

The background of the entire page is a stylized, layered mountain range. The mountains are depicted in various shades of blue and teal, creating a sense of depth. The foreground features dark, silhouetted trees and foliage. The overall aesthetic is clean and modern, with a focus on natural elements.

# 2019 **EPIC LIFE** **PLANNER**

YOUR KICKSTART GUIDE TO  
THE BEST YEAR OF YOUR LIFE  
AND THE **BEST LIFE** YOU CAN LIVE

# EPIC LIFE PLANNER

*"We are what we repeatedly do. Excellence is not an act, but a habit."*

-Aristotle

*"Vision matters in that it defines the end game and overall direction you want to go. Vision also provides the motivation to act, but vision without action is just a dream."*

-Brian Moran

An Epic Life doesn't happen by accident. Just like your dream house doesn't happen by accident.

Before even breaking ground, you would have extensive, detailed drawings that included every light switch and outlet. Before those could be drawn you would have an idea of the size, number of rooms and location.

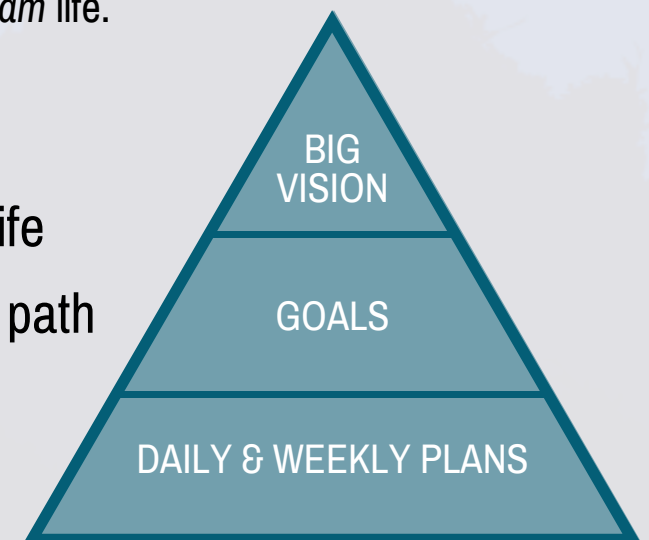
And before you knew that, you would need to have a DREAM -- your vision of the kind of home you wanted to build and *why* you wanted to build it. Maybe it would be a gathering place for friends and family, or a retreat from the world where you can work or write.

**If we can't build our dream house without detailed plans, why do we think we could build our *dream life* without them?**

The Epic Life Planner was designed to help you envision and build your EPIC *DREAM LIFE*. It will help you plan your days and your weeks based on your vision of the type of life you want to live + the type of person you want to become = your *dream life*.

To start building your dream life, you need three things:

1. **VISION** -- Big picture of your ideal EPIC Life
2. **GOALS** -- Milestones or targets along the path
3. **PLANS** -- Daily and weekly action steps



# EPIC LIFE PLANNER

## VISION

*"The size of your dreams must always exceed your current capacity to achieve them." -Greg Denning*

Before you set goals, start your to-do list or make daily plans, you **MUST** have a clear vision of the life you're trying to create.

*"The biggest adventure you can take is to live the life of your dreams."*

-Oprah

And that vision needs to be **HOLISTIC** -- impacting every part of your life. It does us no good to set goals if pursuing them negatively affects your marriage, parenting or health. **Your ideal dream life will include a healthy mind and body, positive emotions, plenty of energy, strong relationships with the people that matter most, a wholesome soul, financial abundance and a life's purpose you're pursuing.**

## THE BIG LIST

Here is where you will 'brain dump' a list of all the things you would like to **do, be, become or have** in the next year... or 10+ years. **\*\*Don't let doubt or fear prevent you from putting something on The Big List.\*\***

**PHYSICAL**

**MENTAL**

**EMOTIONAL**

**SPIRITUAL**

**SOCIAL**

**FINANCIAL**

# EPIC LIFE PLANNER

*"Your life has a specific mission. Find your roles and fulfill them."*

-Rachel Denning

## THE BIG LIST

The Big List continues by evaluating your roles, and the roles you would like to take on. There may be some crossover here, but that's okay. The idea is to make sure we're as holistic as possible with our vision BEFORE setting goals and plans.

