



Welcome to The Life Crash Course

This course is a powerful first step toward designing a life you love. It's taken straight from the Goal Crazy Planner to help you clarify your goals and set a strong foundation for success.

But keep in mind—this PDF only includes Part 1: The Life Crash Course.

To get the full planner, with pages to help you build actionable plans and stay accountable to achieve your goals, head over to:

[View Goal Crazy On Amazon](#)



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Part 1

My Life Crash Course

Why Do I Need a Life Crash Course?

This section is designed to give you clarity on where you are in your life right now. This may seem goofy, because it feels like you should obviously know where you are in your life. However, let's take time to study your life. Let's see which actions and habits led to some of your accomplishments and which led to your failures.

This section is also designed to help you get into the habit of writing everything down. Writing things out on paper helps you to get a further level of clarity. It allows you to clearly see what your goals are and the action steps needed to achieve them. By doing this, you may realize things about yourself you may not have realized before. It will also help show you which areas of your life you need to work on and which areas of your life you may be focusing too much on.

If this is your first time using the planner, you will answer each question reflecting on your life up to this point. If you have used this planner before, answer each question reflecting on your previous 90 days.

What if I am afraid to write personal stuff down?

GET OVER IT! The only way you are going to grow is by pushing yourself out of your comfort zone. If the hardest thing for you to do right now is to put your thoughts in writing, you should be pretty happy, because that is a very small obstacle to get over. You can free yourself from that fear right now! Again, how badly do you want a better life?



Here are some questions to help you start:

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- What would your ideal self have already accomplished at this point in your life?
- What were some habits or commitments you told yourself you would start but didn't?

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- Why do you want them?
- What would you have more of?
- What would you have less of?
- Who would you have helped?
- How would you have helped them?
- How would it have impacted your life?

[illegible]



- Why haven't you taken action on some of your life's goals?
- What are you afraid of?
- What has been holding you back?
- What beliefs about yourself are stopping you from taking action?
- What is the worst case scenario if you try?

This image shows a blank sheet of white paper with horizontal ruling lines. A single vertical line runs down the left side, creating a margin. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.



- What are some of your failures?
- What are some of your biggest mistakes?
- What lessons did you learn “the hard way”?
- What decisions have you learned the most from?

This image shows a blank sheet of white paper with horizontal ruling lines. A single vertical line runs down the left side, creating a margin. The paper is otherwise empty of any text or markings.



Why Does Any of This Matter?

You are probably thinking, “why did I write this all out?” Great question. First, think back to all the things you have accomplished in your life. Look at all your progress. If you really took time to fill out that section, you will realize that you have accomplished a lot more than you thought. Most likely, many of those accomplishments seemed HUGE at the time. Some may have even been scary or seemed impossible. But you did it anyway! Realize how most of your accomplishments came from pushing yourself out of your comfort zone and taking a risk, whether it was big or small. Take a minute to thank yourself for achieving all of those accomplishments. Thank yourself for taking time to learn those new things. Thank yourself for taking risks, accepting challenges, and working hard to rise above them.

Now, look over your mistakes... and know that you achieved all those accomplishments in spite of those mistakes you made. It is amazing to think that even after making a lot of terrible decisions, you were still able to accomplish so much. Be proud of yourself! Think of all that you have learned from those bad decisions. Thank yourself for struggling through those tough times AND for still going out and accomplishing all that you have!

Next, think about all the things you haven’t done and the fears that held you back. One of the common fears is the fear of failing. If you look at your list of mistakes you will probably see that you have already failed, and if you haven’t, **GO OUT AND FAIL AT SOMETHING ALREADY!** You will learn a ton from it! For each of your fears, ask yourself, “if it came true, how could I fix it?”.

Another common fear is the fear of what others will say about you. Look at your list of benefits again. Is a happier and more fulfilled life more important to you than what others might say? Think about what they will say when you succeed! How great will it feel to explain to those people how you overcame your obstacles and accomplished your goal? Don’t let these thoughts keep you from having the life you really want.



