

2022 Edition



Vision & Planning

Workbook

It's time for you to Carpe More Life!

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Could you read that?

If you couldn't, that means you're probably a human and not a robot. But sometimes in our daily lives, we can confuse the two —approaching life as a human doing rather than a human being.

For a long time, I found myself treating productivity and personal growth like I was a machine, rather than a living, breathing, human being. The result? A near total loss of peace and fullness in my life. I know I'm not along in this experience.

Today, it's far too easy for our lives to be guided by the tyranny of success and the never ending to-do list. Goals, habits, and accomplishments are all good—but only when they are aligned with serving our deepest desires—only when they actually serve who we truly are. When this alignment occurs, our action no longer stands in the way of our being, rather it becomes the very means through which we find ourselves truly feeling a true sense of success; fulfillment.

Let's face it: Many of our surface level desires and goals aren't even ours. Somewhere along the line, we've been convinced that we need to prove ourselves worthy of our place in this world. But it is not until we can truly liberate ourselves from servitude to the approval and validation of others, that our real work can begin.

It's time to return back home to ourselves and do our most important work.

Through the process, you are going to slow down to allow your deepest desires to come to the surface. Then, through this exercise of discovery, your newfound sense of clarity will help you charter your course for the next 12 months of your life.

It's time to move into a new model of success, one marked by peace, purpose, and meaning.

Carpe More Diem,

Eric Schram



Eric Schram is the founder of Carpe More Diem and Creator of the Carpe More Diem Planner and the Time Leadership System. Learn more at carpemorediem.com

02 Before You Begin

Here are a few pointers to make sure you get the most out of this process.

1. **Give yourself permission to invest in yourself.** The perceived cost of time is the thing most likely to get in the way of you completing this process. But this is your life, and the time you spend here can have a massive positive impact on you and everyone around you.
2. **Find yourself a quiet place with limited distractions.** Consider turning off your phone and other notifications while working in your year-planning workbook. If you are working on a computer, close out all other tabs.
3. **You can use either pen or pencil, but we recommend if this is your first time to use pencil with an eraser.** This is an alignment tool and you will likely find yourself going back and forth through the pages and making edits. Give yourself permission to get messy and get into it.
4. **Pour yourself a nice cup of coffee or tea.** Make this an enjoyable experience.
5. **Notice how you feel.** Giving ourselves permission to admit what it is we really feel and what we really want can be difficult. Allow yourself as much freedom as you would give the person you love most in life.

2022

“At the end of our lives we will not look back on our efficiency, but rather the fullness we were able to realize on a daily basis.”

**You are on your deathbed
looking back on your life...**

**WHAT IS IT YOU HOPE YOU
HAD ACCOMPLISHED**

STEP 1: BRAINSTORM LIFE GOALS

On the following page list out what you hope to accomplish in this one life that is yours. On the left hand side you will list your Doing Goals, and on the right hadn't side you will list your Being Goals. There is space to brainstorm ten goals in each column, but you can add more on a separate piece of paper.

Try not to overthink this, just write down what comes to you, focus on the things you want out of your life. Remember, there are your goals—not someone else's! Write these out and then return to this page for Step 2.

STEP 2: SELECT YOUR MOST IMPORTANT LIFE GOALS

Put a star next to the five goals that mean the most to you in each column. These are the five things that, if accomplished, would fill you with a sense of contentment and fulfillment at the end of your life.

Doing Goals

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-
-
-
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-
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-

*Doing goals are concrete achievements, projects, or experiences.
Ex: Write a book, get out of debt, earn your MBA, etc.*

Being Goals

-
-
-
-
-
-
-
-
-
-
-

*Being goals are character attributes, relational goals and quality of life.
Ex: Being a loving husband, be present with my children, etc.*

Traits/Qualities I Exhibit:

Ways I Have a Positive Impact:

Areas I Have Mastered:

Three Word People Use to Describe Me:

1.

2.

3.

WRITING YOUR LIFE'S END GOAL

Do you notice any trends in your Achievement and Habit goals? Do any resonate with you as being the most important?

