



Timeline

Winner think Long-Term

What do you need get done to be successful? Write your top 3 most impactful goals down for each time-cycle?

1. Quarter

2. Quartal

3. Quartal

4. Quartal

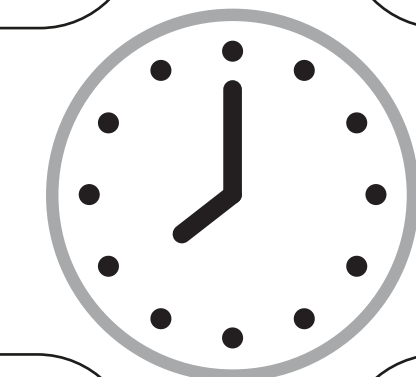
1 Year

2 Years

in 3-5 Years

in 8-13 Years

Organisation Loops



What do you need to keep organized to achieve Super Success?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Decision System



What are your models for your decision making?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Bucketlist



What do you want to do on activities, journeys, adventure in your life?

- | | |
|-----|-----|
| 1. | 12. |
| 2. | 13. |
| 3. | 14. |
| 4. | 15. |
| 5. | 16. |
| 6. | 17. |
| 7. | 18. |
| 8. | 19. |
| 9. | 20. |
| 10. | 21. |
| 11. | |

Fitness-level

How looks your future self? Put a picture in this box where you are in peak shape or draw, photoshop the image you want to achieve.

How much boadyfat in % ? How much body weight in kg ?

Your envisioned fitness-level (duration, strength, energy-level)?

Never forget you write the story of your life.

