



**FOUNDATIONZ**  
— SACRED JOURNEYS —

Dear Friends,

I have a great many exercises I engage in every year to help me gain clarity, and the one I am about to share is one of them. Although modified, it is developed by an entrepreneur named Andy Drish from the US.

Every Year in January I like to take about 2-3 hours to reflect on my year, draw from my lessons learned, take an inventory of how I currently feel about my life, and then build out a theme based plan for the year centered around S.M.A.R.T Goals.



The underlying motive is to continually gain clarity and align myself with my core values and mission.

I credit much of what I have accomplished over the last few years to this type of process. As you develop more clarity in your life and learn about what you stand for, decisions become easier, clutter begins to fade and the world becomes more peaceful. Knowing what to say “No” to and what to say “hell yes” to, is liberating. This is the type of freedom I strive for everyday.

The process is simple and it looks like this:

- REFLECT ON THE PAST
- INVENTORY OF THE PRESENT
- WRITE YOUR VISION STATEMENT & CREATE A THEME
- SET S.M.A.R.T GOALS

If you spend 2 hours on this process with strong intention, I believe the results have the power to manifest into your life! Intention is everything in Life. When you complete the worksheet, email me and tell me your ‘theme’ for 2021.

Mine is = Help Entrepreneurs and Emerging Leaders to find more meaning in their Life Pursuit  
I look forward to hearing yours. [Your friend Brad Samuels](#). love you all!



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## REFLECT ON THE PAST

The first phase of this process is to reflect on the past year and carefully try to recall your experiences and the feelings that accompanied them. Our greatest lessons are usually learned in the extremes. Walk through your year Month by Month and to reflect on the highs and lows and what lessons you learned.

### JANUARY

Highs:

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Lows:

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Lessons Learned:

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## FEBRUARY

Highs:

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Lows:

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Lessons Learned:

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## MARCH

Highs:

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Lows:

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Lessons Learned:

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**APRIL**

Highs:

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Lows:

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Lessons Learned:

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## MAY

Highs:

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Lows:

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Lessons Learned:

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## JUNE

Highs:

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Lows:

Lessons Learned:

**JULY**

Highs:

Lows:



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Lessons Learned:

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## AUGUST

Highs:

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Lows:

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Lessons Learned:

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## SEPTEMBER

Highs:

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Lows:

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Lessons Learned:

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## OCTOBER

Highs:

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Lows:

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Lessons Learned:

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## NOVEMBER

Highs:

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Lows:

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Lessons Learned:

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## DECEMBER

Highs:

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Lows:

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Lessons Learned:

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## WHAT I'M LEAVING BEHIND THIS YEAR

EXAMPLE: The belief that you can't live a spiritual life and create an incredible business at the same time.

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## WHAT I'M TAKING WITH ME THIS YEAR

EXAMPLE: My loving, passionate, heartfelt view of the world.

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## INVENTORY OF THE PRESENT

Now that we have reflected on our past, we are going to create a snapshot about how we feel about our life in the present. This is not an objective evaluation. Our life is lived in the now, and happiness can only truly be experienced moment to moment.

Rate each of the following areas on a scale of 1-10 based on how you feel right now. Try to answer within 5 seconds. Then, below, write a few paragraphs explaining your rating. Why did you give yourself that rating? What, if anything, would you like to do about it?

Love	<input type="text"/>	Nutrition	<input type="text"/>	Travel	<input type="text"/>
Community	<input type="text"/>	Emotional Strength	<input type="text"/>	Charity/Contribution	<input type="text"/>
Friendship	<input type="text"/>	Mental Strength	<input type="text"/>	Skill Development	<input type="text"/>
Finance	<input type="text"/>	Peacefulness	<input type="text"/>	Overall	<input type="text"/>
Career	<input type="text"/>	Spiritual Development	<input type="text"/>	Quality of Life	
Fitness	<input type="text"/>	Self Expression	<input type="text"/>		
Health	<input type="text"/>	Family	<input type="text"/>		



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## LOVE

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## COMMUNITY

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## FRIENDSHIP

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## FINANCE

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## CAREER

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## FITNESS

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## HEALTH

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## NUTRITION

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## EMOTIONAL STRENGTH

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## MENTAL HEALTH

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## PEACEFULNESS

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## SPIRITUAL DEVELOPMENT

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## SELF EXPRESSION

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## FAMILY

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## TRAVEL

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## CHARITY AND/OR CONTRIBUTION

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## SKILL DEVELOPMENT

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## OVERALL QUALITY OF LIFE

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number

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## CREATE A VISION OF THE FUTURE

Next we want to create the future vision for our life.

This is two fold.

First, we do some creative writing to build a three year vision that excites you. This helps us look further out into the future to decide where we want to be.

Second, we write a clear vision of where we want to be one year from today.

For the creative writing of the three year vision, turn on some calming music and get yourself centered. Imagine your life in three years from today. What does it look like? Who have you become? How are you contributing to the world? What people are in your life? How do you show up each day? What kind of problems do you have? What opportunities are in your life? After you meditate on these questions for a bit, set a timer for 15 minutes and start writing. Don't stop until you are happy with the vision.

Re-read what you wrote a few times to see if any new ideas jump out at you.

This process gets your mind thinking creatively and gives you a clear direction of what's important in your life.

Now, reset and recenter yourself once again with some deep breaths and think of yourself one year from today. What does life look like in 12 months? Who have you become? What have you learned? What have you achieved? How are you living? What are you feeling? How are you contributing?

Again, set a timer for 15 minutes and start writing.



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## CREATE A VISION OF THE FUTURE - 3 YR

3 Year Vision:

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## Vision 2021:

In twelve months from now, I'll be looking back....

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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Read through everything you wrote in your 1 year vision and sum that up into 1 clear sentence.

This is the theme for your year.

## THEME 2021

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I put this vision and theme at the top of my journal so that, everyday when I write, I'm brought back to this vision of my future.

## GOALS SETTING 2018

Now that we have actually taken the time to reflect on our last year, we know where we currently stand, and we have a clear picture of where we are going, we can finally set some meaningful S.M.A.R.T goals, centered around our theme and 1 year vision.

Prioritize 3-5 goals for the year, using the categories from the "Inventory of the Present" section. It's fine to set more goals if you think it's realistic and necessary based on your vision. Keep in mind, that balance is important in life. If you are scoring yourself low in certain areas from the "Inventory of the Present" section, you may want to give those areas some focus in the upcoming year.

PS. The "S.M.A.R.T" goal Acronym stands for

- SPECIFIC
- MEASURABLE
- ACHIEVABLE
- RELEVANT
- TIMEBOUND



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## GOAL #1

Life Category:

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S.M.A.R.T Goal:

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## GOAL #2

Life Category:

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S.M.A.R.T Goal:

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### GOAL #3

Life Category:

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S.M.A.R.T Goal:

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### GOAL #4

Life Category:

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S.M.A.R.T Goal:

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## GOAL #5

Life Category:

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S.M.A.R.T Goal:

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## GOAL #6

Life Category:

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S.M.A.R.T Goal:

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## GOAL #7

Life Category:

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S.M.A.R.T Goal:

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## GOAL #8

Life Category:

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S.M.A.R.T Goal:

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