INDIVIDUAL

SPOUSE

PARENT

HOUSEHOLD  
MANAGER

PROJECT  
MANAGER

FRIEND/FAMILY  
MEMBER

# EPIC LIFE PLANNER

## GOALS

*"Being realistic is the most commonly traveled road to mediocrity." -Will Smith*

Now that you have some big dreams and visions of what kind of things you'd like to create or experience in your EPIC life you need to prioritize them.

You can't work on everything at once. You have to decide what matters most, AND what matters most right now. One way to choose your priorities is by asking yourself, **"Which goals or targets when reached would positively impact everything else in your life?"**

**Go back and number your VISIONS according to top priority. Then list #1 on the chart below.**

Choose the top 1 priority from each area/role and list them below. Rewrite them in a way that is both D.U.M.B. and S.M.A.R.T. Examples are printed lightly so you can write over them, or a blank sheet is available on the next page.

### D.U.M.B.

### S.M.A.R.T.

PHYSICAL	Run a marathon in June	Run 5 days a week for 40 minutes
MENTAL	Read/listen to 50 books by end of the year.	Read 40 pages per day or listen to 1.5 hours
EMOTIONAL	Become a person who doesn't get angry.	Recognize & choose my emotions daily.
SPIRITUAL	Experience increased inner peace.	Meditate 10 min. morning & evening.
SOCIAL	Increase my circle of influence by 100.	Introduce myself to 2 people weekly.
FINANCIAL	Increase my income by 50% this year.	Study marketing (mental) & post online 4x day
INDIVIDUAL	Go skydiving to push my comfort zone.	Schedule a date & save \$10/week
SPOUSE	Take romantic trip to Italy in September.	Save \$75 a week & earn \$3000 with side project.
PARENT	Have meaningful conversations with my teen	Schedule weekly dates with my teen.
HOUSEHOLD	Organize the entire house.	Declutter one area per week, & drawer/cupboard a day

### BE S.M.A.R.T. & D.U.M.B.

**D** DEMANDING  
**U** UNREALISTIC  
**M** MEANINGFUL  
**B** BOLD  
  
**S** SPECIFIC  
**M** MEASURABLE  
**A** ATTAINABLE  
**R** RELEVANT  
**T** TIME-BOUND

# EPIC LIFE PLANNER

*“Set a goal so big that  
you can’t achieve it until  
you grow into the  
person who can.”*  
- Greg Denning

# GOALS

*“Being realistic is the most commonly traveled  
road to mediocrity.” -Will Smith*

Now that you have some big dreams and visions of what kind of things you'd like to create or experience in your EPIC life you need to prioritize them.

You can't work on everything at once. You have to decide what matters most, AND what matters most right now. One way to choose your priorities is by asking yourself, **"Which goals or targets when reached would positively impact everything else in your life?"**

**Go back and number your VISIONS according to top priority. Then list #1 on the chart below.**

*Choose the top 1 priority from each area/role and list them below. Rewrite them in a way that is both D.U.M.B. and S.M.A.R.T.*

	D.U.M.B.	S.M.A.R.T.
PHYSICAL		
MENTAL		
EMOTIONAL		
SPIRITUAL		
SOCIAL		
FINANCIAL		
INDIVIDUAL		
SPOUSE		
PARENT		
HOUSEHOLD		

BE S.M.A.R.T.  
& D.U.M.B.

D

DEMANDING

U

UNREALISTIC

M

MEANINGFUL

B

BOLD

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

# EPIC LIFE PLANNER

# PLANS - MONTHLY

"Set audacious goals and then create  
clear plans to achieve them."