My Balanced Life

Now to get even more personal... let's find out more about YOU! Fill out the questionnaire below to see how you are doing in the different areas of your life.

Health	Not like me					Just like me				
I work out regularly	1	2	3	4	5					
I eat lots of fruits and vegetables	1	2	3	4	5					
I avoid buying and eating junk food	1	2	3	4	5					
I regularly see my doctor and dentist for periodic checkups	1	2	3	4	5					
I get at least 7 hours of sleep per night	1	2	3	4	5					
I have a low level of stress	1	2	3	4	5					
Family	Score: ____ / 30 ____ %									
My family is important to me	1	2	3	4	5					
My family members know I love them	1	2	3	4	5					
I create ways to build great memories with my family	1	2	3	4	5					
I spend quality time with each member of my family	1	2	3	4	5					
I stay in touch with extended family members	1	2	3	4	5					
Social	Score: ____ / 25 ____ %									
I go out of my way to help my friends	1	2	3	4	5					
I stay in touch with friends from the past	1	2	3	4	5					
I see my friends regularly	1	2	3	4	5					
I support my friends' goals	1	2	3	4	5					
My friends support my goals and push me to grow	1	2	3	4	5					
I avoid engaging in gossip	1	2	3	4	5					
I am a good listener	1	2	3	4	5					
Score: ____ / 35 ____ %										

Financial/Career	Not like me			Just like me	
I have written goals for my career	1	2	3	4	5
I enjoy going to work every day	1	2	3	4	5
My job challenges me	1	2	3	4	5
I go above and beyond at my job	1	2	3	4	5
I live within my budget	1	2	3	4	5
I set aside a portion of my income for savings	1	2	3	4	5
I have responsible spending habits	1	2	3	4	5
I have a retirement plan	1	2	3	4	5
I have the proper amount of insurance	1	2	3	4	5
Educational	Score: ____ / 45 ____ %				
I am a life-long learner	1	2	3	4	5
I have a plan to further educate myself	1	2	3	4	5
I regularly read something educational	1	2	3	4	5
I work to grow my network	1	2	3	4	5
I have a mentor who encourages and teaches me	1	2	3	4	5
I dedicate time daily towards self-improvement	1	2	3	4	5
Fun	Score: ____ / 30 ____ %				
I regularly engage in an activity that excites me	1	2	3	4	5
I take trips/vacations yearly to relax	1	2	3	4	5
I have a hobby that is physically engaging	1	2	3	4	5
I have a hobby that sparks my creativity	1	2	3	4	5
I try new things often	1	2	3	4	5
Spiritual/Faith	Score: ____ / 25 ____ %				
My spirituality is important to me	1	2	3	4	5
I pray daily	1	2	3	4	5
I regularly take time for silence	1	2	3	4	5
I have friends who help me grow in my faith	1	2	3	4	5
I am honest in my transactions	1	2	3	4	5
I volunteer and/or donate to charity	1	2	3	4	5
Score: ____ / 30 ____ %					

Add your answers for each category together to get your score. Divide your score to get your percentage.



