



ALIGN

/uh-lahyn/

- To arrange in a straight line.
- To bring into cooperation or agreement with a particular cause.
- To be in precise adjustment or correct relative position.

The organized system to correct, sustain, and grow your whole health & vitality naturally for the life you really want.

Here's where we left off and where we will be starting from:

NOTE:

This page may look pretty messy and wild when you're done adding your notes to it. Don't worry, you're going to clean it all up later. For now, complete the Goal phase of your Concentrated Wants.

A5-c EXAMPLE:

GOALS from Concentrated Wants. (GCW)

CW

1. Health ^{by 12/31/20}
Lose 25 lbs., go to the dentist and dermatologist, be healthy enough to get off of at least one prescription. ^{by 10/15/20} Follow Dr. B nutritional plan and lose 25 lbs. and off of Metformin by Christmas
2. Fitness ^{by 9/1/20}
Be able to ride my bike again for more than 30 mins and play hard with my kids. Play soccer with the kids for 15 mins straight by 10/1/2020.
3. Financial
Make \$8,000 more than last year, pay off debt.
Begin XYZ Debt Payment Plan Method on 3/1/20, complete paying off debt by 2/14/2021.
Hit my markers to make each quarterly's \$2K bonus for the next 4 quarters by 6/1/21.
4. Family ^{From the beginning of the school year until the end}
Eat every dinner together at the dinner table during the week, go camping together once a quarter, see my parents more regularly.
^{Have each camping trip scheduled before the 1st day of the next quarter.} ^{Travel to them every other month and call 2/week starting now.}
5. Relational
Have date nights at least every two weeks, make time to see my friends and call them. ^{Schedule a 1/yr get together, finalize plans by 12/1/2020 for 2021.}
2x/month date (only one can be dinner) starting now.
6. Spiritual
5 days a week start my day with a devotional and meditation for 20 mins.
^{Mon-Fri from 6:00-6:20AM from 3/1/20 - 5/1/20 and Daily Audio Bible on drive to work.}
7. Personal
Learn piano and make a garden with food I can eat.
^{Start 1/wk piano lessons by 4/1/20.}
^{Complete building garden and have planted by 3/7/20.}
8. Professional
Have the top 3 sales in the region, have all my lesson plans created two weeks ahead of schedule, learn digital marketing. ^{Choose and start the XYZ Digital Marketing home study from udemy.com.}
^{Sell 3 widgets every week and 1 more than anyone in my region.} ^{Start 6/1/20 complete by 7/15/20.}

-25 lbs.
Dentist/Dermatologist
-1 RX

Bike > 30 mins
Play Hard w/ Kids

+\$8,000 this year
No debt

Weekday Dine
Together
Quarterly Camping
Sched for Parents

Bi-Monthly Dating
Friend Sched

Weekday Devo-Med
20 Mins

Piano Lessons
Garden Grow-Eat

Top 3 Region Sales
2wk Early Lessons
Start Mkt'ing Course

Have the next 30 days of lessons outlined before the 15th of each month.
Have the next 2 wks detailed lessons completed on the 7th and 21st of each month.

A6-a: Transfer Stage

Simply transfer what you defined in “CW” section of the **Goals from Concentrated Wants (A5-c)** to fit into the left half of the “PLOW CHART” below. You may update your target deadlines for simplicity’s sake (as was done with the Fitness goal’s deadline for example).

Note: Additional blank Plow Charts are included so you can repeat this process in 6 months or a year or if you want to rewrite things to look really tidy.

See this example for better clarity:

PLOW CHART		
	A	B
1. Health <div> <div>-25 lbs. Dentist/Dermatologist -1 RX</div> <div> by 12/31/20 by 10/15/20 by 12/25/20 </div> </div>	<p>ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?</p> <p>EX: HEALTH & FITNESS. PERSONAL & SPIRITUAL & RELATIONAL</p> <p>WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE COMBINED GOAL IN THE SECTION "MG DISTILLATION A".</p>	<p>WHICH ONE GOAL OR COMBO GOAL ENABLES THE HIGHEST IMPACT OF THE MOST OTHER GOALS TO BE MET?</p> <div> WRITE THIS IN THE FIRST GREY BOX BELOW </div>
2. Fitness <div> <div>Bike > 30 mins Play Hard w/ Kids</div> <div> by by 9/15/20 by </div> </div>	<div>COMBO GOALING FROM GCW</div>	<p>LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.</p>
3. Financial <div> <div>+\$8,000 this year No debt</div> <div> by by 6/1/21 by 2/14/21 </div> </div>		<div>PLOW</div>
4. Family <div> <div>Weekday Dine Together Quarterly Camping Sched for Parents</div> <div> by weekly by Quarterly by Every 2 Months </div> </div>		
5. Relational <div> <div>Bi-Monthly Dating Friend Sched</div> <div> by 2x/Month by by 1x/Every 2 Mo </div> </div>		
6. Spiritual <div> <div>Weekday Devo-Med 20 Mins</div> <div> by M-F @ 5:45 AM by by </div> </div>		
7. Personal <div> <div>Piano Lessons Garden Grow-Eat</div> <div> by 4/1/20 by 3/7/20 by </div> </div>		
8. Professional <div> <div>Top 3 Region Sales 2wks Early Lessons Start <u>Marketing</u> Course</div> <div> by 6/1/21 by On the 7th + 21st by 6/1/20 </div> </div>		

