

## **Think Long Term Action guide**

### **I. The Benefits of Long-Term Thinking**

#### **1. Getting the math to work for you**

Select one major goals.

My goal:

Now, imagine that you have ten years to achieve it. Write down below on how it changes your approach:

## **2. Traveling to the future**

Close your mind and envision yourself twenty years from now. What do you see? What are you doing? How are you feeling? Who are you with? What does your typical day look like? If it's not what you'd like to see, update your vision by asking yourself what you would you like to see instead.

Write down below what you envision:

Then, list down two or three specific things you can do to start moving into that direction.

1.

2.

3.

## **3. Minimizing regrets**

If you were to die today, what would you regret no having tried?

I would regret:

Now, what could you start doing today to minimize regrets later in life?

To minimize regrets I could:

#### **4. Guiding your thinking**

Reflect on what you want your life to look like twenty years from now. For instance, how do you want your health to be like? What career do you want to have? What skills do you want to possess?

Write your answer below in a couple of paragraphs. You'll have time to refine your vision later.

What I want my life to look like in twenty years:

#### **5. Helping you focus on the process**

Revisit your previous vision.

Write down a few milestones you'll need to hit to reach that vision. For instance, what do you need to have done by the end of the year, within the next 5 years, and within the next decade?

My vision:_____		
What I would need to have done within the next decade	What I would need to have done within 5 years	What I would need to have done by the end of this year

Now, write down one concrete action you could take today or this week.

One concrete action I could take:

## **6. Enabling you to zoom out**

Write down below how much time you think you have left to pursue your goals.

Time I have left to work toward my goals:

Now, take a moment to reflect on everything you could accomplish within that timeframe if you set a clear plan and start moving toward your goals each and every day.

## **7. Improving your confidence**

Write two or three skills that you'll likely need to develop in order to reach your major goal(s)

Skill #1:

Skill #2:

Skill #3:

Then, remember that learning those skills is inevitable. It's just a matter of time.

## **8. Enabling you to cultivate mastery**

Identity one or two skills that you have mastered at a deep level.

Skill #1:

Skill #2:

Reflect on how much time and effort it took you to go from beginner to expert level.

Think of a skill or goal you're struggling with.

I'm currently struggling with:

Now, did you really do the necessary work to learn that skill or reach that goal?

## **9. Giving you meaning**

Answer the following questions:

Am I really pursuing what I want? If so how, if not, why not?

How does my lack of clarity regarding my goals make me a victim of my environment?

Where do I fail to set boundaries?

How do I let other influence me more than I should?

Where am I compromising on my values and why?



## II. How to think long term

### 1. Decide what you want and value most

Write down below what you want your life to look like twenty years from now. If you're older, consider what you want to leave to younger generations or society after you're gone.

Remember, clarity takes time. Come back to your vision as often as necessary and refine it over time.

## 2. Decide why you want it

Think of one long-term goal you want to pursue.

Then, write down all the reasons you want to achieve that goal. Make sure they are compelling and speak to you.

My long-term goals: _____	
Reasons I want to achieve it	
#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

You can repeat that process with other goals as needed.

### 3. Don't let age be a limitation

Look around you or online for three people who have achieved goals you'd like to achieve later in life.

	Name/description	What they have achieved
First person		
Second person		
Third person		

Answer the following questions. If I couldn't use age as an excuse, what would I start doing differently starting today? How would it change my life in a positive way?

If I couldn't use age as an excuse, I would:

#### 4. Find role models that inspire you

Make a list of inspiring role models and write down why exactly they inspire you.

Role models	Why they inspire me

Make a list of an anti-role models. Write down why you never want to be like them.

Role models	Why I never want to be like them

## **5. Think about your vision regularly**

Write down three long-term goals (10-year or longer) on a piece of paper.

Try to choose goals that, if you reach, will have the biggest possible impact on your life (meaning they would impact other areas of your life or would require that you learn useful skills).

Put your goals somewhere you can see them and look at them regularly.

Every day, think about your goals. Write down below what target event will help you stay consistent (i.e. waking up, going to bed, taking a shower, commuting to work, etc.)

I'll think about my goals when:

Consume content related to your goals to keep your goal fresh and alive.

I'll consume the following content to keep my goal alive and stay motivated:

## 6. Adopt a growth mindset

Wherever you are in life now, remind yourself that you can always grow and become better. If you feel stuck, it's often because there are skills you must acquire to solve your issues.

Look at the three goal you set previously. For each, write down what skills you must acquire to increase your odds of success.

	Goal	Skills I must acquire to reach that goal
#1		
#2		
#3		

Keep reminding yourself that you can learn any skill you need to reach any goal you have. If you experience self-doubt along the way, it's perfectly fine. Don't let it stop you.

Adopt the following mantras:

- I can always grow and become better.
- I can learn any skill I need to reach any goal I have.

## **7. Remind yourself you have time**

Remember where you were ten years ago. Now, think of all the things that have changed (your accomplishments, the skills you've learned, the new perspectives you've acquired, people you've met, etc.).

What have changed in the past ten years:



Now, envision yourself ten years from now. What skills could you learn? Where could you be financially? In what ways could you grow? What could you accomplish?

Date ten years from now:	20____/____/____
Skills I could learn	
Where I could be financially	

Ways I could grow	
What I could accomplish	

Imagine that ten years was an entire lifetime. What would you do to ensure that you build a meaningful life and reach or move closer to your most important goals?

To ensure I build a meaningful in ten years I would:

## **8. Make steady progress**

Select one of your major goals.

My goal:

Now ask yourself whether you would still pursue that goal if it took three years? What about five years? ten years? Choose “Yes” or “No” below.

I would still pursue it if it took three years Y / N

I would still pursue it if it took five years Y / N

I would still pursue it if it took ten years Y / N

Finally, visualize yourself working toward that goal for as long as necessary. How does it feel to know that you have plenty of time?

## **9. Stay away from social media and daily news**

Reflect on how you're spending your days. To do so, answer the questions below:

How many hours per day do I spend on social media?

How much time do I spend consuming information that isn't helping me become the person I aspire to be?

What's one thing I could every day do to help me make slow steady progress toward one of my long-term goals?

### **III. Thinking long-term in practice**

#### **1. Thinking long-term with your relationships**

Answer the following questions:

What do I value most in friendships? What is the must for the relationship to last long term?

What do I value most in a romantic relationship? What is the must for the relationship to last long term?

Now, make a list of current friends you would want to be part of your life in a decade or more from now. To help you, close your eyes and visualize yourself thirty years from now. Who are you spending time with? Who comes to mind?

Think of what you could specifically to help them grow. Then, think how they could help you grow. Finally, ask yourself what you could do to keep nurturing the relationship.

Friend's name	How you could help them grow	How they could help you grow	What you could do to nurture the relationship



## **2. Thinking long-term with your health and fitness**

Imagine yourself being 65 (if you're 65 or older, imagine yourself in a few years from now). Now, write down how you want to feel and what you want to be able to do. Be as specific as possible.

At age 65, I want to be able to:

Think of what you need to do starting today to make that vision more likely to come to fruition.

What I need to do starting today:



### **3. Thinking long-term with your career**

Create a multi-decade career plan using the table below . Ask yourself what you would want your career to be like if everything goes perfectly. You can start with the end in mind. Who do you want to have become at age 65?

Write down what you want your job or career to be like at different stages. For instance, you could write what you want to be doing at 30, 40, 50 and 60.

Consider the following:

- What contribution you want to make (Helping busy mom, teaching children, creating beauty)
- What skills you want to or will have to learn (Sales skills, coaching skills, programming skills, etc.)
- What strengths or talent you could leverage (Empathy, creativity, critical thinking, strategic planning, etc.)

Then, spend a few minutes to visualize the journey from where you are today and where you'll be at the end of your career.

My career plan

age:				
What contribution I want to make				
What skills I want to have learned				
What strengths/ talent I want to leverage				

#### **4. Thinking long-term with your finances**

Play around with a compound interest calculator like the one below:

<https://www.investor.gov/financial-tools-calculators/calculators/compound-interest-calculator>

For the interest rate, assume 5-7% (after inflation). Then, play around with the calculator. Try different monthly contribution and different periods and see how it impacts the results. Note how the amount you contributed become lower and lower over time (i.e. most of the upside comes from compound interests).

**Save money**

Using the table below, write down how much money you want to save each month and calculate your new salary.

How much money you want to save	
New salary	

Now, list down your top 5 monthly expenses and what you could do to reduce them

	My top 5 monthly expenses	What I could do to reduce them
#1		
#2		
#3		
#4		
#5		

Write down what things or activities bring you the most joy. Then, do the same for things or activities that you don't care much for. Then, think of ways to spend more on the things you love and less on the things you don't care about.

	Things or activities I want to spend more money on	How I could spend more on these
#1		
#2		
#3		
#4		
#5		

	Things or activities I want to spend less money on	How I could spend less on these
#1		
#2		
#3		
#4		
#5		

## Make money

Brainstorm ways to make more money using the dedicated page in your action guide (asking for a raise, switching job, taking on a side hustle, etc.)

[illegible]

Select the best answer, that is the one that makes the most sense to you because it aligns with your strengths and vision and/or is the most likely to pay off.

## **Invest money**

Pay your future self first.

Open a brokerage account and set a recurrent transfers each month. To do so, use the auto-invest feature of your broker. If they don't have one, set a specific day each month to invest your money. Choose index fund like a S&P 500 rather than picking specific stocks.

Commit to stay invested for the long haul. To help, visualize future market crashes and see yourself staying calm and continuously investing no matter what.

Here is a checklist to make sure you've gone through all the action items

Action item	Yes or No
I've played around with the compound interest calculator	
I've identified things to spend more and less money on	
I've brainstormed ways to make more money	
I have an emergency fund (or I'm working on setting one)	
I've decided how much money I want to invest each month	
I've calculated how much money I have left to spend	
I've opened a brokerage account	
I've activated the auto-invest feature	
I've made sure I'm investing in a low cost S&P 500 index fund	



## **5. Thinking long-term with your learning**

Select one major goal.

My major goal:

Now reflect on the skills you'll need to cultivate to move toward it:

My main skills I will need to develop are:

Then, remind yourself of the 5 beliefs below as often as possible to remind you that you're an unstoppable learner:

- Belief #1: you can always improve
- Belief #2: you can always learn
- Belief #3: if someone else can, you can
- Belief #4: consistency is more important than intensity
- Belief #5: you're just getting started

## 6. Thinking long-term with worries, stress, and problems

### Sort out your worries

List down a few things you're currently worrying about. Then, write down if you have total control (TC), partial control (PC), or no control over them. Finally, write down whether it will matter twenty years from now.

Things I'm worrying about	Total control (TC), partial control (PC), no control (NC)	Will it matter in twenty years?

## Failure vs. feedback

Think of something in your life you would call a “failure”. Then, reframe it by seeing it as feedback.

My “failure”	What can I learn from it by seeing it as feedback.

Finally, When you found yourself thinking in term of failures, tell yourself the following:

“I didn’t fail. I tried something and it didn’t work you. Let me change something”.