

NAME

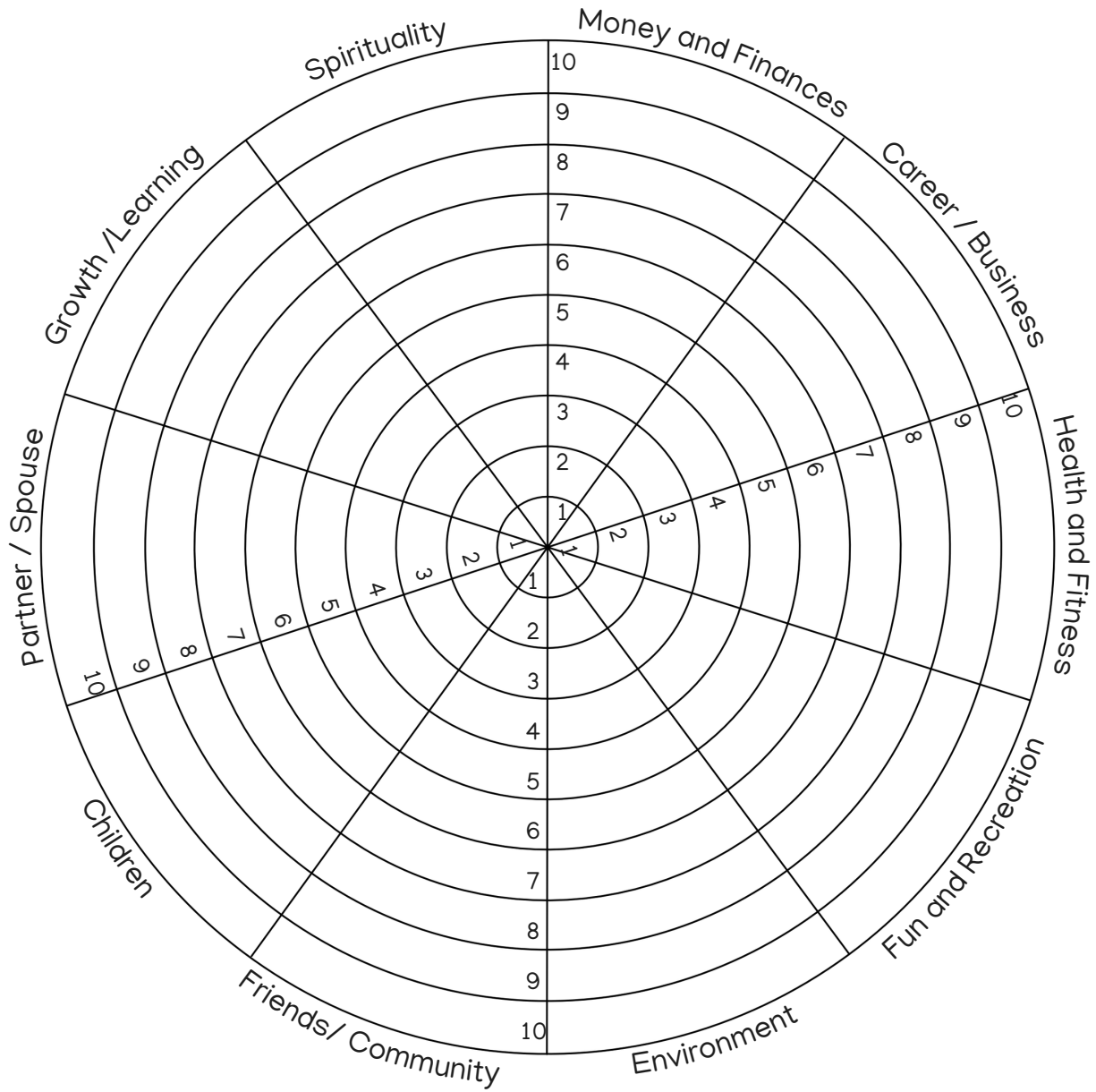
**BetterLife**

presents...

