
					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						

August

Su	M	Tu	W	Th	F	Sa
	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			

September

Su	M	Tu	W	Th	F	Sa
				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	

October

Su	M	Tu	W	Th	F	Sa
						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					

November

Su	M	Tu	W	Th	F	Sa
		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			

December

Su	M	Tu	W	Th	F	Sa
				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

Goal 1 Milestones

Priority 1 Annual Goal:

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

Use this chart to “backward plan” your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish



Goal 2 Milestones

Priority 2
Annual Goal:

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

Use this chart to "backward plan" your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish



Goal 3 Milestones

Priority 3 Annual Goal:

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

Use this chart to "backward plan" your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish



Goal 4 Milestones

Priority 4
Annual Goal:

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

Use this chart to "backward plan" your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish



Goal 5 Milestones

**Priority 5
Annual Goal:**

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

Use this chart to "backward plan" your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish



Goal 6 Milestones

Priority 6
Annual Goal:

How will I know when I have achieved this goal?

What will it feel/look like? What specific metrics (income, number goals, etc.) will I have to hit in order to achieve this goal?

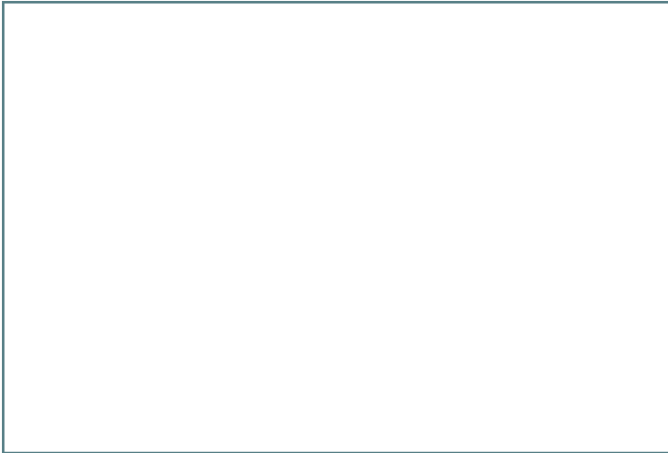
Use this chart to "backward plan" your sub goals/milestones. Remember that radish goals can often be attained in about a month, while pumpkin goals can take a whole season to bear fruit. Plan your calendar accordingly.

