

# Sample's 2024 Goals

<b>Health &amp; Fitness Goal</b> <ul style="list-style-type: none"> <li>○ 2 Week Tuna &amp; Egg Kickoff!</li> <li>○ Lose down to 200 pounds</li> <li>○ Track Activity/Intake daily</li> <li>○ Walk 1,000 miles</li> <li>○ 100 Gym Workouts</li> <li>○ Get to 36" Waist</li> <li>○ _____</li> </ul>	<b>Personal Development</b> <ul style="list-style-type: none"> <li>○ Read/Listen to 50 books</li> <li>○ 200 Writing sessions of min 300 words</li> <li>○ 100 Guitar Practice sessions</li> <li>○ Write 12 songs</li> <li>○ Complete 2 books</li> <li>○ Begin 3<sup>rd</sup> book</li> <li>○ _____</li> </ul>	<b>Spiritual Development</b> <ul style="list-style-type: none"> <li>○ Pray Daily</li> <li>○ Pray 330 times with Terri</li> <li>○ 48 Devotionals with Terri</li> <li>○ Share Faith 20 times</li> <li>○ Participate in 48 iAm2cnds</li> <li>○ 24 Wompums with Tony</li> <li>○ Extend 18 invites to iAm2cnd</li> </ul>
<b>Personal Relationships</b> <ul style="list-style-type: none"> <li>○ 48 Correspondences w/Key</li> <li>○ 48 face to face with Tony</li> <li>○ 24 face to face with Stacy</li> <li>○ 20 face to face with Jessica</li> <li>○ Min 1 touch w/each kid wkly</li> <li>○ 250 touches with Key Group</li> <li>○ Family Reunion Trip in July</li> <li>○ Visit family 2 x outside reunion</li> </ul>	<b>Business &amp; Financial</b> <ul style="list-style-type: none"> <li>○ Retire ALL Debt</li> <li>○ Create passive income*</li> <li>○ \$_____ from all sources</li> <li>○ \$_____ cash earnings</li> <li>○ Transfer Asset ownership to LLC &amp; trust</li> <li>○ Evolve MMC for profitability</li> <li>○ Evolve &amp; Develop FG &amp; MME</li> <li>○ Attend 6 Business trainings</li> </ul>	<b>House and Personal Vehicles</b> <ul style="list-style-type: none"> <li>○ Replace Roof</li> <li>○ Repair interior leak &amp; mold spots</li> <li>○ Clean &amp; Organize garage</li> <li>○ Repair Windows &amp; Exterior Dmg</li> <li>○ Upgrade my personal vehicle</li> <li>○ Maintain other vehicles</li> <li>○ Clean &amp; Organize basement</li> <li>○ _____</li> </ul>
<b>Civic/Community</b> <ul style="list-style-type: none"> <li>○ 36 "Alex's Little Miracles</li> <li>○ Play music in public 10 x</li> <li>○ Record 26 podcasts</li> <li>○ Refer 12 prospective trade members</li> <li>○ Extend 18 invites to iAm2cnd</li> <li>○ Attend 12 Business networking events</li> <li>○ Refer business to others 12 x</li> <li>○ Develop 3 Partnerships</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> </ul>	<b>Relaxation &amp; Recreation</b> <ul style="list-style-type: none"> <li>○ Walk/Listen 4+ miles x 200</li> <li>○ Golf 6 x</li> <li>○ Other Recreation: 18 x</li> <li>○ Beach/Lake 4 x</li> <li>○ Weekends w/Terri 5 x</li> <li>○ Go to a Badger Football game</li> <li>○ Family Reunion Trip in July</li> <li>○ 2 additional family visits</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> </ul>	<b>KEY Daily Goals</b> <ul style="list-style-type: none"> <li>○ Track diet and activity</li> <li>○ Track all goals DAILY</li> <li>○ Produce content</li> <li>○ Exercise at least 30 minutes</li> <li>○ Make Buy or Sell attempt</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> <li>○ _____</li> </ul>
<input type="checkbox"/> Writing	Cash writing income generated outside of Flipping Genius podcast	
<input type="checkbox"/> Flipping Cars	Net from Cash Flips	
<input type="checkbox"/> Flipping Genius revenue	Cash generated via podcast, YouTube, Affiliate marketing, Coaching, Memberships, etc.	
<input type="checkbox"/> AIADA		
<input type="checkbox"/> Sales & Flips of other items	Cash Flips of non-vehicular nature – including real estate.	
<input type="checkbox"/> Social Security income	\$_____ per month	
<input type="checkbox"/> Barter sales	Net Barter earnings from all 3 networks for sales of Cigars, Jewelry and all others sources	
<input type="checkbox"/> New Passive Income Source(s)		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/> Total		

**Don't Be Scared Now!**