

# 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?

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### 2. 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.

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### 3. 12 Weeks

Set 1 to 3 goals for the next 12 weeks.

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