PLOW CHART

1. Health

	by _____
	by _____
	by _____

2. Fitness

	by _____
	by _____
	by _____

3. Financial

	by _____
	by _____
	by _____

4. Family

	by _____
	by _____
	by _____

5. Relational

	by _____
	by _____
	by _____

6. Spiritual

	by _____
	by _____
	by _____

7. Personal

	by _____
	by _____
	by _____

8. Professional

	by _____
	by _____
	by _____

A

DISTILLATION

B

ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?

EX: HEALTH & FITNESS.
PERSONAL & SPIRITUAL & RELATIONAL

WRITE THE COMBINED ARENAS ON THE LINES BELOW.
THEN WRITE THE **COMBINED GOAL** IN THE SECTION "M6 DISTILLATION A".

COMBO GOALING FROM GCW

WHICH ONE COMBO GOAL ENABLES THE **HIGHEST IMPACT** OF THE MOST OTHER GOALS TO BE MET?

WRITE THIS IN THE FIRST GREY BOX BELOW

LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.

PLOW

A6-b: Distillation A- Combo Goaling from GCW

On this step you will see which goal arenas could be combined synergistically. Blend these goals together under a common umbrella. Keep in mind, you may modify the goals and dates as part of combining them. Also, you will not likely have 5 Combined Goals even though the space is provided.

See the example for better clarity.

PLOW CHART

	A	DISTILLATION	B
1. Health <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">-25 lbs. Dentist/Dermatologist -1 Rx</div> <div style="width: 35%;"> by <u>12/31/20</u> by <u>10/15/20</u> by <u>12/25/20</u> </div> </div> </div>		<p>ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?</p> <p>EX: HEALTH & FITNESS. PERSONAL & SPIRITUAL & RELATIONAL</p> <p>WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE COMBINED GOAL IN THE SECTION "MG DISTILLATION A".</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> COMBO GOALING FROM GCW </div> <p><u>Health + Fitness</u></p> <p>*10/15/20-Dent/Derm</p> <p>*9/15/20-Food plan</p> <p>Soccer/Bike 6x/wk 25 Mins</p> <p>*12/31/20-drop 1 Rx, 25 lbs</p> <p><u>to fit in My Size 8 Dress</u></p> <p><u>Professional + Financial</u></p> <p>*Sell 5 widgets/wk to win most Regional sales by 6/1/21</p> <p>*7/15/20-Digital Mktg done</p> <p>*2/14/21- Debt Free!</p> <p>*BiMonthly- 30 Day Outlines, Lessons on the 7th and 21st two wks early</p> <p><u>Family + Relational</u></p> <p>*Every 2 Months Experience: 4 date nights, M-Th Fam Dinner, 1 friend get-together and 1 trip to parents.</p> <p>*Quarterly camping trip</p> <p><u>Spiritual</u></p> <p>*M-F 5:45 AM Devotional & meditation at least 20 mins</p> <p><u>Personal</u></p> <p>*4/1/20 Weekly Piano lessons</p> <p>*3/7/20 Finish Garden</p>	<p>WHICH ONE GOAL OR COMBO GOAL ENABLES THE HIGHEST IMPACT OF THE MOST OTHER GOALS TO BE MET?</p> <div style="border: 2px solid black; padding: 10px; text-align: center; margin-top: 10px;"> WRITE THIS IN THE FIRST GREY BOX BELOW </div> <p>LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.</p> <div style="background-color: #eee; height: 100px; margin-top: 10px;"></div> <p style="text-align: center;">PLOW</p> <div style="background-color: #eee; height: 100px; margin-top: 10px;"></div> <div style="background-color: #eee; height: 100px; margin-top: 10px;"></div> <div style="background-color: #eee; height: 100px; margin-top: 10px;"></div>
2. Fitness <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Bike > 30 mins Play Hard w/ Kids</div> <div style="width: 35%;"> by _____ by <u>9/15/20</u> by _____ </div> </div> </div>			
3. Financial <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">+\$8,000 this year No debt</div> <div style="width: 35%;"> by _____ by <u>6/1/21</u> by <u>2/14/21</u> </div> </div> </div>			
4. Family <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Weekday Dine Together Quarterly Camping Sched for Parents</div> <div style="width: 35%;"> by <u>weekly</u> by <u>Quarterly</u> by <u>Every 2 Months</u> </div> </div> </div>			
5. Relational <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Bi-Monthly Dating Friend Sched</div> <div style="width: 35%;"> by <u>2x/Month</u> by _____ by <u>1x/Every 2 Mo</u> </div> </div> </div>			
6. Spiritual <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Weekday Devo-Med 20 Mins</div> <div style="width: 35%;"> by <u>M-F @ 5:45 AM</u> by _____ by _____ </div> </div> </div>			
7. Personal <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Piano Lessons Garden Grow-Eat</div> <div style="width: 35%;"> by <u>4/1/20</u> by <u>3/7/20</u> by _____ </div> </div> </div>			
8. Professional <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;">Top 3 Region Sales 2wk Early Lessons Start <u>Mktg Course</u></div> <div style="width: 35%;"> by <u>6/1/21</u> by <u>On the 7th + 21st</u> by <u>6/1/20</u> </div> </div> </div>			

