



Penelope Jay

My Life Legacy & Accountability Checklist

(a Penelope Jay Initiative)

I am (name) _____

My Life Goals again are: (please tick when complete)

My Dreams again are: (please tick when complete)

My SuperPowers Reminder:

Write down your SuperPowers & the reasons why they are so.

My Main SuperPower (strength) is: (I'm AMAZING at this) (please tick when complete)

My Middle SuperPower is: (I'm good at this) (please tick when complete)

My Minor SuperPower is: (I could do some work on this) (please tick when complete)

Reminder: accept you are not perfect.

You are YOU. The BEST version you can be TODAY & tomorrow.

Accountability & Sustainability & Real-Time-Legacy.

The more accountable you are to yourself with writing your dreams, goals, plans and actions down the more likely you will stick to the goals you have set. The more likely you are to achieve them, and in a realistic timeframe too. The legacy you want to leave is that of a positive one, an affirmation that your time on what we call earth here, has been productive, useful, fulfilling and supporting your own life journey plus the journey and wellbeing of others.

Objective is exciting! new habits, new thoughts patterns & conditionings, new ways of looking at the world, your situations, your emotions, your moods and your people.

Creating visual objectives will lead to visual outcomes.

Visual outcomes will be known as your LIFE LEGACY!

Ask yourself if you are being REALISTIC. Try not to set a goal that already sets you up for what you may see as failure (I so dislike the word failure, nobody is a failure).

For you to “**remain and sustain**” it really helps having the *right tools* around you, MOST, if not ALL OF THE TIME. These tools could be the likes of:

- *Knowing your boundaries.
- *Knowing your stress levels and who/what places these stresses on you? Can you change these?.
- *Understanding your tolerations & patience levels. If these are recurring, can you change?
- *What are you passionate about? (falls into the Values category)
- *Have you good people surrounding you?
- *Is your work environment suitable for you and your personality?
- *What type of learning style is yours?
- *Are you a timely person and become irritated if your time is not met?
- *Alternatively are you always late? Could you pick up on this and practise being on time?

Thank you for focussing on YOU!

Keep it going. Print these sheets numerous times if you love MOMENTUM and your life is totally working! Keep REPEATING! Penelope x



Signed by me (name) _____

*An additional Goal page for you, just in case you want to set more!

Personal Goal #extra

My goal is: _____ My start date is: _____

My Goal Strategy & Plan is:

My realistic timing for this goal is:

I may require support from this person/people OR a professional:

I have organised (or purchased) the necessary equipment/food/clothing etc:

I have cancelled/advised/notified these other distractions whilst I am on my goal journey:

My initial expectations are:

I am ready. _____ (tick here) I have achieved this goal by this date: _____

GOAL ACHIEVED:

I discovered this about myself during the goal process:

I had never tried to set this as a goal OR I have set this as a goal previously but never completed it and this is how I feel about it:

This is how I will **celebrate & reward** myself for reaching my goal:

I will set this goal again one day or tomorrow (please circle) YES NO My initials: _____

*An additional Goal page for you, just in case you want to set more!

Personal Real-Time Life Legacy

My LEGACY is: _____ My start date is:

My Legacy Strategy & Plan is:

My realistic timing for this LEGACY is:

I may require support from this person/people OR a professional:

I have organised (or purchased) the necessary equipment/food/clothing etc:

I have cancelled/advised/notified these other distractions whilst I am on my LEGACY journey at various time during my life time:

My initial expectations are:

I am ready. _____ (tick here) I have achieved this goal by this date: _____

LEGACY ACHIEVED: (AND WELL ON ITS WAY)

I discovered this about myself during the LEGACY RECOGNITION process:

I had never tried to set this LEGACY as a goal OR I have set this as a goal previously but never completed it and this is how I feel about it:

This is how I will **celebrate & reward** myself for reaching my goals which will aid in the support of my LIFE LEGACY



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