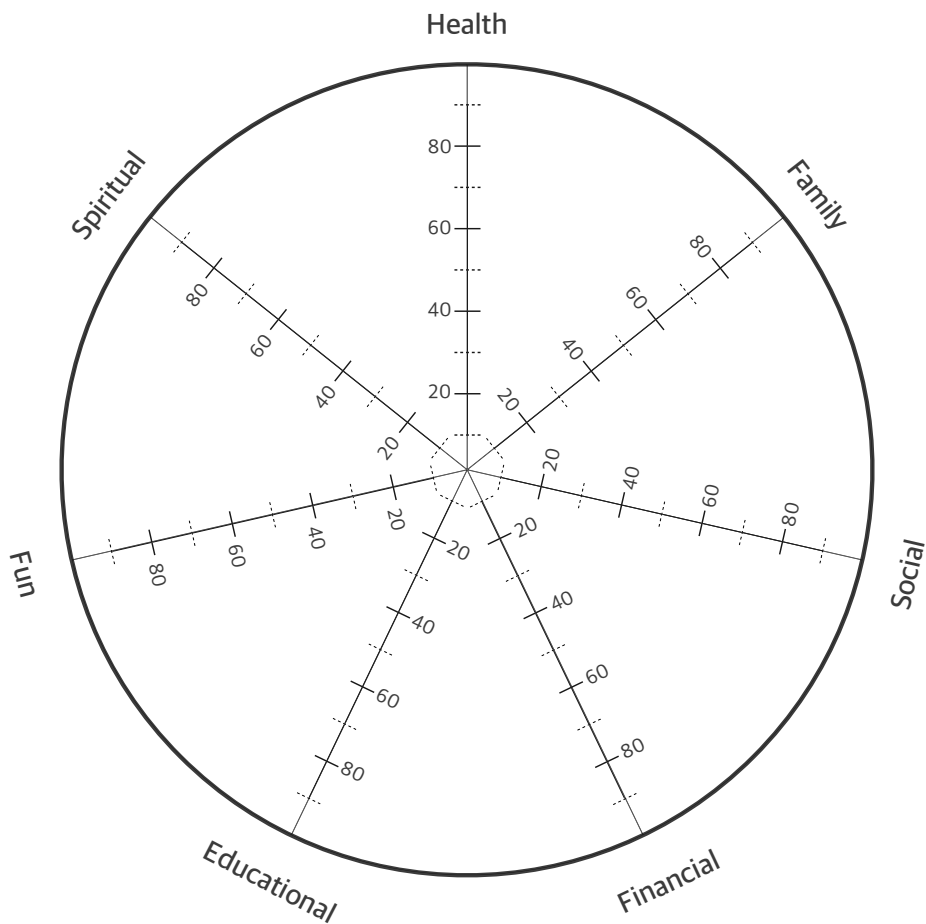
My Life's Wheel

This next exercise will help give you a better visual of how your life looks. On the next page, you will see a wheel with pegs on it. Yes, this looks like a very weird and random exercise, but IT WORKS! Using the percentage scores from the previous page, mark your grade for each category on the corresponding peg (0% being in the middle and 100% on the outside). Ideally, you would have all 100s and have a nice, big, round wheel. However, you will realize that this is probably not the case. This exercise will help you get a better understanding of where your priorities are and which areas of your life you need to work on.

To be the best version of yourself, you need a well-rounded life. It is often too easy to get focused on just one peg and forget about the others. You will find that this approach leads to an incomplete life. For example, let's say you focus very heavily on career, and you make all the money in the world! However, you are sick and unable to go out and enjoy your life. Or let's say, you make all this money, but your spouse and children leave you. Is that the quality of life you want?

As you start to regularly fill this out (every 90 days), this exercise becomes really powerful. You will be able to look through your previous wheels and see how you have grown in different areas of your life. You will begin to see your wheel becoming rounder and larger.

See examples at:
GoalCrazy.com/Bonus



How to fill out your wheel:

1. Mark your percentage scores from the previous questionnaire on the corresponding peg.
2. Connect the pegs with a line.

Reflection:

How round is your wheel? What areas of your life are you doing well? What areas do you need to improve?



My Dream List

Now that you know where you are, it is time to see where you are going. Throughout your life it is SO important to dream. Have lots of dreams... HUGE, CRAZY dreams! And dream often! Do not think there is anything you cannot have, do, be, etc.

Dreams vs. Goals

You will use your dreams to form your goals. Just because you dream about something doesn't necessarily mean you are going to do it. They are just dreams...things that you may, or may not ever actually achieve. THEY DO NOT HAVE TO BE REALISTIC! They could be as unrealistic as owning a house in every state, to as realistic as owning your first home. Both are great dreams, so write them both down.

Write down EVERYTHING you want!

