



# LIVING WITH THE MOON GOAL PLANNER

CREATE A PLAN FOR LIFE THAT WORKS FOR YOU !

BY J RUSSELL

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# A journey of a thousand miles starts with one step Tao Te Ching 600 B.C.

Over the years - the journey of life and how to make most of it - has puzzled many great minds. The conclusions however, have been rather similar – don't squander time and use simple, consistent, thought-through steps to achieve your end goal.

On the road ahead you will be blessed with many sunny days. But you can be sure there will be downpours, storms and possibly even hurricanes and landslides. So you better set off well equipped, right footed and with a plan!

- **The right equipment:** This is your education and acquired skills, well you have to be able to do something!
- **Being right-footed:** This is your attitude. Make it a can-do one, full of enthusiasm and optimism, as no one is interested in a miserable, moaning soul.
- **Your plan is right here:** I call it the LWTM Goal Planner and it has proven to be an invaluable source to my life. So that is why I would like to share it with you.

## What is the LWTM Goal Planner?

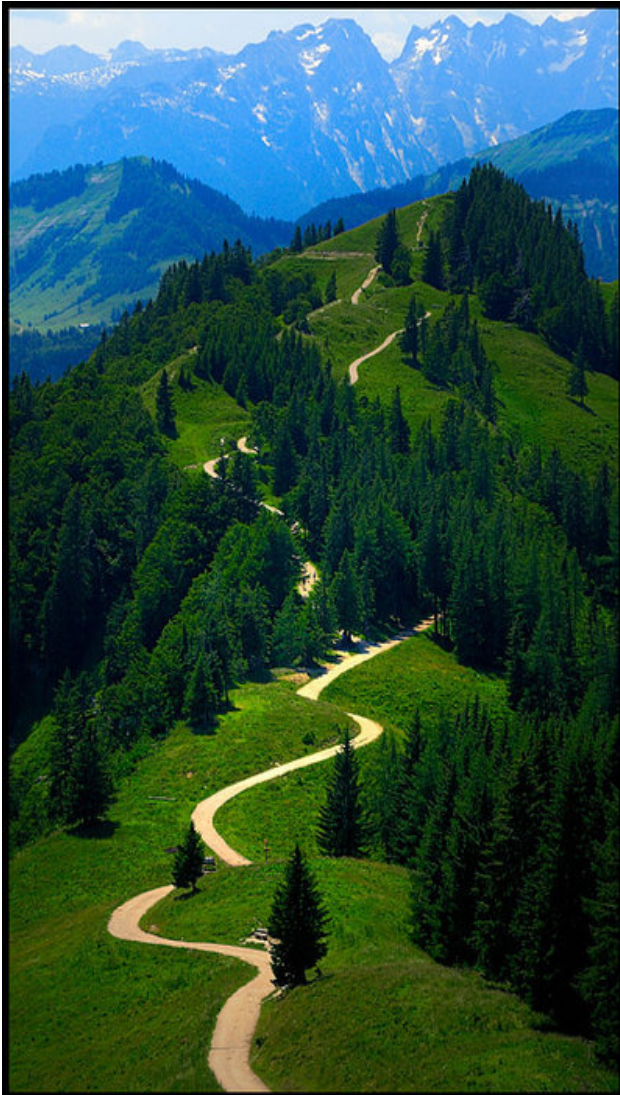
Remember last January 1<sup>st</sup> - you including everybody around you were all making plans: losing weight, earning more money, arguing less with the family and so on. How far have you come? Have you achieved most, if not all of these goal ? If the answer is yes, then well done you!

However, the reality is that many of these goals fail. This is because they are not part of a systematic process, lack progressive strategies and any achievements are rarely evaluated.

### The LWTM goal planner is the support system that helps you:

- To identify your dreams and life destination
- To help you back onto the path when you get blown off course
- To make sure that you keep on walking until you reach the top of that high mountain

First please read this e-book, then print out your worksheets which you will find at the end – and then you are ready to hit the road. I wish you great success along your journey and hope you will finally reach the peak of your mountain!