Milestone Description	Pumpkin/Radish

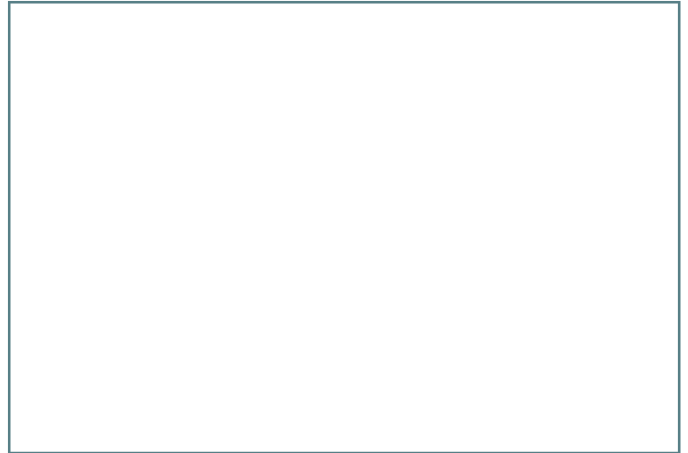


I.P.A. *Monthly*

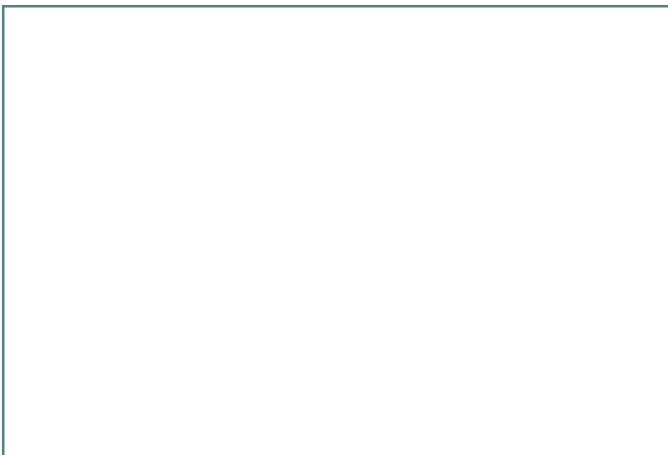
JANUARY



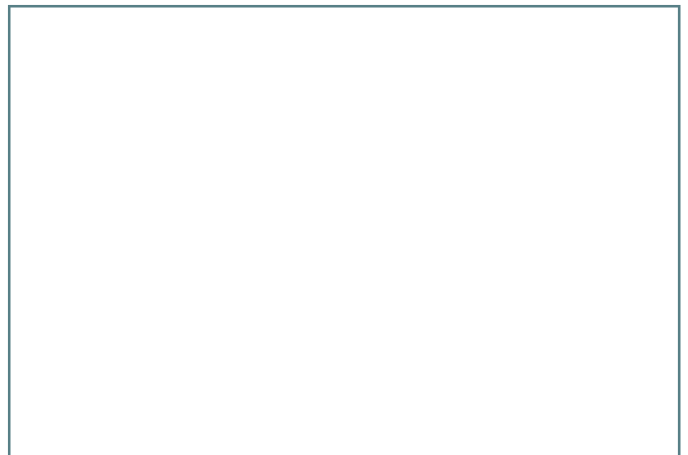
FEBRUARY



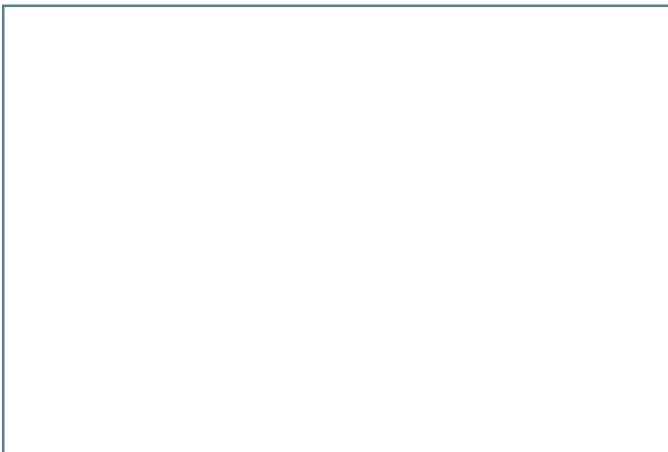
MARCH



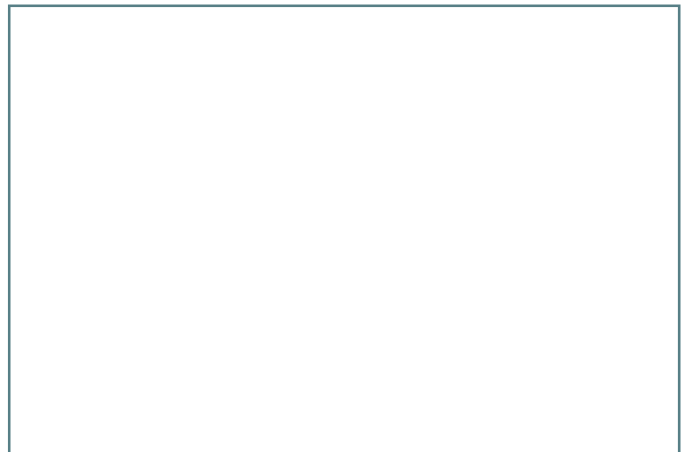
APRIL



MAY

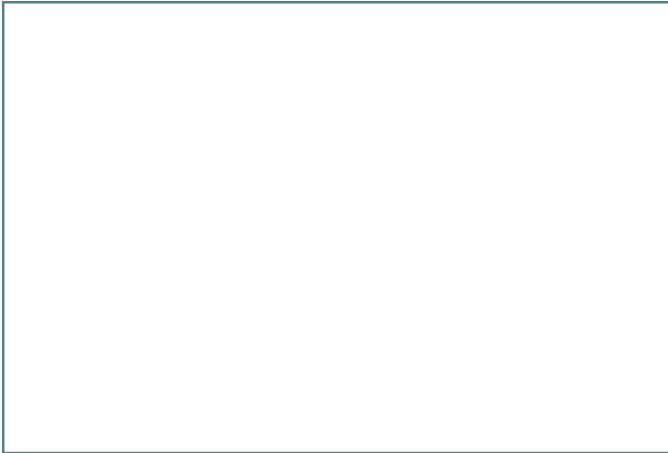


JUNE

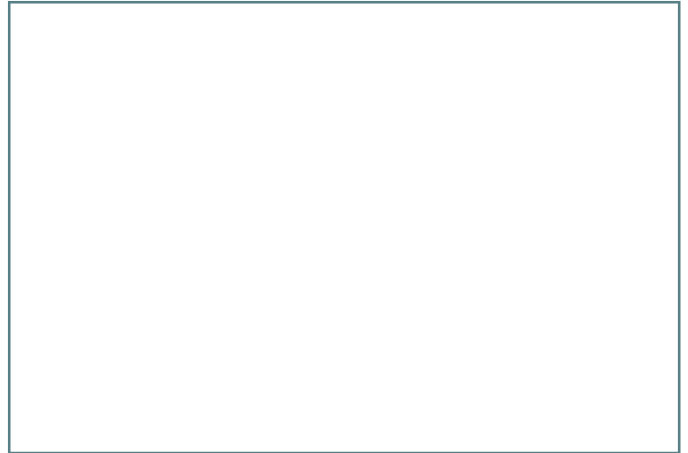


I.P.A. *Monthly*

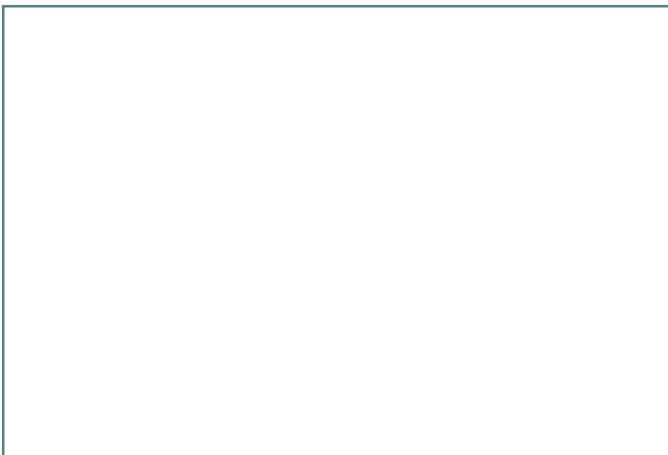
JULY



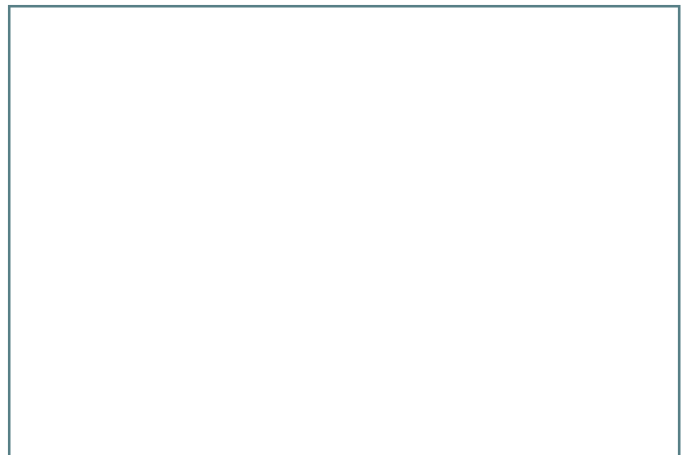
AUGUST



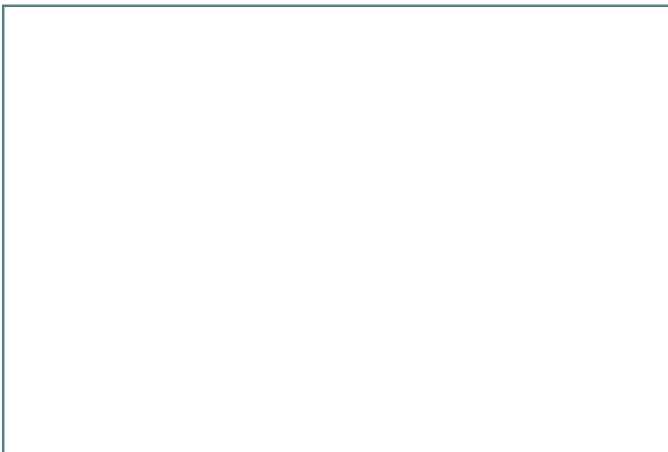
SEPTEMBER



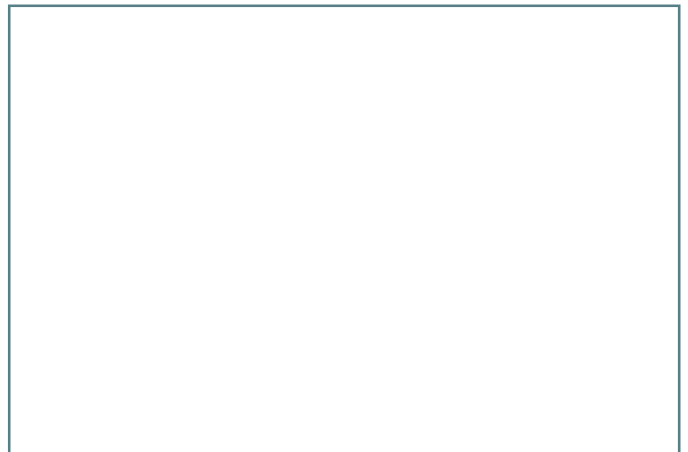
OCTOBER



NOVEMBER



DECEMBER



First Quarter Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Events & Happenings

Monthly Milestones

January

February

March

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6

Other Considerations



Creative Freedom[™]

Own Your Dreams Without Selling Your Soul[™]

January Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Jan 1-7

Jan 8-15

Jan 16-21

Jan 22-28

Jan 29-31



February Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Feb 1-7

Feb 8-15

Feb 16-21

Feb 22-28



March Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Mar 1-7

