

THE *Dream Life*

GOAL BREAKDOWN



01

Write down what you want most.

No dream too big. No dream too small.

02

Break it down. What would you **NEED** to do in order to achieve that ultimate goal?

03

Do this for each category of your life.

04

See if there's any goal that you can work towards **every day** - even if it's one thing.

05

Check off each task done and keep track.

06

Celebrate the journey

Every day you are closer and closer to the DREAM life you've always wanted. YOU did that. Take a moment every day to celebrate your hard work!

THE *Dream Life* GOAL BREAKDOWN



To create the life you want, you have to truly break down what you want most - and what you have to do get it. Write down your biggest dream in these four categories and then break down each one by putting in what you would have to do to achieve that goal. See it. Believe it. Work at each little step to get to it.

Education/Career

Full Time Blogger

- master Tailwind
- strengthen email list
- connect to other bloggers
- post every week
- join mediavine - 25k traffic
-

Financial

create multiple income streams

- affiliate marketing
- create e-course
- partner with brands
- mediavine/monumetric
- guests posts
-

Physical

Maintain a healthy lifestyle

- 3 full water bottles a day
- run 5-6 times a week
- yoga every morning
- pick healthy snacks
-
-

Relationships

strengthen bond with loved ones

- call parents often
- check on friends - text
- facetime with niece+nephew
- date night with cam every week
-
-

THE *Dream Life* GOAL BREAKDOWN



To create the life you want, you have to truly break down what you want most - and what you have to do get it. Write down your biggest dream in these four categories and then break down each one by putting in what you would have to do to achieve that goal. See it. Believe it. Work at each little step to get to it.

Education/Career

-
- -
 -
 -
 -
 -
 -

Financial

-
- -
 -
 -
 -
 -
 -

Physical

-
- -
 -
 -
 -
 -
 -

Relationships

-
- -
 -
 -
 -
 -
 -