

# INTRODUCTION

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Welcome to the PROJECT BOLD LIFE worksheet booklets! These worksheets will serve as the tools needed to help you pick which of the Seven Pillars are most relevant to your Bold Goals. In addition, they will enable you to determine which goals should be tackled first, as well refine those goals so they are attainable. By the end, you should have an Action Plan laid out, and have a firm idea of what to do if you're ever derailed from pursuing your Bold Goal.

Good luck, and congrats on taking the first step towards a Bold Life!

$$PBL = P_i + S^2G + AP$$

$$PBL = Pi + S2G + Ap$$

There are seven key areas that serve as sources of inspiration in defining what a Bold Life means to each of us. These areas-or pillars-are: **HEALTH, ACHIEVEMENT, CAREER, FINANCES, RELATIONSHIPS, GIVING BACK** and **EXPERIENCES**. Through the Seven Pillars, you can identify specific aspects of your life where you would like to set Bold Goals and live more boldly.

Which Pillars align with your **Bold Goals**? Which should you tackle first? The following worksheets will help you figure that out!

# PILLAR RANKER

IMPORTANCE

TIMING

WHY

HEALTH

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINANCES

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CAREER

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ACHIEVEMENTS

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RELATIONSHIPS

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GIVING BACK

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

EXPERIENCES

- Very Important  
 Important  
 Not Important

- Now  
 Later  
 Much Later

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- HEALTH
- FINANCES
- CAREER
- ACHIEVEMENTS
- RELATIONSHIPS
- GIVING BACK
- EXPERIENCES

Both physical and mental well-being

The fiscal wherewithal to survive and thrive

Work that fulfills

Accomplishments you are proud of

Family, friends and everything in between

Charity and volunteering;

Those memorable things that make life worth living

IMPORTANCE

VI - Very Important    I - Important

TIMING

Now    Later    Much Later

# PILLAR PLANNER

► What Pillars deserve attention now and what Pillars deserve attention later? By filling out which Pillars merited a "Very Important" ranking (from the Pillar Ranker worksheet) and accounting for which ones warrant immediate attention, this worksheet will help you visualize a long term plan.

HEALTH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ACHIEVEMENT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAREER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FINANCE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
RELATIONSHIP	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GIVING BACK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXPERIENCES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>TODAY</b>	<b>5 YEARS</b>	<b>10 YEARS</b>	<b>20 YEARS</b>	<b>30 YEARS</b>

$$PBL = (PI) + S2G + AP$$

$$PBL = P_i + \text{S2G} + A_p$$

A crucial aspect of achieving any **Bold Life** is making **Bold Goals** and accomplishing them. But what exactly are **Bold Goals**? They are **SMART**, stretch goals that test your limits. These may be relative goals that compare you to others, or they may be "personal best" goals that invite value and deep meaning to your life. Either way, **Bold Goals** are special, and deserve some in-depth analysis and refinement. The following worksheets will help!

# KNOW YOUR WHY

## GOAL REFINER

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► Every goal needs to be distilled down to its most basic motivation, for only in those "why" questions can true inspiration be found.

Start by putting your goal in the top box. Then move down to the box below it and answer the question "Why?" Then do it again, then again. Since the aim is to gain a better understanding of your motivations, your "Ultimate Why" will be the most distilled understanding of your goal.

▼ What is your goal?

▼ But why is that important?

▼ But why is that important?

▼ Why is this important to you?

▼ The Ultimate Why

$$PBL = P_i + S+G + A_p$$

# BOLD GOALS

## PROS VS. CONS

► The execution of any Bold Goal will have an upside and a downside, both as they affect you and affect the world around you. Use this Pro vs. Con sheet to determine the cost/benefit analysis of your potential Bold undertaking.

My Bold Goal is \_\_\_\_\_

<p><b>Self Pros</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>	<p><b>Self Cons</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
<p><b>External Pros</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>	<p><b>External Cons</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>

$$PBL = P_i + \text{S/G} + A_p$$

$$PBL = Pi + S2G + Ap$$

Any true effort to accomplish a goal requires a strong **Action Plan**. This plan will lay out both long-term, strategic objectives, and smaller goals that go into meeting those objectives.