Question:

Are these goals and combo goals congruent with your Compass & Clock? If not, tweak them until they are.

A6-c: Distillation B- Impact and Order

1. Review Distillation A, which one GCW or Combo GCW enables the highest IMPACT of the most other goals to be met?
2. Write this in the Distillation B section in the box labeled, "PLOW".
3. List the remaining GCW's and GCW Combos in order from most to least impact.

See this example for better clarity:

PLOW CHART		
	A	B
1. Health <div> <div>-25 lbs. Dentist/Dermatologist -1 RX</div> <div> by 12/31/20 by 10/15/20 by 12/25/20 </div> </div>	<p>ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?</p> <p>EX: HEALTH & FITNESS. PERSONAL & SPIRITUAL & RELATIONAL</p> <p>WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE COMBINED GOAL IN THE SECTION "MG DISTILLATION A".</p>	<p>WHICH ONE GOAL OR COMBO GOAL ENABLES THE HIGHEST IMPACT OF THE MOST OTHER GOALS TO BE MET?</p>
2. Fitness <div> <div>Bike > 30 mins Play Hard w/ Kids</div> <div> by by 9/15/20 by </div> </div>	<p>COMBO GOALING FROM GCW</p> <p><u>Health + Fitness</u></p> <p>*10/15/20-Dent/Derm *9/15/20-Food plan Soccer/Bike 6x/wk 25 Mins *12/31/20-drop 1 RX, 25 lbs to fit in My Size 8 Dress.</p> <p><u>Professional + Financial</u></p> <p>*Sell 5 widgets/wk to win most Regional sales by 6/1/21 *7/15/20-Digital Mktg done *2/14/21- Debt Free! *BiMonthly- 30 Day Outlines, Lessons on the 7th and 21st two wks early</p> <p><u>Family + Relational</u></p> <p>*Every 2 Months Experience: 4 date nights, M-Th Fam Dinn, 1 friend get-together and 1 trip to parents. *Quarterly Camping trip</p> <p><u>Spiritual</u></p> <p>*M-F 5:45 AM Devotional & meditation at least 20 mins</p> <p><u>Personal</u></p> <p>*4/1/20 Weekly Piano lessons *3/7/20 Finish Garden</p>	<p>WRITE THIS IN THE FIRST GREY BOX BELOW</p> <p>LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.</p> <p><u>Spiritual</u></p> <p>PLOW</p> <p><u>Health + Fitness</u></p> <p><u>Professional + Financial</u></p> <p><u>Family + Relational</u></p> <p><u>Personal</u></p>
3. Financial <div> <div>+ \$8,000 this year No debt</div> <div> by by 6/1/21 by 2/14/21 </div> </div>		
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Crystallization

1. Get comfortable, clear your mind and take three full breaths in and out.

Imagine you are taking action for these goals and as you do, they are coming to fruition with surprising speed. It's as if you're **Plowing and Seeding** and the crop grows up almost as fast as you can plow.

Close your eyes and don't move on until you see how your life looks as these goals become reality.