# DOMINATE 2024

Brandon Turner's \$968M Goal-Setting Framework  
for Real Estate and Life Success

# The BetterLife Wheel™



## TOP THREE LIFE CATEGORIES:

To reflect on the areas of your life that are working the best, answer the following questions for your "top three" life categories:

<p>1.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What do you do well in this area of your life that you don't do in the lower-performing areas of your life?</p>	<p>2.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What do you do well in this area of your life that you don't do in the lower-performing areas of your life?</p>	<p>3.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What do you do well in this area of your life that you don't do in the lower-performing areas of your life?</p>
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## THREE LIFE CATEGORIES YOU MOST WANT TO FOCUS ON

Decide on the three life categories you most want to improve in the near future. They may or may not be your lowest-scored categories. Define them here, then answer the questions below.

<p>1.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What does a 10 / 10 category look like?</p>	<p>2.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What does a 10 / 10 category look like?</p>	<p>3.) _____</p> <p>What score (1 - 10) did you give yourself? _____</p> <p>Why did you score yourself this way?</p>  <p>What does a 10 / 10 category look like?</p>
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# The Five-Year Future You

In five years, you're going to be a completely different person. The question is: are you going to let fate decide who that is or are you going to direct that decision? If you want to drive that decision, use this worksheet to brainstorm ideas about what you want your future life to be like.

When I wake up in the morning, I like to...

What does my family look like?

Some cool things I own are ...

Some cool things I do are...

When people talk about me, they say I am...

Something awesome I recently did...

I typically work \_\_\_ hours per week, primarily focusing on...

When others see how well my relationship with my spouse works, they often say...

Some of my hobbies are...

Something amazing I recently bought...

When others look at me, physically, they see...

What are my family values?

Some of the bad habits I am great at avoiding are ...

The number one thing that helped strengthen my relationship with my spouse these past five years was...

Some of the habits I do consistently are ...

# The Five-Year Future You: Real Estate Edition

What kind of real estate do you invest in?	How much are you earning from your active income this year?
How many deals are you doing per year?	How much are you earning from your passive income this year?
What kind of deals are they?	How much capital are you investing this year?
How many units do you own or syndications have you invested in?	How is your business organized? Do you have a team, or are you solo?
How are you funding these deals and opportunities?	How do you find deals and opportunities?
What does your team look like?	What's your deal pipeline look like?
Where are you investing?	What is your net worth?
What is your role?	Anything else?

# The Five-Year Future You: Relationship Edition

What does our family look like?

When others look at us together, they say...

What are our family values?

Some cool things we do together are...

Something amazing we recently bought...

One thing we no longer do is...

Something amazing we recently did...

Something I love about my partner...

When others see how well our relationship works, they often say...

The number one thing that helped strengthen our relationship these past five years was...

# Goal Setting Worksheet

<b>Life Category:</b>	<input type="checkbox"/> Money / Finance	<input type="checkbox"/> Friends / Community
	<input type="checkbox"/> Career / Business	<input type="checkbox"/> Children
	<input type="checkbox"/> Health / Fitness	<input type="checkbox"/> Partner / Spouse
	<input type="checkbox"/> Fun / Recreation	<input type="checkbox"/> Growth / Learning
	<input type="checkbox"/> Environment	<input type="checkbox"/> Spirituality

**I Am....** *(Identity Statement)*

**Reflection Questions**

*Answer the following questions. Use additional scratch paper as needed.*

Where am I in this area of my life?	Hypothetically, what would I need to do to hit this five-year goal in the next six months?
What could I have done better in the past year?	Who do I know is currently crushing this goal easily?
Where do I want to be in five years? What sounds amazing?	What do they <i>(above)</i> do regularly?

**Brainstorming**

*Brainstorm as many possible "one year goal" options as you can here. Use additional scratch paper as needed.*

*Visit [www.ABetterLife.com/brainstorm](http://www.ABetterLife.com/brainstorm) for goal and habit suggestions for all 10 Life Categories*

**ANNUAL GOAL:** Identify **one item** in the above list that you absolutely must accomplish in this coming **year**. If you hit this, you will be well on your way to hitting your vision for your life. This does not need to be in a "SMARTER" format, but might be beneficial.

**By the end of the year, I will...**

<input type="checkbox"/> Does this goal fire me up?	<input type="checkbox"/> Can I personally affect this goal?	<input type="checkbox"/> Is this goal aligned to my vision?
---	---	---

**QUARTER 1 GOAL:** Identify **one item** in the above list that you absolutely must accomplish in this coming **quarter**. If you hit this, you will be well on your way to hitting your annual goal and/or identity. This would be a massive win for the quarter. Write that here, but in an "outcome" or "SMARTER" format:

**By March 31st, I will...**

<input type="checkbox"/> Specific	<input type="checkbox"/> Measurable	<input type="checkbox"/> Actionable	<input type="checkbox"/> Relevant	<input type="checkbox"/> Time-bound	<input type="checkbox"/> Exciting	<input type="checkbox"/> Risky
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# ANNUAL GOAL 1

- Finances
- Career
- Health
- Recreation
- Environment
- Friends
- Children
- Spouse
- Growth
- Spirituality



*"All our dreams can come true, if we have the courage to pursue them."*

- Walt Disney:

By the end of 2024, I will...

