



The Podcast to help
Live Your Best Life!

4D Goal Planner

What Are Your HERO Goals?
Health, Education, Relationships, Other

TheIntrovertedDoctor.com (podcasts,videos,blogs)

DUTIES & DEADLINES (think HERO)

	WEEK:	MONTH:	YEAR:
DUTIES TO ENHANCE AND ADVANCE YOU/PROJECTS	1. 2. 3.	1. 2. 3.	1. 2. 3.

DESIGNING DESTINY

	CONNECTIONS (Relationships):	CORE (You): Health, Learning, Spiritual	CAREER/CONTRIBUTIONS:
PURPOSE <i>(WHY IT MATTERS)</i>	1. 2. 3.	1. 2. 3.	1. 2. 3.
DAILY ACTION(S)			

DAYS WORK (Must Do's and Don'ts)

DO's	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.
DON'Ts	1. 2.	1. 2.	1. 2.

DIGITAL WORK

IN <small>(Who you <u>need</u> to hear from)</small>			
OUT <small>(Who needs to hear from you)</small>			

Leaders are Learners

