



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

create charlygoodman.com

2. Quartal

finish mysupersuccess.com

3. Quartal

create more content & improve the process

4. Quartal

*write 50 blogs
preparation sailing mission
preparation Panama visa
financially strong*

1 Year

*Financially absolutly independent
Independent food & energy supply
50 blogs - with the best Community
#weGrowTogether*

2 Years

*psy trance DJ
new mission
Marcellos buildup & well-beeing
maintain mysupersuccess.com
maintain charlygoodman.com
#lifeLongCommitment*

in 3-5 Years

*build a school in Panama
Learn about child-teaching & give them
the power of Super Success
Organise Super Success Teachers and
train them the new methods*

in 8-13 Years

*road to Australia
yogacenter in Queensland
home in Victoria with Alex & Crisilla
Growing & teaching my Kids
Travel around whole Australia by car &
boat*

Organisation Loops



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

- 3 successful Milestones a d/w/m*
- note 5 things to be grateful for*
- mysupersuccess.com*
- yearly calendar & weekly check*
- review guideline*
- review cultivation of habits*
- organise todos mysupersuccess.com*
- review timeline*
- review the process*

Decision System



What are your models for your decision making?

- Guideline*
- Cultivation of Habits*
- Timeline*
- Super Success Knowledge*
- pro & contra lists mysupersuccess.com*
- ego-proofed*
- performance-check*
- contry-check*

Bucketlist



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

- | | |
|-------------------------------|--------------------------------|
| 1. <i>50 Blogs</i> | 12. <i>laughing everyday</i> |
| 2. <i>8 Years travelling</i> | 13. <i>living in Australia</i> |
| 3. <i>sailingboat Home</i> | 14. <i>Pizol Ice-bath</i> |
| 4. <i>jungletracking</i> | 15. <i>Yogacenter in A.</i> |
| 5. <i>blue skin icebath</i> | 16. <i>finding the ONE</i> |
| 6. <i>5 Children</i> | 17. <i>Build a School</i> |
| 7. <i>100 pushups</i> | 18. <i>charity 4 real</i> |
| 8. <i>yogamaster</i> | 19. <i>permaculture</i> |
| 9. <i>150 years lifespan</i> | 20. <i>dream office</i> |
| 10. <i>good mood everyday</i> | 21. <i>freedom</i> |
| 11. <i>smile everyday</i> | |

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.

*80kg with 12% bodyfat
100 pushups
2h run mountains up
jungleready all the time
very high energy-level
relaxed & easy*