2. What do you see are the fruits of your work? Who are the people and what are the things and experiences now in your life? Write your answers.
3. What exciting unintended benefits are also opening up in your life that you didn't even think might happen? Write these new benefits.
 - A. Take 5-15 minutes total to clearly see these results for each goal area.
 - B. In the space below, write these results down in fine detail.
 - C. How do you feel as you see yourself accomplishing these goals in your life?
 - D. Write the descriptions of how you feel about yourself (ex your: commitment, courage, capabilities, confidence, peace, happiness, love, vigor, vitality, grace, strength, creativity)
 - E. As you soak into this exciting fruitful life, list what you are grateful for. Be thorough.

Quick Tip:

When asked about her "process", Grammy winning songwriter Patty Griffin said that the key to writing great songs for her is when a song came to her she chose to respect that moment with reverence. She said something like, "Don't stop writing and think you can come back to that gift of a moment. Stay with it until what was being revealed to you is fully received."

If your hit song is coming to you during this section, or at any time, stay with it to the end. If it's not coming to you, don't sweat it. You can always return to this process. The more you do this exercise the more clarity shows up.

Crystallization: Notes of Clarity

Crystallization: Notes of Clarity

If you need more writing space, respect the download you're receiving. Use additional paper, a journal, whatever...but don't stop writing until you get it all out.

(Below: Additional Blank PLOW CHARTS)

PLOW CHART

1. Health

	by _____
	by _____
	by _____

2. Fitness

	by _____
	by _____
	by _____

3. Financial

	by _____
	by _____
	by _____

4. Family

	by _____
	by _____
	by _____

5. Relational

	by _____
	by _____
	by _____

6. Spiritual

	by _____
	by _____
	by _____

7. Personal

	by _____
	by _____
	by _____

8. Professional

	by _____
	by _____
	by _____

A

DISTILLATION

B

ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?

EX: HEALTH & FITNESS.

PERSONAL & SPIRITUAL & RELATIONAL

WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE **COMBINED GOAL** IN THE SECTION "M6 DISTILLATION A".

COMBO GOALING FROM GCW

WHICH ONE COMBO GOAL ENABLES THE **HIGHEST IMPACT** OF THE MOST OTHER GOALS TO BE MET?

WRITE THIS IN THE FIRST GREY BOX BELOW

LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.

PLOW

PLOW CHART

1. Health

	by _____
	by _____
	by _____

2. Fitness

	by _____
	by _____
	by _____

3. Financial

	by _____
	by _____
	by _____

4. Family

	by _____
	by _____
	by _____

5. Relational

	by _____
	by _____
	by _____

6. Spiritual

	by _____
	by _____
	by _____

7. Personal

	by _____
	by _____
	by _____

8. Professional

	by _____
	by _____
	by _____

A

DISTILLATION

B

ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?

EX: HEALTH & FITNESS.
PERSONAL & SPIRITUAL & RELATIONAL

WRITE THE COMBINED ARENAS ON THE LINES BELOW.
THEN WRITE THE **COMBINED GOAL** IN THE SECTION "M6 DISTILLATION A".

COMBO GOALING FROM GCW

WHICH ONE COMBO GOAL ENABLES THE **HIGHEST IMPACT** OF THE MOST OTHER GOALS TO BE MET?

WRITE THIS IN THE FIRST GREY BOX BELOW

LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.

PLOW

PLOW CHART

1. Health

	by _____
	by _____
	by _____

2. Fitness

	by _____
	by _____
	by _____

3. Financial

	by _____
	by _____
	by _____

4. Family

	by _____
	by _____
	by _____

5. Relational

	by _____
	by _____
	by _____

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	by _____
	by _____
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	by _____
	by _____
	by _____

8. Professional

	by _____
	by _____
	by _____

A

DISTILLATION

B

ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?

EX: HEALTH & FITNESS.

PERSONAL & SPIRITUAL & RELATIONAL

WRITE THE COMBINED ARENAS ON THE LINES BELOW. THEN WRITE THE **COMBINED GOAL** IN THE SECTION "M6 DISTILLATION A".

COMBO GOALING FROM GCW

WHICH ONE COMBO GOAL ENABLES THE **HIGHEST IMPACT** OF THE MOST OTHER GOALS TO BE MET?

WRITE THIS IN THE FIRST GREY BOX BELOW

LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.

PLOW

PLOW CHART

1. Health

	by _____
	by _____
	by _____

2. Fitness

	by _____
	by _____
	by _____

3. Financial

	by _____
	by _____
	by _____

4. Family

	by _____
	by _____
	by _____

5. Relational

	by _____
	by _____
	by _____

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	by _____
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	by _____
	by _____
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	by _____
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A

DISTILLATION

B

ARE THERE GOAL ARENAS THAT CAN BE RE WRITTEN AS A SINGLE COMBINED GOAL?