Now, we are going to write out overarching goal for your life. Take the inside gathered from the questions above and (on the next page) craft a 1-2 sentence description of your life's ultimate end goal. This will be the goal that when you look back on your life and you've achieved it, you will be able to say, with honesty, that you've lived a full life.

TIPS FOR WRITING YOUR LIFE GOAL

1. MAKE IT ASPIRATIONAL

Your life's end goal will serve as an anchor and source of continual motivation when times get tough.

2. KEEP IT REALISTIC

What's realistic? It's realistic for an oak seed to say it wants to become a great oak tree, it's not realistic for it to say it wants to become a mountain.

3. BASE IT ON YOUR CURRENT STATE IN LIFE

Sometimes we don't know what it is that we really want. If you get stuck here, consider shortening the window of time and set a life goal only considering your life over the next 3 years.

4. LET IT EVOLVE OVER THE YEARS

Don't put too much pressure on yourself to get it EXACTLY right. Your life's end goal can change and refine through the years as you grow in personal awareness.

My Life's Goal Is:

Top Doing Goals that Serve My Life Goal

Top Being Goals that Serve My Life Goal

*Congratulations! You just completed one of the hardest parts of this process!
You're off to a great start on your journey to Carpe More Diem!*

“Always we begin again.”

- Benedict of Nursia

How have I changed over the past year?

What areas in my life do I need to improve?

What's more important to me now than a year ago?

What areas in my life am I struggling the most?

What's working well in my life right now?

What new opportunities am I excited about in 2022?

What are the top distractions in my life?

What are the bad habits I'd like to eliminate?

What are the biggest energy drains in my life?

What things are the most life-giving right now?

In what areas of my life that am I insecure?

How much peace am I experiencing in my life? Why?

What am I afraid of?

What was working really well at that time? What marked that experience? Write down an aspect of that time in your life that you would like to recapture and cultivate over the coming 12 months.

This coming year, I'd like to capture a feeling of:

LOOKING BACK ON YOUR LIFE, CAN YOU THINK OF A TIME WHEN YOU FELT THE GREATEST SENSE OF PURPOSE AND PEACE?

Your word for the year should be a word or phrase that can serve as a filter and guide for your actions over the course of the next 12 months. What is a word, idea, or theme you would like to realize in your life over the next year?

My word for this coming year is:

***“Life isn’t about getting
to the end faster, it’s
about being here the
whole time.”***

My Top Goals for The Coming Year

Now, we are going to select the top goals from both our lists.

You may find that you can write one goal that includes a number of the goals you listed out on the previous page. What's important is that these goals are both realistic and motivating.

My Yearly Habit Goals

- 1.
- 2.
- 3.
- 4.
- 5.

My Yearly Accomplishment Goals

- 1.
- 2.
- 3.
- 4.
- 5.

How will these goals positively impact you?

How will these goals positively impact you?

***“It’s not about proving
anything. It’s about
sharing something.”***

- YoYo Ma

Setting a Course of Action

HABIT GOALS

The path to realize our Habit goals is different from that of our Achievement goals. Where Accomplishment goals are like carving out a sculpture (linear), Habit goals are much more like cultivating a garden (dynamic). Here the focus shifts from concrete checkpoints and deliverables, to behaviors and “habits” that can animate us and enable positive qualities in our lives.

EXAMPLE OF BREAKING DOWN A HABIT GOAL

Habit Goal:

Work out 3 days a week

Steps:

Find gym and pay for membership

Schedule days in calendar

Find an accountability partner/coach

Communicate schedule to others

What inner barriers/narratives are most likely to get in the way?

Not seeing progress quick enough and getting discouraged.

External behaviors most likely to get in the way?

Waking up late or going home right after work because I'm tired.

Habit Goal 1:

Steps to get there:

-
-
-
-
-
-

What inner barriers/narratives are most likely to get in the way?

External behaviors most likely to get in the way?

Why this goal?

