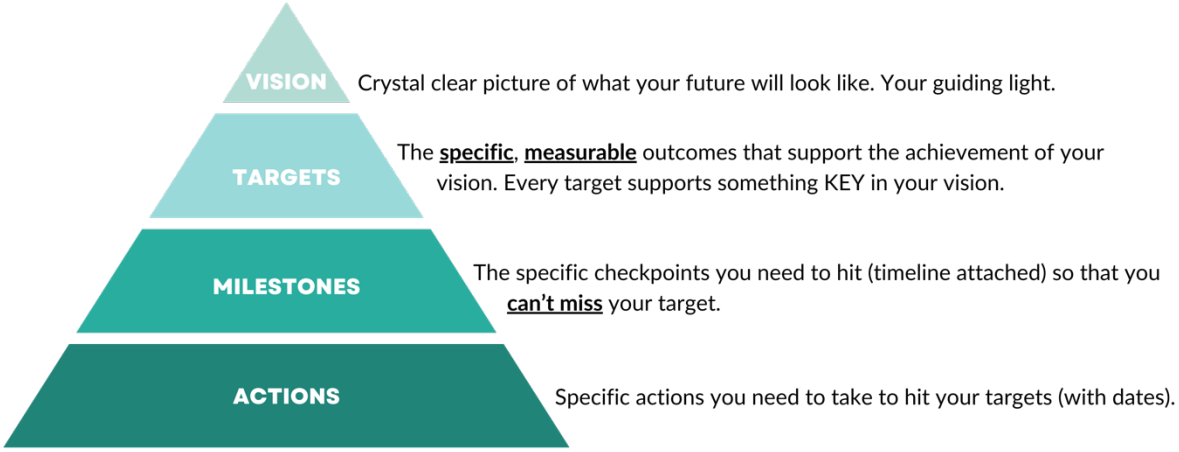
ExecLevel WELLNESS

High Performance Vision Workshop for 40+ Achievers – Crafting Your 12-Month Action Plan!



12 Month Vision Creation

The complete picture. What do you want your **life** AND **wellness** to look like in 12 months from now? You wake up 12 months from now:

- What's MOST important to **you**?
- What are you most proud of?
- How do you want to FEEL?
- How do you want to spend your time?
- What kind of relationships do you have?
- How do you envision your physical health and vitality?
- In what ways do you want to enhance your mental well-being?
- What self-care practices are integral to your daily routine?
- How do your nutritional choices contribute to your overall wellness?
- What fitness achievements have you reached?
- Describe your ideal work-life balance and how it supports your well-being.
- How are your relationships fostering a supportive and positive environment for your wellness journey?
- What role does continuous learning and personal growth play in your wellness vision?

✍️ **My 12 Month Vision:**

- *create your LIFE and WELLNESS vision here….*

12 Month Targets

What are the **specific**, **measurable** outcomes that support the achievement of your vision? *(How will you know if you hit your target?)*

Everything on this list needs to support something on your vision, or it doesn't go in here.

Keep it SIMPLE.

EXAMPLE: WELLNESS TARGETS

1. Achieve a balanced and sustainable fitness routine, promoting strength and flexibility.
2. Implement a nutrient-rich diet with a focus on whole foods and proper portion control.
3. Prioritize mental well-being and reduce stress through daily mindfulness practices.

EXAMPLE: LIFE TARGETS

1. DAILY personal growth, Monday -Friday (mindset + learn)
2. Having more fun in my life!
3. Weekly date hike

✍️ **STEP 1: Brain Dump Your Targets**

bullet out your list of wellness & life targets based on your 12-month vision…

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📌 **STEP 2: Prioritize Your TOP 3 for each WELLNESS + LIFE:**

- *Not everything can be a priority. What are your TOP 3 in each category, so that if you got nothing else new done the entire year, you would feel successful?*

TOP 3 WELLNESS TARGETS

1.
2.
3.

TOP 3 LIFE TARGETS

1.
2.
3.

12 Month Milestones

What are the stops along the way/checkpoints you need to hit (timeline attached) so that you **can't miss** your TARGET? (Overshoot).

Everything on this list needs to support the target, or it doesn't go in here.

HERE'S AN EXAMPLE:

🎯 **TARGET: Achieve a balanced and sustainable fitness routine**
✔️ **MILESTONES:**

1. Enroll in a tailored fitness program by X date
2. Complete a fitness assessment and set personalized goals by X date
3. Regularly participate in fitness activities at least 3 times per week

✍️ **Pick ONE TARGET from your list above and plan 3-5 key milestones:**
🎯 **TARGET:**
✔️ **MILESTONES:**

1.
2.
3.

12 Month Actions

What specific actions do you need to take to hit your milestones *(with dates!)* Everything on this list needs to support the milestone, or it doesn't go in here.

HERE'S AN EXAMPLE:

🎯 **TARGET: Achieve a balanced and sustainable fitness routine**
✔️ **MILESTONE: Enroll in a tailored fitness program by X date**
🏃 **ACTIONS:**

1. Research and select a suitable fitness program by X date
2. Schedule regular workout sessions in my calendar by X date
3. Purchase necessary fitness equipment or gear, etc. by X date
4. Find a motivated, reliable accountability partner or Coach by X date

Bullet out your action items, prioritize them and schedule them into your calendar in order to hit the deadline.

Only schedule out the next 3 months so you can easily adjust and refine as needed.

Next Steps

[ ] Block time to create your 12 Month Vision & Map (design your vision, annual targets, milestones, and action plan) (2-3 hours)

[ ] Block time to build your next 3 months map (targets, milestones, & action plan) (45-60 mins)

[ ] Block off time in your calendar for **Monthly Review/Planning** (1-3 hours)

[ ] Block off time in your calendar for **Weekly Review/Planning** (45-60 mins)

[ ] Share your vision with your team and inner circle (and others)!

[ ] INVEST in your wellness vision and partner with committed professionals!
Join PEAK LIFE today! ExecLevelWellness.com/peak