## What are your core values?

There is not much point in putting a lot of hard work into something that at the end of the day does not make you happy or proud. You may have achieved material success, but your heart remains unfulfilled. In short, you have not aligned your actions with your **core values**.

This is the reason why it is so important to think about your core values BEFORE you start your long journey. Otherwise you may find that the final destination is actual not a place where you want to be!

Core values are usually passed down from your parents, school, circle of friends, class, religion and so on. But just because you grow up in a certain way does not mean you have to just repeat everything.

What are **YOUR** core values?

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.

Dr. Seuss

### Here is a list to get you started:

Don't just rely on these few suggestions, find your own and pick out your top five!

Balanced Life - Confidence – Being in Control – Creativity – Harmonious Life - Financial Security – Freedom – Having a great social life and many friends – Spirituality – Being Dependable – Kindness – Having fun – Bringing happiness to others – Further Education (self and others) – Being a provider – Being a care giver – Remain truthful & moral – Being part of a creative process – Being a healer – Protect earth and animals – Fighting for equality – Being reliable and punctual – Being a great partner/parent – Going it solo – Invent something new – Being a perfectionist – Rattle the status quo - Being a mover and shaker – Political engagement – Being part of the scientific progress – Ending up wealthier than generation before you – and the list goes on and on.

# It is not enough to come to the river intending to fish, to be successful you have to bring a net Chinese Proverb



## The LWTM Goal Planner in 5 simple steps

**Step One** – Dream High

**Step Two**- Create a mission statement

**Step Three** – Have a five year plan

**Step Four** – Create an annual goal planner

**Step Five** – Create a monthly goal planner

### Draw your own time/life-line:

There is just one more little exercise to do before you start in earnest with the LGP (LWTM goal planner). Draw a timeline for your own life so far. Now mark important events like getting married, finished education, landing first job, birth of child, buying your first home, etc. Then add another five years from now. Where do you see yourself then? This exercise makes you focus on the timescale and possibly may instill a sense of urgency. We don't live forever, pace yourself, but don't procrastinate!





## Step One – Dream high:

It is easy to dream, but it is hard to put your aspirations on paper and make sense of them.

### Make a spontaneous list:

If you have never attempted a goal list before, pick a quiet day and ask yourself questions like the ones I have listed below. Don't ponder, just write down everything that pops into your head. The exercise here is to be spontaneous, answer with your gut not your head.

- What do I enjoy right now and what do I want to continue/expand?
- What would I like to change and in which direction do I see myself heading?
- What ambitions do I want to achieve, however remote?
- What skills do I need to learn?
- What would I like to achieve in the next five years ?
- How do I see myself when reaching retirement ?
- From now on create your own set of questions!

You will hopefully come up with quite a long list of dreams. Keep this list safe for future use, but right now

**Choose your five most important dreams!**



**Aim for the moon. Even if you miss,  
you will land amongst the stars**  
W. Clement Stone

## Step 2: Create a mission statement

**You know your top core values and five most important dreams.**

To make this step easier – here are a few areas for **Core Values**:  
Family – Fun – Financial – Vocational (Career) – Spiritual (Happiness) –  
Physical (the way you feel and look, but also health) – Your environment  
– Mental (Learning, growing, finding new ways) – Romance

This 'distillation process' may take a little time. You have to be absolutely clear here what you REALLY want to achieve and how you see yourself getting there. What you are willing to sacrifice? Start with 5 subjects first and slowly incorporate others into the mix, depending what is important to you right now.

You are now creating the guidelines for your future. So take your time and be methodical!



Once you are happy with the outcome, fill in your mission statement (you find it at the end of this e-book together with all the other forms). Write your five top core values on the left and the five most important goals on the right ( your five big dreams). This is now your **mission statement**.

