

MY QUARTER LIFE FRAMEWORK

My name is

The date is

The area of my life I am focusing on is

First, **Gain Clarity**

What do I want?

Why do I want it?

What do I *actually* want?

What will it take to achieve it?

Will I commit to it?

Yes

No

Really?

Really Really

No

Signed



QUARTER LIFE
ACADEMY

Then, **Take Action**

(Only complete this section if you have full alignment from the Gain Clarity questions)

My Long Game

Write your Long Game here as a statement

My Game Plan

What is the objective for the next stage of your journey?

What are the required actions?

My Scorecard

How will you sustain your progress?

How will you measure your progress?