



## ***Dream to reality***

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### ***FYV Strategy #1 - Set authentic goals***

Your Vision Board provides the big picture of who you are, what excites you, and what you want out of life.

With your vision in mind, write down what you want to achieve, acquire, or become during the next three to five years.

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What you've just listed are your big-picture or long-term goals. They may seem huge right now, and that's OK! There's no magic in thinking small, so don't.

## ***FYV Strategy #2: Establish your priority goals***

■ Go against the myth of mediocrity. Instead of trying to balance out a laundry list of priorities, honor the season you are in by chunking down your long-term goals and listing out your top one, two, and at the most, three priority goals.

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2.

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3.

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■ What will help you accomplish your priority goals?

■ When will you accomplish your priority goals (immediate – 12 months time)?

## ***FYV Strategy #3 Set your Daily Focal Points***

I finally understood that balance truly is the myth and I determined from that point forward to only do what's important.

Each weeknight, I write down my top three daily focal points (DFPs) for the following day. Because I am clear about my long-term and priority goals, I'm better equipped to hone-in on the DFPs that will move the needle.

Tonight, write down your three focal points for tomorrow. Commit in advance to devote your time and resources toward making your DFPs happen.

What do you want to accomplish?

What "safety step" would move you forward?