Put this paper into a plastic folder, frame or laminate it as it has to last for some time. Then put it in a prominent, but private place, such as the inside of your clothes cupboard, your sock drawer, bathroom cabinet etc. Somewhere you see it on a nearly daily basis, but nobody else would. Then read your mission statement repeatedly until it becomes second nature. This is now your road map.

## A goal is nothing more than a dream with a deadline

J.L Griffith

### Step 3: Have a five year plan

With your mission statement in place, now it is time for action.

Some of your dreams may look a bit far-fetched right now, like the high peak of that mountain miles away. But with a steady approach you can get there. So how near can you get within the next five years? Map out each of your 5 dreams.

Don't just guess, now is the time to do some serious research. If you are after a certain career, then get in touch with people who have already achieved something in this field. Most won't answer back, but the ones who do, can give you valuable insights and tips.

If you want to move to a different town or region, read all about it or even better visit it. If your aim is to move abroad, learn the language, inform yourself about the customs, local politics and how your current skills will be of use at your future destination. Once you live there, you will need to be able to make a living.

If you want to become a photographer, but all you have ever done is taken a few pictures on your phone, look for a course, equipment, apprenticeships schemes. How will you fund your career change, are there evening classes?

As soon as you have all the information, visualize how you would go about doing it. Only once you can clearly see the path ahead, write your concept down in a few sentences. Repeat this process for all your other dreams.



**'If you want to reach a goal, you must see the reaching in your own mind before you actually arrive at your goal'** Zig Ziglar

**Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.** Tom Landry

## Step Four: Create an annual goal planner



Now please read the summarized concept for your first dream and draw a time-line for it. Then divide this time-line into five equal segments. These are your five cornerstones. Where do you see yourself at each of these points?

Once you are clear, write it down underneath each cornerstone. Repeat this process for all of your other dreams. When completed, put this sheet somewhere safe. This is the blueprint for your next five years ahead.

The next step is to concentrate solely on the first segment of each dream, the next year ahead. Map out how you will reach the next cornerstone and write your goals/path down in the Annual Goal Planner. There is no need to wait for next January 1<sup>st</sup>. If you read this information on June 2<sup>nd</sup>, then that is the day it all starts. Why delay?

In a year's time, have again a look at your five-year time line and see how far you have come, make any adjustments and create your next year's annual goal planner.

Like a spiral, you feed your ambitions and dreams in at one end and process them down into achievable chunks that you feel comfortable with and are able to complete.

Of course it is not easy. You have to be consistent, hard-working and honest with yourself. You can put anything on paper, but this plan will only work if it mirrors reality. During that long road ahead there will be many occasions when you will be blown off-course. But once you have made up your mind, follow your instinct and never take no for an answer. You will be amazed how far you can go!





Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control:

**NOW** Denis Waitley

## Step Five: Create a monthly goal planner

You have the roadmap for the year ahead, now comes the day-by-day implementation. You have now reached the inner circle of the spiral, the bit that turns your dreams into reality!

The five year timeline and annual goal planner work in line with the solar calendar. But the monthly goal planner follows the path of the moon. Together they form the LWTM lifestyle calendar, a luni-solar system, similar to the Chinese, Babylonian and Hindu calendar.

### *How does it work ?*

The sun provides the time line and yearly structure, the moon with its gravitational pull provides the 'day qualities'. You will find all these explained in our **free Membership e-book Living With the Moon**.