Habit Goal 2:

Steps to get there:

-
-
-
-
-
-

What inner barriers/narratives are most likely to get in the way?

External behaviors most likely to get in the way?

Why this goal?

Habit Goal 3:

Steps to get there:

-
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-
-
-
-

What inner barriers/narratives are most likely to get in the way?

External behaviors most likely to get in the way?

Why this goal?

Habit Goal 4:

Steps to get there:

-
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-
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What inner barriers/narratives are most likely to get in the way?

External behaviors most likely to get in the way?

Why this goal?

Setting a Course of Action

ACCOMPLISHMENT GOALS

In this section we will break down each of your yearly Accomplishment goals into smaller bite sized chunks. Doing so will help you to better grasp the steps necessary and to ensure that overwhelm—or its cousins procrastination and fear—don't get the better of you in the coming year.

Half the battle with goals is creating the adequate space and focus for them to occur. If we get things right here, we are much more likely to fulfill what we set out to do, and more importantly, we are much more likely to feel fulfilled by the work itself.

If, when going through this process, you realize a particular goal isn't realistic—that means it's time to celebrate. You just saved yourself a lot of headaches and avoided something that likely was going to steal your peace further down the line. Simply go back and cut/refine this goal or others until you've found an appropriate level of commitment for the next 12 months.

EXAMPLE OF BREAKING DOWN AN ACCOMPLISHMENT GOAL

Accomplishment Goal:

Write a book

Steps:

Concept

Research

Write Outline

First Draft

Second Draft

Editing

Final Draft

What's going to be the hard part?

Pushing through the fear around writing a book.

What's most likely to get in the way?

Not having time set aside

Accomplishment Goal 1:

Steps to get there:

-
-
-
-
-
-

What's going to be the hard part?

What's most likely to get in the way?

Why this goal?

Accomplishment Goal 2:

Steps to get there:

-
-
-
-
-
-

What's going to be the hard part?

What's most likely to get in the way?

Why this goal?

Accomplishment Goal 1:

Steps to get there:

-
-
-
-
-
-

What's going to be the hard part?

What's most likely to get in the way?

Why this goal?

Accomplishment Goal 2:

Steps to get there:

-
-
-
-
-
-

What's going to be the hard part?

What's most likely to get in the way?

Why this goal?

Current DAILY ROUTINE

MORNING

ACTIVITY	TIME
TOTAL TIME	

EVENING

ACTIVITY	TIME
TOTAL TIME	

New DAILY ROUTINE

MORNING

ACTIVITY	TIME
TOTAL TIME	

EVENING

ACTIVITY	TIME
TOTAL TIME	

WEEKLY REVIEW

MY BIGGEST WINS

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HOW FAR DID I GET WITH MY GOALS

Goal Name	% Complete	
.....	<div style="width: 20%;"></div>	<input type="checkbox"/> A <input type="checkbox"/> H
.....		<input type="checkbox"/> A <input type="checkbox"/> H
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.....		<input type="checkbox"/> A <input type="checkbox"/> H

AFTER ACTION REVIEW

WHAT WORKED:

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WHAT DIDN'T WORK:

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WHAT NEEDS TO CHANGE:

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.....

WEEKLY PREVIEW

- REVIEW YEARLY THEME/GOALS**
Review and recommit to your yearly theme and goals
- REVIEW TASK FROM PREVIOUS PLANNER**
Review non-completed tasks and place them on your task list for completion
- REVIEW HABIT FOCUS**
Review and recommit to your 30 day challenge or pick a new one to go after

WEEKLY FOCUS

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WEEKLY INTENTION

This week I will:

.....

.....

I am looking forward to this week because:

.....

.....

WHERE TO FROM HERE?

YOU DID IT! You just completed the Carpe More Diem's 2022 Vision & Planning process.

You are not alone. You are walking with many other men and women just like yourself who have decided to step out towards Carpe More Life!

If you want to learn more about Carpe More Diem and the Carpe More Diem Planner, visit www.carpemorediem.com.

Do you know someone else who would benefit?

Feel free to share this resource with them.