

HARVARD GOALS METHOD



Michael's Life Goals Blueprint

Turn your biggest dreams into a clear plan. Write down your goals, set your focus, take action every day, and share your progress with people who support you.

YOUR NAME

Michael



Define what drives you. These three anchors will guide every decision and keep you aligned with your vision.



FOCUS WORD

Choose the single word that will govern your decisions this season.

Concur



WEEKLY MANTRA

Write a short mantra you'll read each Monday and before big meetings.

I am a confident, charismatic leader, driven by love, adventure, and success.



CELEBRATION PLAN

Anchor in a reward so your brain knows progress is worth celebrating.

A day off to surf / jetski, switch off. and eniov the freedom I'm



10+ YEAR VISION

Describe the life you see when everything compounds in your favor.

YOUR VIVID DESCRIPTION

It's 2035. I'm living with purpose, freedom, and great health.

I wake up in my villa overlooking the ocean in Bali, fit, powerful, and surf-ready every

WHY IT MATTERS

This future matters because it gives me the life I always knew I was capable of — one built on freedom, strength, discipline, and love.



ADD A GOAL

What specific outcome will make your vision a reality?

NEED INSPIRATION?

Select a pre-built goal (optional)

GOAL STATEMENT

Example: Grow recurring revenue to \$50k/month.

AREA

Wealth & Investing

TIMEFRAME

5 years

PRIORITY (1-5, 5 = HIGHEST)

4

DEADLINE

dd/mm/yyyy



WHY DOES IT MATTER?

This goal matters
because...

NEXT BOLD ACTION

The very next action I
can take is...

REWARD / CELEBRATION

When I finish I will...



GOALS BOARD

All time horizons

Sort by timeframe, update progress sliders and re-read your why weekly.

GOAL

12 months

DEADLINE



16/12/2026

DAYS REMAINING

364 days

Fully automate my investment strategy across multiple asset

Wealth & Investing

STATUS

In progress

PRIORITY (1-5, 5 = HIGHEST)

5 - Highest

% COMPLETE



75%

WHY

Automation removes friction so compounding works without decision fatigue.

NEXT STEP

Document my playbook and set up recurring transfers plus portfolio reviews.

REWARD

Take a long weekend getaway when the automation stack runs for 90 days straight.

GOAL

30 days

DEADLINE

 15/01/2026 

DAYS REMAINING

29 days

Surf three (3) iconic waves in January 2026: Uluwatu, Impossible, Chicken Wings, Mucos Dug

Adventure & Travel

STATUS Not started

PRIORITY (1-5, 5 = HIGHEST) 5 - Highest

% COMPLETE  0%

WHY

Chasing world-class waves keeps me inspired, humble and in flow.

NEXT STEP

Plan the travel windows, secure boards, and lock in surf coaching for each location.

REWARD

Commission a custom board art piece after the fifth wave.

GOAL

12 months

DEADLINE

**16/12/2026**

DAYS REMAINING

364 days**Build \$250,000 per year in passive income.**

Wealth & Investing

STATUS

In progress

PRIORITY (1-5, 5 = HIGHEST)

5 - Highest

% COMPLETE



70%

WHY

Passive income creates total freedom for travel, experiences and family time.

NEXT STEP

Model my income strategy and set quarterly acquisition targets.

REWARD

Celebrate each major milestone with a special experience or dinner.

GOAL

90 days

DEADLINE

**16/03/2026**

DAYS REMAINING

89 days**Build and maintain an 85kg lean, muscular, strong, high-energy body**

Health & Energy

STATUS

In progress

PRIORITY (1-5, 5 = HIGHEST)

5 - Highest

% COMPLETE



80%

WHY

When I feel strong and energetic, everything else in life gets easier.

NEXT STEP

Block out regular training times in my calendar 3-4 times per week and stick to them.

REWARD

Buy myself new gear or book a bali trip to surf session after 8 weeks of consistency.



MOMENTUM DASHBOARD

19%

TOTAL GOALS

4

IN PROGRESS

3

DONE

0

AVG % COMPLETE

56%

30 days

1 goals

60 days

0 goals

90 days

1 goals

12 months

2 goals

5 years

0 goals

10+ years

0 goals

Health & Energy	1
Wealth & Investing	2
Adventure & Travel	1



BIG 3 GOALS THIS YEAR

These get protected time every week. Nothing jumps the queue.

#1

Build and maintain an 85kg lean, muscular, strong, high-energy body

80%

Health & Energy · 90 days

#2

Fully automate my investment strategy across multiple asset classes by year-end.

75%

Wealth & Investing · 12 months

#3

Build \$250,000 per year in passive income.

70%

Wealth & Investing · 12 months



MOMENTUM RITUALS

Check off rituals whenever you complete them today.

☐

Review my vision out loud

☐

Schedule blocks for Big 3

☐

Celebrate a micro-win

☐

Move my body for 20 min

0% rituals complete today



WEEKLY FOCUS PROMPT

- Which goal gets a decisive action this week?
- Does my calendar reflect my Big 3 priorities?
- What will I say no to so these commitments win?

Saved locally in your browser. Export or print anytime. Built for bold humans.

Inspired by the Harvard Goals Study · Educational use only.