




To leave a legacy that my family and true friends can be proud of. When I am put in the ground and the game is over for me, I want those people to know that I worked hard and tried my best to be the man that they, and I, could be proud of. - Keith Taylor

2023 Strength after Stroke Planner

The Year to Look Forward...Not Back!

2023 Vision Board:


I see myself as a stable, yet fun person. Some of the pictures I can see  are:

- Financially Stable
- Changing for the better
- Fun Loving
- Laughter
- Enjoying Life
- Loving my Wife
- Loving my Kids
- Loving my Grandkids
- Enjoying my Home
- Helping Others
- Focusing on Business
- Reading
- Writing
- Speaking
- Lifting and Exercising
- Eating the Right Foods
- Meditating
- Trips to Warm and Different Places
- Enjoying my Parents
- Spiritual Time

2023 Ambitions and Objectives:

Objectives for 2023

Business Goals:

- Finish writing my book by April 1, 2023
- Create a system...
- Put the video for BASE together by February 15th, 2023
- Do a lot more Mentoring for Stroke Warriors throughout the year.
- Speak for a minimum of 7 Podcasts by December 1,  2023

Money/Financial Goals:

- To manage our spending by:
 - Evaluating our spending each week
 - Being mindful of our goals as it pertains to money
- To create a "Lifetime Income Account" that will generate XXX per year through retirement

Health/Physical Goals

- Exercise 5 days per week in some form
- Lift weights 3 days per week
- Eat healthy and reduce my night time snack intake

Mental Health Goals

- Meditate daily
- Read 6 books on mental health and growth
- Take time to relax, think and enjoy the journey

Family/Relationship Goals

- Appreciate Babette with flowers and/or trips to continue our personal growth
- Talk with my parents each week in some form
- Talk with my kids each week in some form
- Continue building a strong mentor relationship

Spiritual Goals

- Continue to develop my own spiritual strength through...

Lifestyle

- Develop a hobby that I am interested in...
 - Hiking
 - Vacationing
 - Meet new friends
 - Spend time with friends

Affirmations:

I enjoy Meditating, journaling and working toward my goals each, and every day

I feel calm and confident knowing that I am making a difference for others and myself each day

I enjoy my time with Babette daily

I enjoy seeing my kids and grandkids every quarter of the year

I love God

I love myself

I am excited, yet peaceful about my retirement years, as I have over XXX in savings by age 67

I enjoy tracking our expenses weekly and staying on track with our financial goals

I am very excited

I feel calm and confident that I am making a difference for others and myself each day

Babette and I enjoy our adventures of seeing new things in this world

Babette and I enjoy eating healthy and setting that example for others to follow

I appreciate my ability to exercise each day

We enjoy having, and getting to know, more friends to spend time with

Babette and I traveling and enjoy seeing different areas

I enjoy helping others learn

I help others attain their dreams and goals in life

I am very productive and inventive on what people need and want

I help others grow toward what is important in their lives

I learn more each week on how to help others

I love helping others gain their mental and physical strength

I am Speaking for organizations, and enjoy helping others with a message of hope and guidance

I love reading each day

I am organized and skilled

I am grateful for this opportunity to help others and I do not take it for granted as I work hard to continue to better myself and therefore the others around me

I love my family so much that I will continue to grow, be a leader, and set the foundation for them to grow on

I will financially take care of my family and will enjoy the benefits and gifts it affords us

I am productive

I am a valuable contributor in the success of others

I exercise each week

I am learning every day

I am growing each week

I am helping others in a big way

I enjoy what I do to grow personally and to help others

I am thankful for this time

I am excited

I will do this now

I am creating new positive habits always

I am very capable

I am a very good manager of my time and accomplish a lot toward my goals each week

I love God

I love myself

I am excited to grow myself

I will take action today

Changing My Habits

Study “Breaking the Habit of Being Yourself” and form the new habits that are important to my goals.

What are some habits I have formed that I need to change?

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Steps to take in order to change:

#1. Identify the changes that need to be made

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Notes:

“Stay the Course” Partner

The importance of having a mentor is the sounding board of someone respected and trusted that can help make decisions that are important in the growth and direction focused on.

Being available to talk on the phone once every other week or monthly is all it takes. Having an agenda to cover for each meeting is critical in order to stay the course and make the most of your time.

Using the “Ambitions and Objectives” form for this year, what are the critical components to accomplishing the items set forth.

Make a list of a few candidates that I feel could make this commitment.

Notes/Thoughts:

2023 Improvement Focus

My Yearly Goals:

What is most important to get accomplished in order to move toward the **legacy** you want to leave?

What are you **committed** to doing...working toward?

What are you willing to **give** toward this year's goals? Time/Money/Habit Change...

My Quarterly Goals:

Think about what all is scheduled to do (go see kids, etc.) before setting this up.

Are you thinking about moving toward your goals for the year?

Set up your important goals and put them in your planner.

My Monthly Goals:

What will move the pendulum forward for this month toward the goals you have written for the year and for the quarter?

What **actions** will you take that will make a difference for the month?

Are they scheduled and in your planner?

Weekly Goals:

What specific goals are set for this week in order to reach the 7 Key Elements of your ambitions and objectives.

Are you looking at them, acting on them, and reviewing them on a daily basis?

Notes/Think it Through:

What do you feel that you accomplished this week in the given areas?

Notes/Any Changes and/or Growth That Will Move Toward The Ultimate Goals:

Next Weeks' Focus:

Reasoning: Think about what took you off track and how you can develop a better plan for next month.

Victories:

Losses:

What can I do to improve next month?

Notes/Any Changes and/or Growth That Will Move Toward the Ultimate Goals:

Next Month's Focus:
