

LAST 100 DAYS · EXERCISE · 1, 2, 5, 10 YEARS

1, 2, 5, 10 Year Vision

Start from your Ikigai statement. Then, for each time horizon, answer the questions and write down the outputs. Foundations first, then momentum, expansion, and legacy.

01 1-Year Vision Foundations

REFLECT

What skill(s) must I master this year to move toward my Ikigai?

What relationships or mentors do I need?

What personal habit(s) will elevate me?

OUTPUTS

1 Career/Skill goal

1 Relationship/Network goal

1 Health & Lifestyle goal

1 Purpose/Meaning experiment or project

02 2-Year Vision Momentum

REFLECT

Where do I want to be professionally by this time?

What credibility or assets am I building?

How is my purpose becoming more concrete?

OUTPUTS

1 Tangible outcome (e.g., product launched, role attained)

1 Impact metric (lives changed, value delivered)

1 Lifestyle/Location change

1 Creative/Artistic/Legacy contribution

03 5-Year Vision Expansion

REFLECT

How am I leading, creating, or teaching?

What systems (businesses, brands, communities) have I built?

What does financial, creative, and personal freedom look like?

OUTPUTS

Vision Statement: “In 5 years, I will be known for...”

Lifestyle Snapshot: describe your average day

Key Milestones: [X followers / \$ revenue / Y impact]

04 10-Year Vision *Legacy & Fulfillment*

REFLECT

What is the legacy I'm starting to leave behind?

What have I mastered, and passed on?

What movements, businesses, or change have I led?

OUTPUTS

Life Mission Statement (adjusted from your Ikigai)

Top 3 accomplishments you're proud of

A list of people whose lives are different because of you

05 Integrate it into your life

- Put your Ikigai statement and 10-year vision where you'll see it weekly.
- Review and rewrite your 1-year goals every quarter.
- Use your vision to filter decisions: "Does this move me closer to my Ikigai?"

Where will these live, and when will you review them?

WORKED EXAMPLE

The vision, filled in

These are not my answers. They belong to the same invented person as on the Ikigai sheet, a final-year student in technical support who teaches on the side, carrying their Ikigai statement out across ten years.

01 1-Year Vision Foundations

REFLECT

What skill(s) must I master this year to move toward my Ikigai?

Get genuinely good at one automation stack (Python plus one workflow tool), and at teaching it live to a room.

What relationships or mentors do I need?

One mentor who has actually run a paid course. A circle of five people building alongside me who will call me out when I drift.

What personal habit(s) will elevate me?

In bed by 11, up at 6. Train four times a week. Write for 30 minutes every morning before anything else.

OUTPUTS

1 Career/Skill goal

Ship three paid automations for real small businesses and teach one live workshop.

1 Relationship/Network goal

Meet one new person in my field every week. Have a mentor by March.

1 Health & Lifestyle goal

Run a half marathon under two hours. Four strength sessions a week, no exceptions.

1 Purpose/Meaning experiment or project

Run a free four-week “first script” course for ten people, and document all of it publicly.

02 2-Year Vision Momentum

REFLECT

Where do I want to be professionally by this time?

Working for myself, or in a role where teaching and building are the whole job, not the side of it.

What credibility or assets am I building?

A public body of work: fifty tutorials, three case studies, and a small email list of people who trust me.

How is my purpose becoming more concrete?

A repeatable course, with graduates who got a job or a client because of it.

OUTPUTS

1 Tangible outcome (e.g., product launched, role attained)

Paid cohort course launched. Two cohorts completed, forty graduates.

1 Impact metric (lives changed, value delivered)

Twenty graduates landed a job, a raise, or their first client.

1 Lifestyle/Location change

Living in a city with a real tech community. Working from a small studio, not my bedroom.

1 Creative/Artistic/Legacy contribution

A short book, "Your First Script", given free to every graduate.

03 5-Year Vision Expansion

REFLECT

How am I leading, creating, or teaching?

Leading a small team of instructors. Teaching the flagship cohort myself. Speaking at two or three events a year.

What systems (businesses, brands, communities) have I built?

A school with a clear curriculum, an automation agency that funds it, and an alumni community that hires from itself.

What does financial, creative, and personal freedom look like?

Income no longer tied to my hours. Mornings are mine. I choose the projects and the people.

OUTPUTS

Vision Statement: “In 5 years, I will be known for...”

In 5 years, I will be known for making technical skills reachable for people who were told it was not for them.

Lifestyle Snapshot: describe your average day

6am train. 8 to 12 build and write. Lunch with the team. Afternoons teaching or on calls. Evenings free. Fridays have no meetings.

Key Milestones: [X followers / \$ revenue / Y impact]

1,000 graduates. \$1M in annual revenue. 50,000 subscribers.

04 **10-Year Vision** Legacy & Fulfillment

REFLECT**What is the legacy I'm starting to leave behind?**

A generation of people who build for themselves, because someone showed them it was possible.

What have I mastered, and passed on?

Teaching, and systems that run without me. Passed on to instructors who now teach it better than I do.

What movements, businesses, or change have I led?

The school, the agency, and a scholarship fund for first-generation students.

OUTPUTS**Life Mission Statement (adjusted from your Ikigai)**

To make building things for yourself a normal, reachable path for anyone willing to learn.

Top 3 accomplishments you're proud of

1. Ten thousand graduates. 2. The scholarship fund fully endowed. 3. My parents retired early.

A list of people whose lives are different because of you

Every graduate who sent a “got the job” message. The five instructors who built careers here. My younger brother, who followed the path.

05 **Integrate it into your life**

- Put your Ikigai statement and 10-year vision where you'll see it weekly.

- Review and rewrite your 1-year goals every quarter.
- Use your vision to filter decisions: “Does this move me closer to my Ikigai?”

Where will these live, and when will you review them?

Ikigai statement pinned above the desk, 10-year vision as the phone lock screen. 1-year goals reviewed the first Sunday of each quarter. Every new commitment gets one question: does this move me closer?