

A man with a beard and glasses, wearing a dark shirt and a patterned vest, is sitting at a desk. He is holding a pen and writing in a notebook. A laptop is open to his right. The background is blurred, showing what appears to be a workshop or office setting. A purple and blue gradient overlay is on the right side of the image, containing the text.

TF TomFerry™

GOAL SETTING WORKSHOP /

Creating an extraordinary
future to live into



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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



WHERE WAS I 5 YEARS AGO?

PHYSICALLY

FAMILY

INCOME & WEALTH

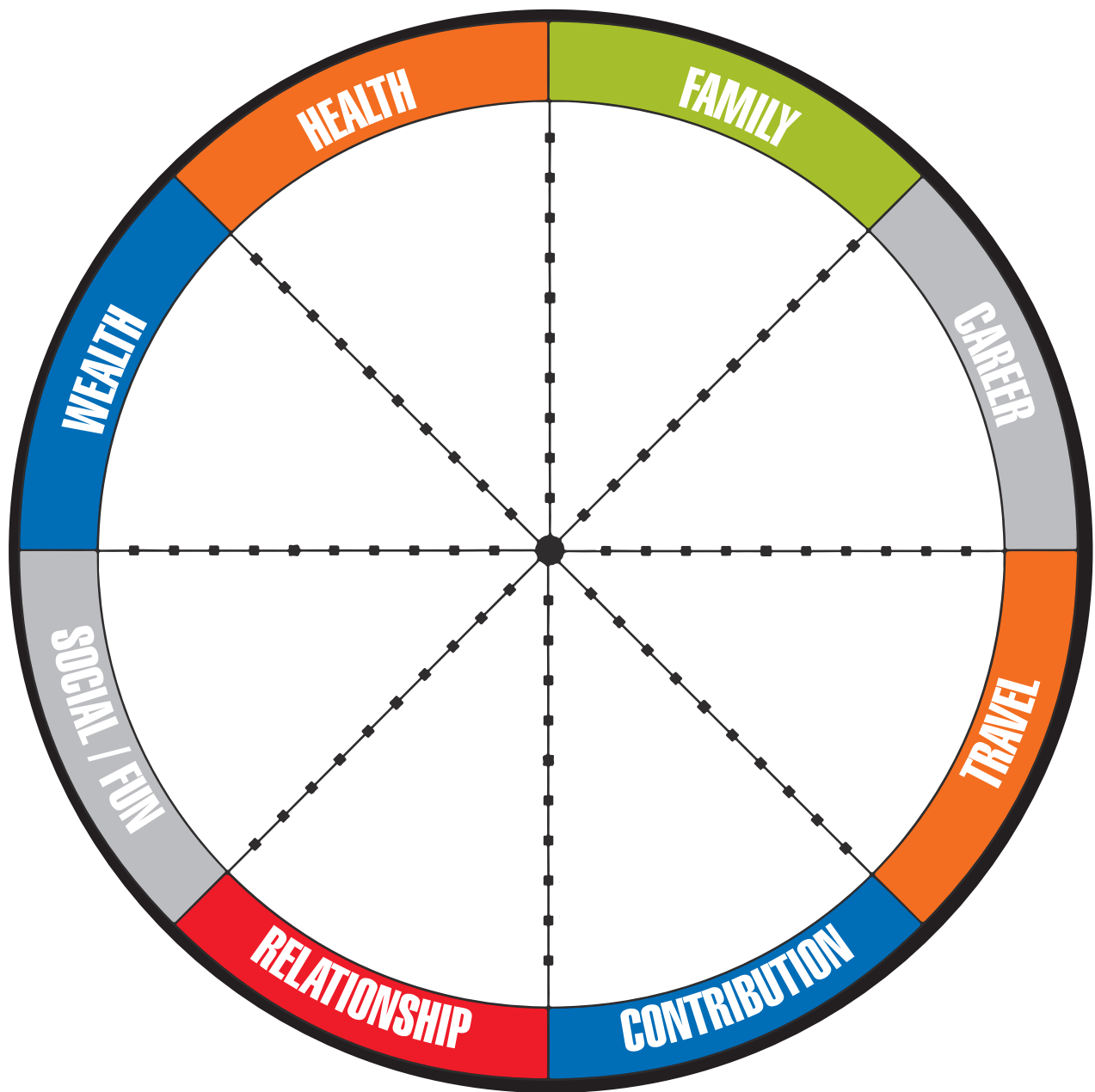
CAREER

MINDSET/ATTITUDE

SOCIAL / FUN

SPIRITUAL

CONTRIBUTION





WHERE AM I TODAY?

PHYSICALLY

FAMILY

INCOME & WEALTH

CAREER

MINDSET/ATTITUDE

SOCIAL / FUN

SPIRITUAL

CONTRIBUTION

MAKE YOUR GOALS S.M.A.R.T.

Specific.

Measurable.

Attainable.

Relevant.

Timing.



IF MY LIFE WAS AS GOOD AS IT COULD POSSIBLY BE IN 2027 I WOULD...

PHYSICALLY

FAMILY

INCOME & WEALTH

CAREER

MINDSET/ATTITUDE

SOCIAL / FUN

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CONTRIBUTION



WHAT ARE MY TOP 10 GOALS FOR 2023?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

[illegible]



MY IDEAL MORNING ROUTINE

MY IDEAL EVENING ROUTINE

Show me your routines and I can
predict your level of success.

A stylized, handwritten signature in black ink, appearing to read 'Tom' followed by a large, sweeping flourish.



WHAT NEW HABITS WILL I FORM IN 2023?

85%

40%

3%



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[illegible]



GOAL SETTING WORKSHOP / Creating an extraordinary future to live into

[illegible]