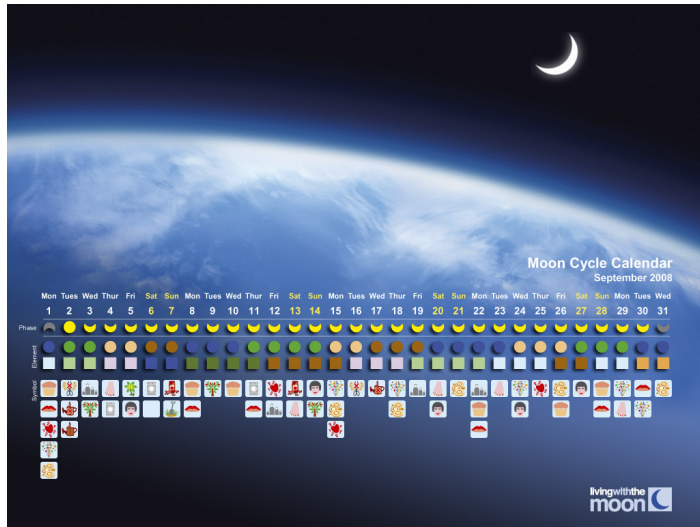
Days do not only have dates, but also 'individual characteristics'. Some depend on weather patterns, but cosmic forces do also play a part. Not so long ago, it would have seemed inconceivable to cut hair on a 'bad hair day' or pull out weeds when the moon was waxing.

To find out more about these individual day qualities, calendars and explanation of symbols, please see the website. <https://www.livingwiththemoon.com>



**To every thing there is a season, and a time to every purpose under the heaven:  
A time to be born, and a time to die; a time to plant, and a time to pluck up that which is  
planted;  
A time to kill, and a time to heal; a time to break down, and a time to build up;...**

**The Bible, Ecclesiastes 3**



With your five year time-line and your annual goal planner in place, now it is time to think and act about the short-term, in this case the next 28 days ahead.

What can you realistically achieve in this time frame? Write your immediate goals into your monthly goal planner. Always check – are they advancing any of my big five goals? If they are not, revise them until they do.

Over time you will experience that not all of your goals advance at the same pace. That is okay. Some goals will take longer to get started, but once the first steps are in place, they advance quite rapidly. Other goals trundle along at a leisurely pace. What is important that all your goals move in the right direction.

Always evaluate your progress at regular intervals, in this case every 28 days. This mechanism will help you to stay focused and not to wander off-piste!

Once you have got the hang of this system, try to fill in the monthly goal planner at each New Moon. In fact just look out for the Goal List symbol on the LWTM calendar. It will remind you in case you forget.

Here are a few tips on how to use the monthly goal planner to your advantage:

**New Moon:** This is the time to focus on the next 28 days ahead and to fill in your monthly goal planner.

**Waxing Moon:** (growing moon) Be inspired, deal with PR/advertising, brainstorm/research new ways and products, put new structures in place, gain knowledge, find new ways of fulfilling your goals

**Full Moon:** Network, do presentations, socialize, shine!

**Waning Moon:** (shrinking moon) Work extra hard to turn your ideas into reality, sort out complaints, de-clutter your life/desk/house, concentrate more on the practical issues of life, complete your to-do list

**New Moon:** You have come full-circle. Check off all the goals you have achieved in the last cycle and give yourself a pat on your back or a little treat. Any unfinished goals will go straight onto the next goal planner, where they should be given priority during the next 28 days!



# The secret of your future is hidden in your daily routine

Mike Murdock



## Peak Performance:

Days have qualities, but so do hours. You should know when you are usually at your best. For some it is early mornings, others do better late at night, it is very individual. Keep a record to find out how you tick.

## Create 20minute power windows

This is a useful task for all who tend to have problems concentrating and keeping focused. Create a few 20-minute power windows (ideally scheduled during your peak performance time) and use this time solely to concentrate on tasks relating to your goal planner. No checking emails, doodling or else, only your fullest concentration!

I admit, I have a brain like a sieve and rely heavily on my daily to-do list.

The goal planner helps me to transform my dreams into reality, but the dental appointment, my son's parents' evening, the car service or even the deadline for the tax return are all not on my goal planner. Yet, all these tasks are important and need to be done! So I use a simple check list that I can discard when they are all completed.

I am sure you have your own system for that and suggest you keep to that if it works for you. If have not, then please use the 'To-do list' at the end of this e-book.

Additionally, on the website you will find the LWTM life-style calendar with its daily symbols. It acts as a remember for tasks that are often forgotten such as watering the house plants, tidying seasonal clothes away, doing accounts/checking financial products and of course updating the goal planner.