You will find that once you put it on paper, it makes it more concrete, more real. Writing it down will help you gain clarity and create a map of the type of life you would like to live. Be specific with your dreams. Don't just say "I will be rich," but rather say, "I will be making over \$1,000,000 a year." Stay on this section and keep writing until you fill out the entire next sheet with dreams. CRAZY DREAMS! Don't limit yourself at all. WRITE EVERYTHING, no matter how outrageous it seems.

Here are some questions to help you get going:

- | | |
|--|---|
| What would you like to own? | What hobbies do you want to have? |
| What would you like to do? | How do you want to help others? |
| Where would you like to go? | How much money do you want? |
| What do you want to see? | How much do you want to weigh? |
| Who do you want to be? | What kind of home would you like? |
| What do you want to achieve? | What do you want more of? |
| What do you want to be recognized for? | What do you want less of? |
| What do you want to learn? | Who would you like to share these experiences with? |
| What kind of family do you want? | What would you like to provide for your parents and family? |
| What are your business dreams? | |

See examples on back side of "My Dream List."



My Dream List

[illegible]



Forming My Goals

Now that you have written all your dreams, it is time to use them to form your goals. To do this, go through your list and choose the dreams you would like to turn into goals by writing beside it the number of years it will take you to achieve it. For example, if your dream is to have a new house in 5 years, write a number “5” by it. Sometimes it may be difficult to judge how long until you will achieve a goal. To help with this, think of the age you would like to be when you achieve the goal, and then calculate how many years until that age. For example, if you want to have that new house by the time you are 35 and you are 30 now, that would be a 5 year goal.

For your dreams that are goals for your lifetime, write “LT” by it. Then for the dreams that are simply just dreams, write a “D” by it.

1 = 1-year goals

3 = 3-year goals

10 = 10-year goals

LT = Lifetime goals

D = Dream

See Example Below.

My Dream List

3	Start my own business
5	Get married
LT	Climb a mountain
10	Buy a home on a big piece of land
5	Go to Hawaii
1	Run a marathon
LT	Go on a mission trip to Uganda
D	Travel into space
10	Make over \$1,000,000 in a year



My Long-Term Goals

Next, look over your 10-year goals you have created and use them to write 1 to 2 sentences to describe your life in 10 years. Then do the same for your 3-year goals.

10-Year Goals: Ten years from now my age will be _____, and my life will look like:

3-Year Goals: Three years from now my age will be _____, and my life will look like:



C.R.A.Z.Y. Goals

Now that you have all your long-term goals written out, it is time to use them to form your goals for this coming year. Here are some tips for writing your CRAZY goals:

C - Clear: Make sure your goals are clear and specific. Don't just say, "I will lose weight." But rather, say "I will lose 10 pounds," or "I will weigh 150 pounds."

R - Realistic: When you are first starting to set goals, begin with smaller goals. Set goals that will push you, but that aren't so out of reach that you set yourself up for failure. At the same time though, don't set goals so small that you won't see the value in working towards them.

As you begin reaching your goals and gaining confidence in the process, your idea of what is "realistic" will begin to expand. You will start to realize that you can use these steps to achieve bigger and better accomplishments! However, to learn the process and prove to yourself you CAN do this, start with small goals to gain momentum.

A - Accountable: Be accountable by giving yourself deadlines. Do you remember in school when a teacher would give you an assignment that you would wait until the night before to do? You would always get the work done, even if it meant staying up all night to do it. This is the power of accountability. Any activity will grow to meet the allocated amount of time given. So, use the power of accountability to force yourself to meet your deadlines and get the job done.

Z - Zippy: Get to it! Constantly take action! With any goal you set, the first step should be an action you can take RIGHT NOW. Today! Even if it is just making a phone call, sending an email, or researching information, have some urgency when it comes to your goals. Get in the habit of always finding what you can do NOW! Without urgency, it's just good intentions.

Y - Yahoo: Celebrate your accomplishments! Choose some large milestones with your goals and give yourself a reward when you hit them. This will help give you more energy and motivation to stay working towards your goal!



