

Discover & Align Your Big Five for Life

Identify what matters most. Turn it into intentional action.



REFLECT FIRST Looking back many years from now, what would make you say, "I lived a meaningful life"? Consider what you never want to miss, who you want to become, when you feel most alive, and the legacy you want to leave.

MY BIG FIVE ACTION PLAN Complete each section with a clear goal and one specific next step.

1	MY BIG FIVE GOAL	WHY IT MATTERS	ONE MEANINGFUL ACTION
1			BY WHEN: ____/____/____ SUCCESS LOOKS LIKE: _____

2	MY BIG FIVE GOAL	WHY IT MATTERS	ONE MEANINGFUL ACTION
2			BY WHEN: ____/____/____ SUCCESS LOOKS LIKE: _____

3	MY BIG FIVE GOAL	WHY IT MATTERS	ONE MEANINGFUL ACTION
3			BY WHEN: ____/____/____ SUCCESS LOOKS LIKE: _____

4	MY BIG FIVE GOAL	WHY IT MATTERS	ONE MEANINGFUL ACTION
4			BY WHEN: ____/____/____ SUCCESS LOOKS LIKE: _____

5	MY BIG FIVE GOAL	WHY IT MATTERS	ONE MEANINGFUL ACTION
5			BY WHEN: ____/____/____ SUCCESS LOOKS LIKE: _____

WHY YOUR BIG FIVE MATTER Defining your five most important life goals creates clarity, focuses your time and energy, and gives you a personal compass for everyday decisions. When your goals reflect your values, meaningful action becomes easier—and a purposeful life becomes something you actively build.

MY COMMITMENT I will protect time for what matters most and take my first meaningful step by _____.

Date: _____

Signature: _____

Accountability partner: _____