However, to be really smart, it is wise to divide these 'must do' tasks into two categories:

- **Tasks you have to do personally.** These include all personal or business phone calls/emails and meetings, specific tasks that only you know about/can do and anything that needs your signature. No-one else can do this for you, put it on your to-do list and get it done.
- **Tasks you can delegate to someone else.** These include photocopying, cleaning, filing accounts, cooking and anything else that does not need your personal touch. But delegation does not mean you can just forget about it. In order to stay in control, you will still need to check that your delegation was performed to your satisfaction.

This also means paying someone else to do these tasks for you. If you are on a tight budget, that can be a problem. If this is your situation, then being in a position to delegate should certainly be one of your goals.

We can't excel at everything and farming tasks out to other people who are better at them, will make you look more professional and of course will save time. But don't fritter your gained time away, spend it wisely to achieve your goals and to earn money so you can keep paying others to further other future goals. You see, it is a catch 22.

***‘Success does not consist in never making blunders, but in never making the same one a second time.’*** *Josh Billings*

## Learn from your mistakes

### The Coca-cola story:

In 1882 John Pemberton, an Atlanta pharmacist, came up with a fragrant, caramel-colored liquid which he mixed with water, but nobody was really interested. Then one day he carried this mixture a few doors down to Jacob’s Pharmacy, where his mixture was combined with carbonated water – and all of a sudden, people began to be interested. The pharmacy put it on sale for five cents (about 3p) per glass. In his first year he sold an average of nine glasses a day. In 2010 Coca-cola’s turnover was over \$35 billion.



## Fail, fail again, fail better

*S. Beckett*

When your gut feeling tells you that you are on the right track, but nobody else appreciates your idea, don’t give up. But do look for a different approach. Go steady and don’t give up.

## THE TORTOISE & THE HARE

Once upon a time there was a hare who, boasting how he could run faster than anyone else, was forever teasing tortoise for its slowness. So one day the tortoise said, “ Ok hare, let’s have a race’. After the start, the hare eagerly ran up the path and the tortoise slowly went her way. The sun was now beating down and the hare decided to quickly go for a nap, after all tortoise was nowhere to be seen. Soon later he fell into a deep sleep. When he woke up, he saw the tortoise in the distance, just about to cross the finishing line. He leapt up and ran as fast as he could to the finishing line, but that tortoise had already won.



***‘Success is the sum of small efforts, repeated day in and out’*** *R.Collier*



## A rejection is nothing more than a necessary step in the pursuit of success Bo Bennett

### When life gets tough:

You are focused, doing well and then life deals you a blow. A parent dies, your husband/wife files for divorce or you are diagnosed with a disease. These things happen. Of course the first reaction will be disbelief, grieve, anger or else. But these events are out of your control and are here to test you.

So how do you react? By dusting yourself down, standing up and by keeping on walking – with a smile!



### Life is like a pack of cards. The more cards you pick, the more chances you have of getting an Ace' J. Russell

This is my personal philosophy that kept and still keeps me going every day! Whenever I went for a job interview, started a new activity or met someone new, I saw it as simply turning over a new card. When I hit a rejection, for example I did not get that job, I viewed it as having picked up a No 2 card. At the next interview I got the job and bingo - I had picked an Ace.

I stopped a long time ago taking rejections personal. In my view, this is a waste of energy. I realized early on that employers' decisions were often made at random and had nothing to do with my personality or offering. I just was not the package they had been looking for. Fair enough.

There were periods when everything went really well, even when I was not trying too hard one Ace simply followed another. But then of course there were periods when it was tougher. At these points I would return to the goal planner, look for new strategies and put more effort into picking up more cards. Sure enough, something would turn up. Sometimes taking me into a different or even better direction as I had planned initially.