EX: HEALTH & FITNESS.
PERSONAL & SPIRITUAL & RELATIONAL

WRITE THE COMBINED ARENAS ON THE LINES BELOW.
THEN WRITE THE **COMBINED GOAL** IN THE SECTION "M6 DISTILLATION A".

COMBO GOALING FROM GCW

WHICH ONE COMBO GOAL ENABLES THE HIGHEST **IMPACT** OF THE MOST OTHER GOALS TO BE MET?

WRITE THIS ON TOP OF THE FIRST GREY BOX BELOW.

LIST THE REMAINING GCW'S + GCW COMBOS FROM MOST TO LEAST IMPACT.

PLOW



A7: Compass-Course-Can

A7-a:

- A. Revisit “The Compass and The Clock” now that you’ve clarified what you really want and made them into goals. Re-examine what you wrote for your responses regarding what is your Compass. Determine if this still fits well or if you would like to refine it for a precise Compass Heading. Complete this step, then write it below in the Compass box

Compass *This answers the question, “Why am I pointed in this direction?”*

Ex:

Lead my family and others in the ways I’ve co-created with God to coach them into their greatness so that they experience freedom and joy in the pursuit of their daily lives’ callings.

Course *This answers the question, “What I need to do to go where do I want to go?”*

Write a phrase or sentence that moves you toward living out your Compass. This is an aspirational specific outcome that is a stretch to achieve but is possible.

Ex:

Revisit my Compass each day and keep its outcomes so clear I can feel them so nothing prevents me from making daily progress on one or multiple of my goals.

*I recognize that not choosing this action, is choosing my life with stress and frustration.

Can *This answers the question, "How can I get there?"*

These are the *actions* that you have in your direct control. It's about what *you can* do.

Give 2-4 metrics toward attaining your Course. They must be:

1. Specific and timebound
2. Aggressive yet realistic
3. Measurable and verifiable

Ex:

I Can and will...

- Do all 5 elements of the B.R.A.V.E. Health Method for 120 days straight.
- Write in a gratitude journal daily.
- Buy and begin udemy book writing class and have my book's outline done by 6/21/20XX.
- Maintain my dietary & sleep metrics 6 days/week.
- Do Vitality Moves 25 mins daily and choose my Grand Canyon guide by 1/31/20XX.
- Earn \$2000/quarterly bonus and apply half of that to eliminate my debt by 4/25/20XX

I Can and will...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Compass- This is **WHY** you do what you do * **Course**- This is **WHAT** you need to do * **Can**- This is **HOW** you do it

B. Looking at your Distillation section of your PLOW CHART...

1. Is it clear what the core essence for each of your PLOW, GCW Combos and GCWs are?
2. Write these in a short phrase or sentence (must be measurable, verifiable and timebound).
 - a. These are your checkpoints for what you're **doing** that move you toward your result.
 - b. Checkpoints are to inform you that you're tracking right or if you need to redirect.

Ex:

- **PLOW:** Monday – Friday I study, meditate and journal with Jesus from 5:45-6:15 AM .
- **Combo GCW #1:** Begin my Food Plan and 6 days/wk fitness on 9/15/20XX, Go to the Dermatologist & Dentists by 10/15/20XX, Drop 1 Rx and 25 lbs to a Size 8 by New Year's 20XX

- _____

- _____

- _____

- _____

- _____

3. Underline 1 – 3 of the key words from each Goal you just wrote. Underline the **Plow's** key words in **RED** and the **others'** in **BLACK**.
4. Make a 1 – 3 letter goal abbreviation for the answers from #3.
 - a. Ex: Plow Goal: M-F 5:45 AM Devotional, Meditation & Journal Time
 - i. Plow Abbreviation:
 - ii. **5xDMJ**
 - b. Ex: Combo GCW #1 of Health & Fitness:
 - i. Food & 6 Days/wk Fitness Started, Dentist & Dermatologist Visits Done, - 1 Rx & 25 lbs
 - ii. **FF6. -Rx25**
 1. *Note: The Dentist & Dermatologist are missing from the abbreviation. These were such a burden to keep hanging around that these appointments were booked just to move them to the DONE list. (it's part of the magic of writing things down.)
 - c. Ex: Combo GCW Family & Relational
 - i. Every 2 Months= 4 dates, M-Th Family Dinners (32), 1x See parents & Host Friends
 - ii. **4D.32D.F&P/2m** shortened to → **4.32D.FP/2m**

The abbreviations just need to be clear to you. You want to be able to understand your abbreviations and know exactly what it means at a quick glance. Think of it like the symbol that represents what must be done to reach that goal.