

# Measure It to Make It

A Guide to the Life You  
Always Dreamed of Living





# Welcome

You've made it this far, which means you are ready to make your own path to the life you always dreamed of living.

The exercise in this packet will help you outline the next few years of your life to get you there. Living with clarity and intention will bring you contentment. You will be able to track your progress and keep yourself on the path you create.

## Instructions

1. **Print this document** and write in it like you would a journal.
2. **Choose a quiet place** to go through this process. I block out an entire day each year to do this. I have found people have the best results if they can **dedicate at least four hours** to this process.
3. **Go in sequence.** You may be tempted to rush to the end and work up some SMART goals, but your goals will have more depth and meaning if you go through this step-by-step progression.
4. Keep this booklet handy so you can **review this document daily. Read your SMART goal out loud** to yourself. Something about doing that makes it real. Alternatively, you can take photos on your phone to have your goals with you at all times.
5. Once you have your plan. **Work your plan every day.** The best way to walk a 1,000-mile journey is taking one step forward at a time.
6. **Track your progress daily, evaluate quarterly,** and make adjustments if needed.
7. **Celebrate the wins. Forgive yourself for the shortfalls** and pick up where you left off. Don't aim for perfection. Consistency will do. It's all about forward progress and that means building in room for being human.

## Let's begin!

# Dare to Dream

Let's take some time to brainstorm what can be. Write everything you would like to accomplish if money and time were not issues for you. There are no limits here. Let's call this your "Impossible List." Make it as selfish or noble as you want, but make it yours and not what you think people expect you to say.

# Your Vision for the Future

What do you want your life to look like ten years from now in the following areas? Be specific with measurable activities and outcomes. This will be your evidence of success.

|  |  |
|--|--|
| Your Faith                                     |  |
| Your Family                                    |  |
| Your Fitness                                   |  |
| Your Finances                                  |  |
| Your Future (Professional and Personal Growth) |  |

# Dare to Live with Purpose

In what ways will the lives of people be changed for the better, because you lived out your dream or vision?

## Shaping Your Future

Build on your responses from the previous page and including the impact you described above, what does each of the Five F's look like now when you combine your impossible list with your ten-year milestones? Be specific.

|  |  |
|--|--|
| Your Faith—How does your faith drive you?                            |  |
| Your Family—What do you envision?                                    |  |
| Your Fitness—How will health be a part of your vision?               |  |
| Your Finances—How will money get you there?                          |  |
| Your Future (Professional and Personal Growth) - What do you need to |  |

Does this page accurately describe the life you dream of living? If, yes, move forward. If not, spend a little more time refining it. There is no need to rush this.

# Your Current State

You now know where you want to go. Let's see where your life is right now. Complete the chart below for the five main areas of your life. Do not just simply type phrases that mean nothing like "It's good," or "Could be better." Helpful examples include the following: "I am 70 pounds overweight at 230 pounds," for Fitness, "My total debt is \$160,000 and I feel like I'm wasting a six-figure income," for Finance. Include the positives, too. "I attend church every week with my family, we serve, and I would love to have more time to serve throughout the week," for Faith or "I spend one night a week on a date night with my spouse, and I feel connected," for Family. You get the idea.

|  |  |
|--|--|
| Your Faith                                     |  |
| Your Family                                    |  |
| Your Fitness                                   |  |
| Your Finances                                  |  |
| Your Future (Professional and Personal Growth) |  |

# If Nothing Changes...

What is at stake for the life you dream of living if nothing changes from your Current State? Write your thoughts and feelings below.

| <i>One year from now?</i> | <i>Five years from now?</i> | <i>Ten years from now?</i> |
|---------------------------|-----------------------------|----------------------------|
|                           |                             |                            |

# Your Stake in the Ground

You now know your desired life. You know your current situation. It is time to put a stake in the ground. Answer the questions below to create the guide posts of your path.

What will you *STOP* doing? Why is this important to you?

What will you *START* doing? Why is this important to you?

What will you *CONTINUE* doing? Why is this important to you?



# Are you ready?

The next page will guide you through building your first SMART Goal leading to the life you dream of living.

# Your SMART Goal Towards the Dream

What is the ONE THING you wish to change in the next 100 days that will have the greatest impact to your fulfillment of the dream?

NOTE: Write what you, and only you, want to achieve. Many people fall into the trap of writing goals they feel others will approve. This is YOUR goal, not theirs. This is about living the life you want.

|   |  |
|---|--|
| SPECIFIC—What is the ONE THING you wish to achieve with this goal?  |  |
| MEASURABLE—What is the final observable, measurable outcome you wish to see with this goal?                                       |  |
| ACHIEVABLE—What are the actions (list milestones and daily activities) you have 100% control to take towards achieving this goal? |  |
| REALISTIC—Is this goal something you can complete in the timetable given?*  |  |
| TIME—When do you want to achieve, or complete, this goal?   |  |

*\* You may need to adjust the timeline to make your goal realistic. Are there missing skills, research, or permits required to succeed? Make those part of your milestones and actions.*

Describe in a sentence what will you feel when you have accomplished the goal above?



# Your Daily Activities and Habits

What are the daily activities you need to accomplish towards your goal?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Your Milestones

Like a highway's mile markers and signs telling you how close you are to your destination, list your goal's milestones below. Check them off the list as you complete them.

| Deadline                       | Milestone <i>(Pro-Tip: Start at the bottom with the end and work backwards.)</i> |
|--------------------------------|--|
| <input type="checkbox"/> _____ | _____  |
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# Make It So!

At the end of every episode of *Star Trek: The Next Generation*, Captain Jean Luc Picard would discuss the next destination for the crew, take a seat in the Captain's chair, point forward as he commanded, "Make it so!"

If you don't use a calendar, or planner, start today. Brandon uses solely Google Calendar to send him reminders every day. Jerry nerds out with a paper-based combination of a weekly calendar (for appointments and deadlines) and bullet journal (to jot down meeting notes and ideas.) He also uses Google Calendar synchronized on his phone for collaboration. It's the written planner that brings it all together for him.

Whatever format you choose, make sure your daily activities and milestones are included. Use the list below to have it all in one place.

**Now, go live life beyond the rut. Make it so!**

## Join the Beyond the Rut Nation

Stay plugged in with us. **Our website** is [BeyondTheRut.com](http://BeyondTheRut.com).

**Subscribe to our email list** at [BeyondTheRut.com/email](http://BeyondTheRut.com/email) if you haven't already. We give resources twice a month geared towards helping you live the life you always dreamed of living.

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