The following worksheets will help you iron out that Action Plan, and also determine who will provide support if you "fall of your horse" en route to your Bold Goal.



# BUILDING BLOCK PLAN WORKSHEET

► There will be multiple steps taken to accomplish your Bold Goal. At the top of each column, write down each of those steps. Below those steps, write down the tasks that must be completed to move on to the next step. This is your Action Plan, broken down into broader brushstrokes (at the top of the columns) and more granular details within each column.

My Bold Goal is: \_\_\_\_\_


# MY FALL OFF THE HORSE PLANS

Type of Fall

Two ways to  
get back on

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Sometimes a fall off the horse while galloping toward your Bold Goal is inevitable. How will you react? The best reaction is to be proactive - meaning, figure out what will likely make you fall, then determine how best to get back in the saddle.*

# MY BOLD COMMITMENT & SUPPORT TEAM

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People I have made my Commitment public to  
(at least 2)

Date Completed

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

People who will help me when I Fall Off the Horse

Date Asked

<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

# BOLD LIFE FORMULA WORKSHEET

► Who will help you if you fall off the horse en route to your Bold Goal? Who is part of your Bold Support Team? Give a signed Bold Life Formula Worksheet to at least two members of your Support Team, and list who they are and when you gave them the sheets. Below that, list anyone else who might help you - via encouragement, motivation, or whatever.

My Goal: \_\_\_\_\_

My Pillar: \_\_\_\_\_

Is it Smart? Yes  No

Is it Stretch? Yes  No

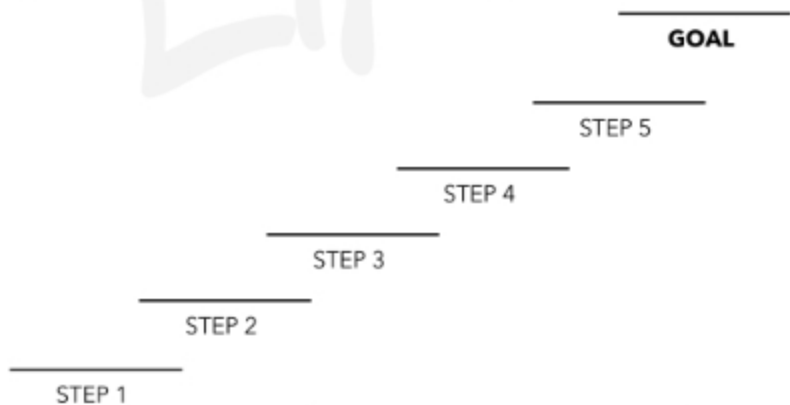
Why is this Pillar inspirational to me?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do I have my Fall Off The Horse Plan? Yes  No

Do I have my Support Team? Yes  No

## My Action Plan



I hereby affirm that my Action Plan is laid out, my commitment is made public, and I have a Support Team

$$PBL = P_i + S/G + Ap$$

# MY BOLD GOALS DAILY PLAN

► What tasks do you need to accomplish on a daily basis to reach your Bold Goals? What tasks do you need to accomplish daily that have nothing to do with your Bold Goals? Use this worksheet to layout both kinds of tasks. Once that's done, you will get a better sense of the things on that might be distracting you. You will at least get a better handle on things that are keeping you from your goal!

## Daily Tasks for Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Daily Tasks Unrelated to Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# MY BOLD GOALS MONTHLY PLAN

► What tasks do you need to accomplish on a monthly basis to reach your Bold Goals? What tasks do you need to accomplish monthly that have nothing to do with your Bold Goals? Use this worksheet to layout both kinds of tasks. Once that's done, you will get a better sense of the things on that might be distracting you. You will at least get a better handle on things that are keeping you from your goal!

## Monthly Tasks for Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Monthly Tasks Unrelated to Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# MY BOLD GOALS YEARLY PLAN

►What tasks do you need to accomplish on a yearly basis to reach your Bold Goals? What tasks do you need to accomplish yearly that have nothing to do with your Bold Goals? Use this worksheet to layout both kinds of tasks. Once that's done, you will get a better sense of the things on that might be distracting you. You will at least get a better handle on things that are keeping you from your goal!

## Yearly Tasks for Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Yearly Tasks Unrelated to Accomplishing Bold Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_