-Greg Denning

Now that you have D.U.M.B. and S.M.A.R.T. goals, it's time to turn them into clear, actionable plans.

We'll begin with the big picture and work backward -- Year, Months, Weeks, Days.  
Besides planning in advance for upcoming goals later in the year, it may be helpful to choose an area of focus for each month.

"First say to yourself what  
you would be; and then  
do what you have to do."

- Epictetus

## JANUARY

Create training schedule for marathon.  
Create a list of 50 books I want to read -- include marketing.  
Schedule & ideas for dates with teen  
Read 4 books.  
Separate house into 11 areas -- one each month.

## FEBRUARY

FOCUS: Recognize emotions & choose peace & positivity.  
Start meditation routine  
Schedule for posting online daily  
Run 5 miles. Finish 8 books.  
ORGANIZE: Laundry room

## MARCH

FOCUS: Identify networking events & places to meet people  
Research & schedule a date for skydiving. Begin saving.  
Run 10 miles. Finish 12 books.  
ORGANIZE: Bedroom

## APRIL

Brainstorm project to earn \$3000 for Italy.  
Ideas to implement for increasing income?  
Run 15 miles. Finish 16 books.  
ORGANIZE: Living Room

## MAY

Progress on book list?  
Run 20 miles. Finish 20 books  
ORGANIZE: Basement

## JUNE

Run a marathon. 26.2 miles  
Progress on goals?  
Finish 24 books  
ORGANIZE: Garage

## JULY

Progress on savings & project to earn \$3000 for Italy?  
Finish 29 books  
ORGANIZE: Pantry & Closets

## AUGUST

Progress on savings & project to earn \$3000 for Italy?  
Finish 33 books  
ORGANIZE: Kids Bedrooms

## SEPTEMBER

Take romantic trip to Italy.  
Finish 37 books  
ORGANIZE: Attic

## OCTOBER

Progress on book list?  
Finish 42 books  
ORGANIZE: Kitchen

## NOVEMBER

Goal ideas for next year?  
Finish 46 books  
ORGANIZE: Playroom

## DECEMBER

Finish 50 books  
ORGANIZE: Office

# EPIC LIFE PLANNER

*"First say to yourself what  
you would be; and then  
do what you have to do."*

- Epictetus

# PLANS - MONTHLY

*"Set audacious goals and then create  
clear plans to achieve them."*

-Greg Denning

Now that you have D.U.M.B. and S.M.A.R.T. goals, it's time to turn them into clear, actionable plans.

We'll begin with the big picture and work backward -- Year, Months, Weeks, Days.

Besides planning in advance for upcoming goals later in the year, it may be helpful to choose an area of focus for each month.

<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>	<b>APRIL</b>
<b>MAY</b>	<b>JUNE</b>	<b>JULY</b>	<b>AUGUST</b>
<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>



# EPIC LIFE PLANNER

*You will never change  
your life until you change  
something you do daily.*

*The secret of your  
success is found in your  
daily routine.*

- John C. Maxwell

## PLANS - WEEKLY & DAILY

Now we get to where the rubber hits the road – the weekly and daily tasks that determine our destiny.

**NOW we can begin to make our to-do lists and daily schedules, only *after* we have a clear vision of where we're going.**

Working from a list built off our priorities and visions helps us to avoid the 'hamster wheel' of urgencies, emergencies and never ending tasks that keep us going, going but never going anywhere.

Those who accomplish the most in life have a **big, clear vision** of where they are going, **set huge, meaningful goals** to move them toward their vision, and have **specific, effective plans** to ensure that they achieve their goals and therefore create their vision.

**Vision, Goals, Plans. It's really that simple.**

***Click here*** if you would like to purchase the Weekly & Daily pages for The Epic Life Planner



***"Awesome is Always an Option. Reach Upward."***

- Greg Denning