



## MY COMMITMENTS AND BEYOND ...

Happy New Year!

The process you are about to experience will help guide your thinking so that you can gain clarity on how you want to live your life and what you want to accomplish over the course of the next five years in four core areas of your life. It will help you set your long-term objectives and then guide you through a process to help get crystal clear on about what need to happen this next year to help you get there.

Being intentional about these core areas of your life will help you to take control of your life so that you can live a life that you want and deserve. And that doesn't happen by accident! It happens when you have purpose, clarity, and focus, on what you want and what brings meaning to your life at work and at home.

This process will require thought that goes well beyond just your generic, "I want to be a better leader" ... "I want to lose 10 lbs.," "I want to be a better partner," etc. This really is about transforming your life! That said ... make sure you take the time to get intentional about this exercise and set aside a few hours to think through the process. The important aspect is that you set aside time without interruptions or distractions. It is recommended that you spread the time over 1 or 2 shorter sessions. If you find yourself stuck or working for more than 90 minutes ... pause and take a break.

This exercise is for you ... however if you decide that you want to make it a part of your overall coaching, please email it to me prior to our next Coaching session.

I consider it a privilege to work with you as your coach and I am look forward to helping you achieve the most amazing year of your life!

Warmest Regards,

Joe Contrera

Developing Intentional Leaders Who Achieve Extraordinary Results!

# CLARITY, PURPOSE, AND BEYOND – 5 YEARS FROM NOW

Today is my birthday, the date is \_\_\_\_\_, 2021 and I am \_\_\_\_\_ years old.

I have just experienced the most amazing 5 years of my life because I made a decision a few years back to be more purposeful and intentional about how I would live my life in 4 key areas. I intentionally recalibrated my beliefs and actions to align with the results that I wanted to achieve. In some instances it required an entire new way of thinking because I realized that some old, tired beliefs I was holding onto from a long time ago were no longer serving me. I realized that they had become obstacles that I was putting in the path of my success.

**That said ... here are the things that have happened as a result of that decision:**

1. From a Lifestyle & Financial Standpoint I have achieved the following goals that I set for myself ... (Include the lifestyle you want to be living, assets acquired, include your home, where you live, savings, level of income, and whether it is from a single or multiple streams of income, etc.).

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a. I achieved these Lifestyle & Financial goals because I fundamentally believe

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about money, success, and how I want to live my life!



## CLARITY, PURPOSE, AND BEYOND – 5 YEARS FROM NOW (cont.)

a. I achieved these Health goals because I fundamentally believe that

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\_\_\_\_\_ about my health!

4. From a Relationship Standpoint I am experiencing real-relationships with people that I choose to have in my life. (Think about the relationships you want in your life and describe the type of people you want in your life. Remember that the average of the 5 people you most spend the most time with is a snapshot into who you are becoming. Be specific about your core relationships and if you do not currently have a significant partner describe the person or relationship you wish to be in as if you already have them.)

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a. I achieved these relationship goals because I fundamentally believe

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\_\_\_\_\_ about who I spend my time with and my relationships!

***“Setting goals is the first step in turning the invisible into the visible.”***  
**Tony Robbins**

## CLARITY, PURPOSE, AND BEYOND – 5 YEARS FROM NOW (cont.)

**Bonus Area – This area is designed for you to customize your plan to topics or areas of your life that you feel were not covered in the other 4 sections. This is an opportunity to really hone in on the facets of your life that make-up a part of your core being. Consider areas like faith, hobbies, volunteer work, etc.**

5. From a \_\_\_\_\_ Standpoint I achieved the following goals that I set for myself ... (Write down specifics about this area of your life.

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- a. I achieved these \_\_\_\_\_ goals because I fundamentally believe that

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\_\_\_\_\_ about my \_\_\_\_\_!

**Now might be a great time to take a break. Feel free to set aside the work you've done up to this point and go for a walk, go to the gym. When you return go back and read through what you've already written and make any changes you feel are necessary. The next section is about taking the first step to achieving your long term vision for the life you want to live.**

**The next section is all about being intentional about this current year. Be careful not to try to achieve too much ... remember this is a 5 year plan and you are working on the first year so stretch yourself enough without setting yourself up for failure. Make sure your goals are measurable and you can answer a simple yes or no to whether you are achieving them or not.**

**Good Luck!**

# CLARITY, PURPOSE, AND BEYOND – 2016 COMMITMENTS

It is January \_\_, 2017 and I just completed the most amazing year. I made great progress towards achieving my 5 year goals and made major accomplishments in the most important aspects of my life. Here's what happened in 2016 ...

1. From a lifestyle & financial perspective I ...

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a. I accomplished this by consistently taking these specific and measurable actions:

- i.
- ii.
- iii.

2. From a work perspective I became the most productive and effective leader because I achieved these major improvements ...

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a. I accomplished this by consistently taking these specific and measurable actions:

- i.
- ii.
- iii.

*"Discipline is the bridge between goals and accomplishment."*

**Jim Rohn**

## CLARITY, PURPOSE, AND BEYOND – 2016 COMMITMENTS (cont.)

3. From a relationship perspective I accomplished significant change in my relationship because I ...

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a. I accomplished this by consistently taking these specific and measurable actions:

i.

ii.

iii.

4. From a health perspective I improved my overall health by...

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a. I did this by consistently taking these specific and measurable actions:

i.

ii.

iii.

5. From a \_\_\_\_\_ perspective I improved significantly because I ...

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a. I accomplished this by consistently taking these specific and measurable actions:

i.

ii.

Once you have completed go to the Monthly Commitments sheet and complete it for the first month. It is the second attachment which came with this email.