

A black and white photograph of a person walking away from the camera on a beach, looking out at the ocean. The sky is overcast with clouds. The text 'BUILDING YOUR DREAM LIFE' is overlaid in a large, white, hand-drawn font.

BUILDING YOUR DREAM LIFE

PROVEN GOAL SETTING BLUEPRINT
BY JIMMY REX

**ENVISION, CREATE, AND
BELIEVE IN YOUR OWN
UNIVERSE, AND THE
UNIVERSE WILL FORM
AROUND YOU.**

TONY HSIEH



Jimmy Rex is a renowned figure in the personal development and real estate space. As the founder of "We Are The They," he champions a global coaching program and social movement aimed at helping men lead exceptional lives.

Jimmy hosts "The Jimmy Rex Show," a highly-rated podcast with over 500 episodes, and is the author of the best-seller "You End Up Where You're Heading," as well as his new book, "BE ONE: How to Be a Healthy Man in Toxic Times."

With over 20 years in real estate, he has sold more than 2,500 homes and assisted in the sale of an additional 4,000 homes to investors, including selling the most expensive home ever in the state of Utah.

Jimmy also spent three years doing stand-up comedy and brings much of that laughter into all of his speaking engagements. His dynamic personality and diverse experiences make him a sought-after speaker and influencer.

Jimmy Rex

PROCESS TO ACHIEVING YOUR DREAM LIFE

STEP 1 : YEAR IN REVIEW **PG 5**

- + CATEGORY GRADING
- + BEST HIGHLIGHTS
- + THINGS THAT DIDN'T GO WELL
- + THINGS YOU LEARNED

STEP 2 : GOAL SETTING **PG 13**

- + PERSONAL GOALS
- + BUSINESS GOALS
- + OH SHIT GOAL
- + 5 YEAR GOALS

STEP 3 : YOUR PERFECT LIFE **PG 33**

PERSONAL WRITING EXERCISE

STEP 4 : VISION BOARD **PG 35**

PERSONAL VISUAL EXERCISE



YEAR IN REVIEW

CATEGORY RATING

Grade yourself honestly for each category according to this previous year — **1** being very poor, **10** being excellent.

VERY POOR

EXCELLENT

PHYSICAL

1 2 3 4 5 6 7 8 9 10

SPIRITUAL

1 2 3 4 5 6 7 8 9 10

MENTAL

1 2 3 4 5 6 7 8 9 10

BUSINESS/ CAREER

1 2 3 4 5 6 7 8 9 10

FINANCIAL

1 2 3 4 5 6 7 8 9 10

CATEGORY RATING

Grade yourself honestly for each category according to this previous year — **1** being very poor, **10** being excellent.

VERY POOR

EXCELLENT

KEY RELATIONSHIP

1 2 3 4 5 6 7 8 9 10

FAMILY

1 2 3 4 5 6 7 8 9 10

FRIENDS OR CIRCLE

1 2 3 4 5 6 7 8 9 10

FUN

1 2 3 4 5 6 7 8 9 10

CATEGORY STRENGTHS & WEAKNESSES

Now that you know your grade for each category, list your strengths and weaknesses for each one.

	STRENGTHS	WEAKNESSES
PHYSICAL		
SPIRITUAL		
MENTAL		
BUSINESS/ CAREER		
FINANCIAL		

CATEGORY STRENGTHS & WEAKNESSES

Now that you know your grade for each category, list your strengths and weaknesses for each one.

	STRENGTHS	WEAKNESSES
KEY RELATIONSHIP		
FAMILY		
FRIENDS OR CIRCLE		
FUN		

LIST OUT YOUR 10 BEST HIGHLIGHTS FROM THE PREVIOUS YEAR

LIST 5 THINGS THAT DIDN'T GO WELL FROM THE PREVIOUS YEAR

WHAT ARE 3 THINGS THAT YOU LEARNED IN THE PREVIOUS YEAR?



GOAL SETTING

PERSONAL GOALS

WHAT ARE YOUR 5 PERSONAL GOALS FOR THE NEXT YEAR?

GOAL #1

GOAL #2

GOAL #3

GOAL #4

GOAL #5

NEXT

Breakdown each goal and set a target date, standards, 1-3 mini goals and the names of people who can help you complete this goal.

***We don't hit goals. We follow standards.
— Tony Robbins***

GOAL #1

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #2

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #3

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #4

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #5

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

BUSINESS GOALS

WHAT ARE YOUR 5 BUSINESS GOALS FOR THE NEXT YEAR?

GOAL #1

GOAL #2

GOAL #3

GOAL #4

GOAL #5

NEXT

Breakdown each goal and set a target date, standards, 1-3 mini goals and the names of people who can help you complete this goal.

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— Tony Robbins***

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WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #2

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#3

GOAL #3

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
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MINI GOALS

#1

#2

#3

GOAL #4

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #5

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

OH SHIT GOAL

WHAT IS YOUR OH SHIT GOAL FOR THE YEAR?

An "OH SHIT GOAL" is something that is completely, absolutely unobtainable goal *right at this moment*.

This goal has to be something that you have to alter your lifestyle to dedicate time and focus to complete. It should push you out of your comfort zone to accomplish.

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

5-YEAR GOALS

WHAT ARE 5 GOALS THAT ARE A PART OF YOUR 5-YEAR PLAN?

GOAL #1

GOAL #2

GOAL #3

GOAL #4

GOAL #5

NEXT

Breakdown each goal and set a target date, standards, 1-3 mini goals and the names of people who can help you complete this goal.