My Goals for This Year

Let's look at your goals for this year. These are the most important to focus on because they will effect what you do RIGHT NOW. Also, these goals should work towards building your 3 and 10-year goals. For example, if your 3-year goal is to have \$30,000 in savings, your 1-year goal should be to save \$10,000.

The next few pages have various categories of your life listed, such as family, faith, financial, etc. Use these to list your goals in each category. The last category is blank and is for you to write your own. For example, if you are very passionate about golf, you could write your golf goals. As the year progresses you might get new ideas of goals you want to accomplish and can continue adding to these goal sheets.

Since this is a 90 day planner, you will need to rewrite your yearly goals every 90 days (four times throughout the year). This will be helpful to keep you on track towards your goals and will force you to review your yearly goals AT LEAST once a quarter.



My Goals for This Year

Health and Fitness

Family and Home

Friends and Social

Financial and Career

Educational and Self-Improvement

Fun and Travel

Spiritual and Faith



My Most Impactful Goal

Now for the big question...looking back over all your goals, what is the NUMBER ONE goal for you right now? You are going to take one goal and build an in-depth plan to achieve it over the next 90 days. This could be one of the yearly goals you set or it could be a step that moves you towards one of them. For example, if your yearly goal is to have \$40,000 in savings, your 90-day goal could be to save \$10,000.

Looking over your goals, which goal would make the biggest impact in your life? When you achieve this, it will make you the most fulfilled. What goal would it be?

My most impactful goal for the next 90 days is:

Use the pages that follow to create a plan to achieve this goal. More of these sheets can be downloaded at: GoalCrazy.com/Bonus.

What if I don't know what my #1 goal is?

Are you at a point in your life where you are not sure what your main goal is? Or maybe you have an idea, but need to get more clarity on it? Perhaps you know you want to start a business, but you don't know what kind. If this is your case, this needs to become your NUMBER ONE priority and goal! Go to GoalCrazy.com/Bonus to get your FREE 4-step process to discovering your number one goal.



My Most Impactful Goal Planning Sheet

Today's Date: _____ Date I Will Achieve My Goal By: _____

Goal

Benefits to be Gained by Achieving My Goal

What I Am Willing to Sacrifice in Return for Achieving My Goal

People Who Need to Know About My Goal

Possible Obstacles	Possible Solutions

Break Down Goal Into 3 Smaller Goals *(one for each month)*

Goal for Month 1

	<i>Steps I Will Take Towards This Goal in Month 1</i>	<i>Target Date</i>

Goal for Month 2

	<i>Steps I Will Take Towards This Goal in Month 2</i>	<i>Target Date</i>

Goal for Month 3

	<i>Steps I Will Take Towards This Goal in Month 3</i>	<i>Target Date</i>

Habits I Will Start That Will Move Me Towards My Goal

Affirmations *ex: I will persist until I succeed.*



My Goal Tracker

	My Goal:	Reward:
	Milestone 10	
	Milestone 9	
	Milestone 8	
	Milestone 7	
	Milestone 6	
	Milestone 5	
	Milestone 4	
	Milestone 3	
	Milestone 2	
	Milestone 1	

How to use the Goal Tracker

1. Write your Most Impactful Goal at the top.
2. Starting from the bottom, fill out 10 milestones necessary to achieving your goal. For example if your goal is to save \$10,000, Milestone 1 could be to save \$1,000.
3. As you complete each milestone, fill in the corresponding square. This will provide you with a visual way to see your progress towards your goal.
4. Beside your goal at the top, write a reward you will give yourself when you achieve it. This will help keep you motivated and energized.

You can download more tracker sheets at GoalCrazy.com/Bonus



Part 2

The Planner

Great job completing The Life Crash Course!

You're off to an amazing start in clarifying your goals.
But don't stop there!

Part 2 of the planner will guide you through creating a
step-by-step action plan and help you stay
accountable to make real progress toward your
dreams.

Get the [full Goal Crazy Planner on Amazon](#) now and
take your next step toward success!