

DESIGNING THE BEST
10 YEARS
OF YOUR LIFE

*Your Personal Strategic Plan
for Achieving Lifelong Goals*

BY DARREN HARDY

DESIGNING THE BEST 10 YEARS OF YOUR LIFE

Your Personal Strategic Plan for Achieving Lifelong Goals

BY DARREN HARDY

Copyright ©2010 by Darren Hardy

All rights reserved.

Published by SUCCESS Media

No part of this book may be reproduced or transmitted, in any form or by any means, without the express written permission of the publisher.

Exceptions are made for brief excerpts used in published reviews.

Editing by Erin Casey

Copy editing by Whitney Allen and Peter Tepp

Online editing by Yasmin Waring

The author has made every effort to provide an authoritative study on this subject but is not providing any form of professional advice. It is highly recommended that the reader seek the assistance of a trained medical professional where there are any concerns as to a new program aimed at physical improvement and excellence.

COMMITMENT PLEDGE

I, _____, being of sound mind and body, do hereby pledge to commit to no longer allow myself to be subject to inconsistency, lack of follow-through and perseverance. I will not stifle my opportunities for growth and improvement and inhibit my access to the miraculous and incredible potential lying inside me, ready to be harnessed, incited and set free, that will lead me expediently in the direction of my greatest dreams, desires and ambitions and allow me to make a profound difference in my life, the life of my family and the world around me. I do hereby commit to completing my Personal Strategic Plan, as outlined in the *DESIGNING THE BEST 10 YEARS OF YOUR LIFE* program. I will participate in each installment by reading the posts and participating in each exercise by completing the worksheets.

Signature of Commitment

Date

“Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.”

WORKSHEET NO. 1—REVIEW

10 YEARS

List the 10 biggest milestones of the past 10 years:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I am most proud of these three things from the past 10 years:

1. _____
2. _____
3. _____

The three most significant ways I am different and have improved over the last 10 years:

1. _____
2. _____
3. _____

If I could go back and do it again, I would do these three things differently over the last 10 years:

1. _____
2. _____
3. _____

The three greatest lessons I've learned over the last 10 years are

1. _____
2. _____
3. _____

The three greatest influences (products, people, environments) on me over last 10 years have been

1. _____
2. _____
3. _____

List the 10 greatest victories of the past year:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List the five greatest defeats of the past year:

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

Three personal improvements I have made in the past year are

1. _____
2. _____
3. _____

If I could go back and do it again, I would do these three things differently from the last year:

1. _____
2. _____
3. _____

The three greatest lessons I've learned from the last year are

1. _____
2. _____
3. _____

The three greatest influences (inputs, people, environments) on me over the last year were

1. _____
2. _____
3. _____

The 3 best decisions I made last year were

1. _____
2. _____
3. _____

Three risks I took last year were

1. _____
2. _____
3. _____

The three greatest contributions I made to others over the last year were

1. _____
2. _____
3. _____

The three most important relationships to me over the last year were

1. _____
2. _____
3. _____

Three habits/disciplines that have worked well for me over the last year were

1. _____
2. _____
3. _____

Three habits/disciplines that have not worked well for me over the last year were

1. _____
2. _____
3. _____

Three things I need to do *less* of in the next year are

1. _____
2. _____
3. _____

Three things I need to do *more* of in the next year are

1. _____
2. _____
3. _____

Three things I need to *stop* doing altogether in the next year are

1. _____
2. _____
3. _____

WORKSHEET NO. 2—GRATITUDE

Three amazing people in my life are

1. _____
2. _____
3. _____

Three great things about my physical body are

1. _____
2. _____
3. _____

Three great things about my home and where I live are

1. _____
2. _____
3. _____

Three great things about where I work and what I do for a living are

1. _____
2. _____
3. _____

Three great gifts of unique talent and skill I have been given are

1. _____
2. _____
3. _____

Three great gifts of knowledge and experience I have been given are

1. _____
2. _____
3. _____

Three ways I have experienced “luck” in my life are

1. _____
2. _____
3. _____

Three ways in which my life is wealthy, abundant and prosperous are

1. _____
2. _____
3. _____