



The Time is Now

Act on Purpose: Exercise

Life Planning Exercise 28 – My 37-Day Action Plan

You have almost completed your ultimate life plan. Throughout this process, you have identified many actions you can take to start down the path to your dreams. Now it is time to act. Identify one to three actions you will execute over the next 37 days for each of your dreams. These could include building relationships with members of your dream team, overcoming your limiting beliefs, facing your fears, or any of the other actions from the exercises that really struck you. It can also include new actions you've discovered as you've gone through the Mindset process. The point is, how are you going to get to the next level in the next 37 days? What will you do and how will you hold yourself accountable?

Example:

Dream #1: *Develop and maintain extraordinary friendships that will last years.*

What Will I Do Now?	Who Can Help Me?	To Complete By:	Completed?
<i>Join a club or organization where I can meet people who share my greatest interests</i>	<i>Look online or bulletin boards at places related to these interests</i>	<i>11/15/2014</i>	Yes
<i>Add value to my closest existing friendships in order to maintain their strength and longevity. I will do this by maintaining strong communication and offering to help them whenever possible</i>	<i>My best friends Aaron and Bodie</i>	<i>11/22/2014</i>	Yes
<i>Read a book on positive communication and keeping lasting friendships</i>	<i>My local independent bookstore</i>	<i>11/30/2014</i>	

Dream #1: _____

What Will I Do Now?	Who Can Help Me?	Completed By:	Completed?

I, _____, hereby declare that my dreams are precious and achievable, and that I have the power to make them come true. I will allow no one and nothing, including my own self, to ever take my dreams away. I will not make excuses, I will attack my fears, and I will overcome limiting beliefs that may cause me to settle for less than my dreams. I understand that people will help me, but that I am entitled to nothing; I must and will earn everything I get. I may not know how my dreams will come true, but I will continue to have a clear vision of what I want, and maintain a burning desire to make it happen. I also know that if I stay true to my dreams, I will most definitely achieve them or something even better.

Your signature: _____

Witness: _____

Dream #2: _____

What Will I Do Now?	Who Can Help Me?	Completed By:	Completed?

I, _____, hereby declare that my dreams are precious and achievable, and that I have the power to make them come true. I will allow no one and nothing, including my own self, to ever take my dreams away. I will not make excuses, I will attack my fears, and I will overcome limiting beliefs that may cause me to settle for less than my dreams. I understand that people will help me, but that I am entitled to nothing; I must and will earn everything I get. I may not know how my dreams will come true, but I will continue to have a clear vision of what I want, and maintain a burning desire to make it happen. I also know that if I stay true to my dreams, I will most definitely achieve or something even better.

Your signature: _____

Witness: _____

Dream #3: _____

What Will I Do Now?	Who Can Help Me?	Completed By:	Completed?

I, _____, hereby declare that my dreams are precious and achievable, and that I have the power to make them come true. I will allow no one and nothing, including my own self, to ever take my dreams away. I will not make excuses, I will attack my fears, and I will overcome limiting beliefs that may cause me to settle for less than my dreams. I understand that people will help me, but that I am entitled to nothing; I must and will earn everything I get. I may not know how my dreams will come true, but I will continue to have a clear vision of what I want, and maintain a burning desire to make it happen. I also know that if I stay true to my dreams, I will most definitely achieve them or something even better.

Your signature: _____

Witness: _____