12 Week Year Plan

Your Vision and Long-Term Goals

1. **Long-term aspirations.**

How would you like to see your life in the long term?

1. **Mid-term goals**, about 3 years into the future.

What would you like to achieve in 3 years from today? Relate to personal and professional goals.

**3.**12 Weeks

Set 1 to 3 goals for the next 12 weeks.