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#1

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#3

GOAL #2

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
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WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
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MINI GOALS

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#3

GOAL #5

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3



YOUR PERFECT LIFE

WRITE YOUR PERFECT LIFE

Imagine if everything went exactly how you wanted it to over the next 5 years, then write what your dream life is that you are living then -- think of what life is like if everything goes right. Write this as a story of what is happening exactly 5 years from now *in detail*.



VISION BOARD

CREATE A VISION BOARD

Visualize what your dream life looks like — think of the people that will be there, the places you will visit and the things you will have. Write this list of people, places and things below. Once you've completed your list, find the images that will inspire you and print them out to create your own physical vision board. Make an effort to look at this vision board regularly and as you read the vision of your perfect life.

**NOTHING EVER COMES
TO ONE, THAT IS WORTH
HAVING, EXCEPT AS A
RESULT OF HARD WORK.**

BOOKER T. WASHINGTON

Those are the three steps that if you take when you are visioning your goals and future, that will help you excel and accomplish all of the things that you are wanting.

This gives you a blueprint that you will be able to then reverse engineer and start to put things in place so that your perfect life will come true.

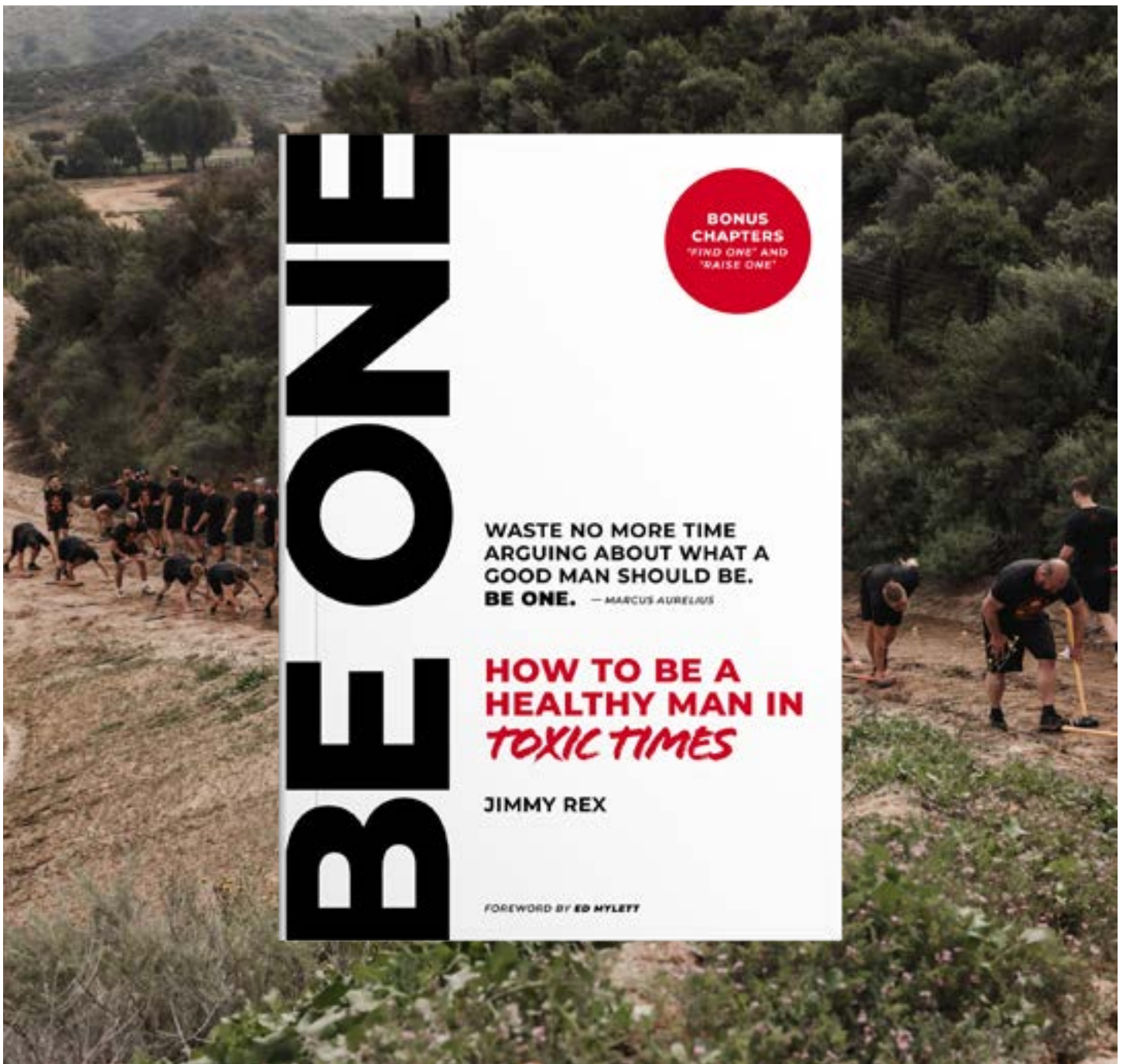
If you do this goal setting method and accomplish the goals you have set for yourself, please share it with me my DMing me your experience on Instagram (@mrjimmyrex).

Jimmy Rex

MY NEW BOOK: BE ONE

Be One is a relateable guide on how to be a healthy man in modern society. This book is great for someone who needs direction in taking ownership of his life and pursuing it with confidence. Available for purchase today.

[CLICK TO VIEW MORE DETAILS](#)



JOIN MY COMMUNITY: WE ARE THE THEY

We Are The They is a program created to help people become the best version of themselves through community, accountability and vulnerability.

[CLICK TO LEARN WHAT WE'RE ABOUT](#)