# It is hard to fail, but it is worse never to have tried to succeed.

Theodore Roosevelt



**Life is like a rosebush**

Picture yourself planting a lovely rosebush. A few months later you come back to have a look. Some stems have developed very well, they are thick and strong with lush leaves and beautiful roses. Other stems struggle and soon get wooden and die.

Despite all our efforts, some enterprises just won't thrive or succeed. So far the mantra has always been - focus on your goal, never give up and so on. But that does not mean you should follow blindly a pipe dream.

You filled in your goal planner, you get started, but no success or return is coming back. First of all, review your approach. You may not be doing enough or your approach needs to be tweaked.

You listen, you change and put a great deal of effort into your enterprise. But still nobody is interested in your offering. Now is the time to do some serious market research, as you clearly have not been thorough enough in step 3.

Give it one more shot. But if success still eludes you, there comes a time when you have to ask yourself – is there another, better way forward and is all this viable? If the answer to both is no, then stop now! Don't waste your life.

See it as a learning curve, as often failure can teach us more than success. Then return to Step One and look for another rose.

**Failure is success if we learn from it.**

Malcolm Forbes



Thank you for reading this e-book! I hope it has given you some inspirations.

On the next pages, you will find the worksheets connected with the LivingWithTheMoon Goal Planner (LGP).

Take your time, think it through, evaluate your plan as you move along and keep on walking!

I wish you every success.  
**J. Russell**



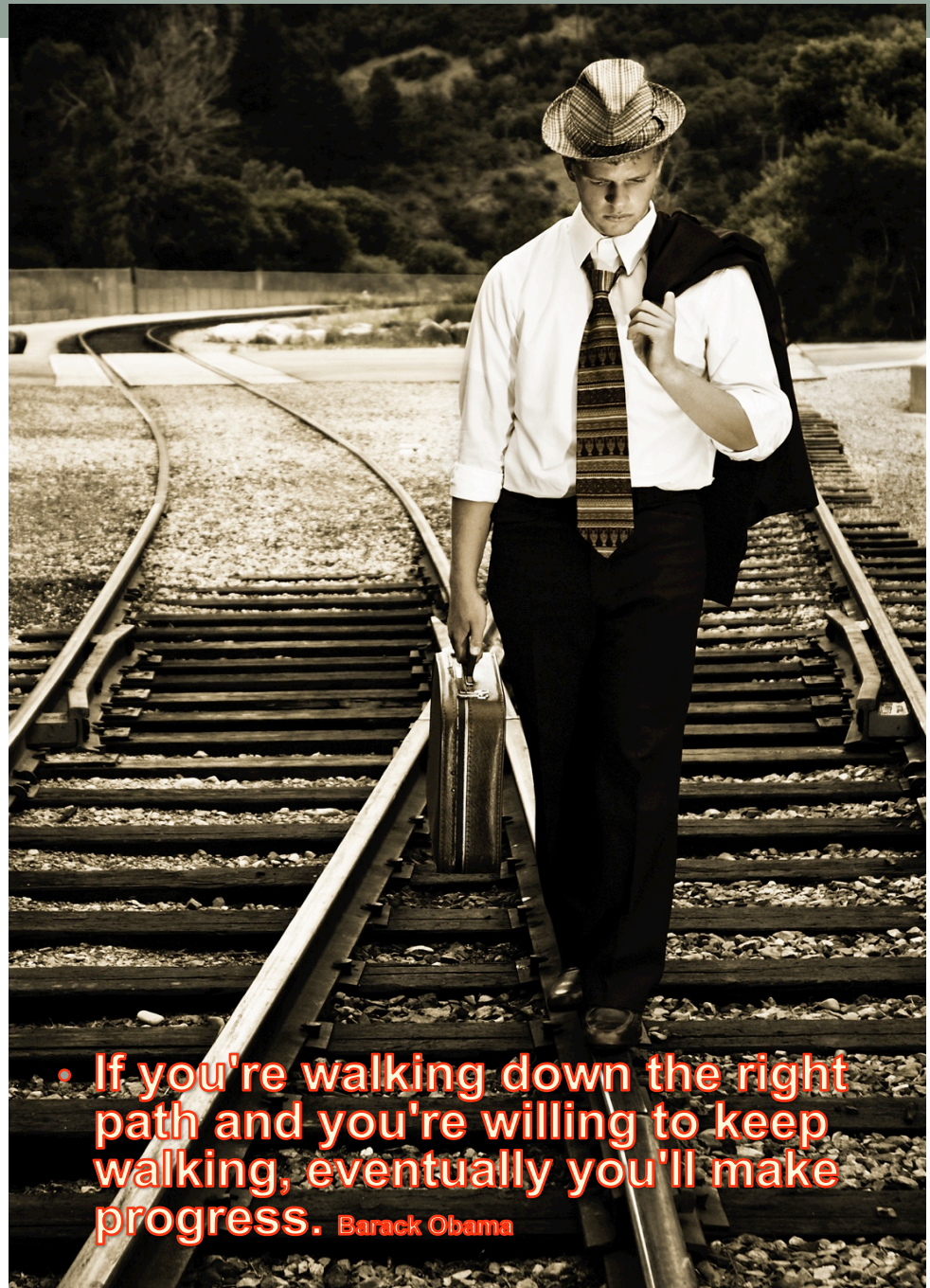
To find out more about **LivingWithTheMoon** please visit