Mar 8-15

Mar 16-21

Mar 22-28

Mar 29-31



Second Quarter Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Events & Happenings

Monthly Milestones

April

May

June

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6

Other Considerations



Creative Freedom[™]

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April Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Apr 1-7

Apr 8-15

Apr 16-21

Apr 22-28

Apr 29-30



May Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

May 1-7

May 8-15

May 16-21

May 22-28

May 29-31



June Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Jun 1-7

Jun 8-15

Jun 16-21

Jun 22-28

Jun 29-30



Third Quarter Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Events & Happenings

Monthly Milestones

July

August

September

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6

Other Considerations



July Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Jul 1-7

Jul 8-15

Jul 16-21

Jul 22-28

Jul 29-31



August Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Aug 1-7

Aug 8-15

Aug 16-21

Aug 22-28

Aug 29-31



September Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Sep 1-7

Sep 8-15

Sep 16-21

Sep 22-28

Sep 29-30



Fourth Quarter Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Events & Happenings

Monthly Milestones

October

November

December

1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6

Other Considerations



October Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Oct 1-7

Oct 8-15

Oct 16-21

Oct 22-28

Oct 29-31



November Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Nov 1-7

Nov 8-15

Nov 16-21

Nov 22-28

Nov 29-30



December Projections

Key Area Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Quarterly Milestones

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Monthly Milestones

Events & Happenings

Must Do Action Items

Dec 1-7

Dec 8-15

Dec 16-21

Dec 22-28

Dec 29-31



I.P.A. Weekly

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY MILESTONES

1

2

3

4

5

6

INSPIRATION

CELEBRATIONS



GOALS *Check*

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

GOAL:

DEADLINE

DATE ACHIEVED

IMPORTANT ACTIONS/STEPS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROGRESS NOTES

PROJECT *Planner*

NAME:

START DATE:

COMPLETE DATE:

SPECIFICS:

IDEAS:

ACTION STEPS:

INVESTMENT:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____