I must accomplish this goal because...

Goal Type

- Outcome
- Process
- Character
- Learning

Along the way to achieving this goal, I must...

The following habits, processes, &/or actions will help me reach this goal:

By the end of Q1, I will...

By the end of Q2, I will...

By the end of Q3, I will...

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# ANNUAL GOAL 2

- Finances
- Career
- Health
- Recreation
- Environment
- Friends
- Children
- Spouse
- Growth
- Spirituality



*"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."*

-Andrew Carnegie

By the end of 2024, I will...

I must accomplish this goal because...

Goal Type

- Outcome
- Process
- Character
- Learning

Along the way to achieving this goal, I must...

The following habits, processes, &/or actions will help me reach this goal:

By the end of Q1, I will...

By the end of Q2, I will...

By the end of Q3, I will...

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# ANNUAL GOAL 3

- Finances
- Friends
- Career
- Children
- Health
- Spouse
- Recreation
- Growth
- Environment
- Spirituality



*"Your goals are the road maps that guide you and show you what is possible for your life."*

-Les Brown

By the end of 2024, I will...

I must accomplish this goal because...

Goal Type

- Outcome
- Character
- Process
- Learning

Along the way to achieving this goal, I must...

The following habits, processes, &/or actions will help me reach this goal:

By the end of Q1, I will...

By the end of Q2, I will...

By the end of Q3, I will...

# Quarterly Habits, Actions, and Constraints Brainstorm:

**Goal 1** The following are some regular actions, habits, or constraints that will help me hit my goal.

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

**Goal 2** The following are some regular actions, habits, or constraints that will help me hit my goal.

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

**Goal 3** The following are some regular actions, habits, or constraints that will help me hit my goal.

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

**Other possible actions, habits, or constraints I want to track:** May or may not be related to your goals.

- |    |     |
|----|-----|
| 1. | 9.  |
| 2. | 10. |
| 3. | 11. |
| 4. | 12. |
| 5. | 13. |
| 6. | 14. |
| 7. | 15. |
| 8. | 16. |

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# QUARTERLY GOAL 1

- Finances
- Friends
- Career
- Children
- Health
- Spouse
- Recreation
- Growth
- Environment
- Spirituality



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-Andrew Carnegie

By , I will...

- Specific
- Measurable
- Actionable
- Relevant
- Time-bound
- Exciting
- Risky

I must accomplish this goal because...

Along the way to achieving this goal, the following things may derail me and stop me from achieving my goal:

The following are benchmarks or milestones that I will need to hit on my journey toward hitting my goal:

The following habits, actions, or constraints will help me reach this goal:

Now, go place these habits on the Weekly Habit Tracker.

When I accomplish this goal, I will...

If I do not accomplish this goal, I will...

■  's

# QUARTERLY GOAL 2

- Finances
- Friends
- Career
- Children
- Health
- Spouse
- Recreation
- Growth
- Environment
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# ■ Goal | Process | Habits ACTION TRACKER

*"You get the results of what you repeatedly do."*

Week of  to

Goal #1

Goal #2

Goal #3

Habit / Process	Target	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/
<input type="text"/>									/

Weekly Target Score:

Weekly Score Ratio:

Weekly Score Percent:

## Weekly Reflection To be filled out at end of the week

1 What worked well this week? Why?

2 What can you do to improve your score next week?

Want to 10x your ability to execute in 2024?

# Join the BetterLife Tribe!

A community of 1,000+ real estate investors seeking to build wealth, obtain financial freedom, and create the life of their dreams. Together.



EXPERT SEMINARS



ACCOUNTABILITY  
MASTERMINDS



COMMUNITY



GUIDED GOAL SETTING &  
HABIT TRACKING



EXCLUSIVE EVENTS



GREATER GOOD

[www.ABetterLife.com/](http://www.ABetterLife.com/)