<https://www.livingwiththemoon.com>

or get in touch

[info@livingwiththemoon.com](mailto:info@livingwiththemoon.com)

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**• If you're walking down the right path and you're willing to keep walking, eventually you'll make progress. Barack Obama**



**Core Values:** Family – Fun – Financial – Vocational (Career) – Spiritual (Happiness) – Physical (the way you feel and look, but also health) – Your environment – Mental (Learning, growing, finding new ways) – Romance

**Your 5 Big Dreams – the most important goals**

## MY MISSION STATEMENT

### MY 5 CORE VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### MY 5 BIG DREAMS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**DATED:**





**Cornerstone 1** –Where are you now?  
**Cornerstone 2** – the same time next year  
And so on.

Some people find it easier to start with a general time-line - started school at 6, finished university at 23 and so on. Once you have a more broad timeline it might be easier to sketch out the next 5 years in more detail.

# MY FIVE-YEAR TIME-LINE

**DATED:** \_\_\_\_\_

**NOW**



**CORNERSTONE 1**

**CORNERSTONE  
2**

**CORNERSTONE  
3**

**CORNERSTONE 4**

**CORNERSTONE 5**



Now you know what is broadly important in the next 5 years you can plan the year ahead. This does not have to be January. But you should try to keep to roughly the same start of the year.

If you have many goals you want to achieve (although too many won't work) you can print another sheet, but make it no more than 10 big goals in one calendar year.

# ANNUAL GOAL PLANNER

DATED: \_\_\_\_\_

## GOAL 1:

\_\_\_\_\_

## GOAL 2:

\_\_\_\_\_

## GOAL 3:

\_\_\_\_\_

## GOAL 4:

\_\_\_\_\_

## GOAL 5:

\_\_\_\_\_



Now we are working on the **monthly cycle**. Look at the Annual Goal Planner when planning your month ahead. What is most important right now. You may also want to take on board seasonal events, Christmas and work with the lunar cycle, new start, inspiration, announcing to the world and bringing it to a fruitful completion.

## MONTHLY GOAL PLANNER

DATED: \_\_\_\_\_ NEXT NEW MOON: \_\_\_\_\_

**GOAL 1:**

\_\_\_\_\_

**GOAL 2:**

\_\_\_\_\_

**GOAL 3:**

\_\_\_\_\_

**GOAL 4:**

\_\_\_\_\_

**GOAL 5:**

\_\_\_\_\_

**GOAL 6:**

\_\_\_\_\_

**GOAL 7:**

\_\_\_\_\_

**GOAL 8:**

\_\_\_\_\_

