

2010 //
resolutions

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

how to // use this document

this document seeks to help you make and keep your resolutions for 2010.

don't be fooled. this is not a polished sacred document.

rather it is an ever changing **work book** directed towards **action**.

tips:

1. keep it all in one place: print the entire document, tab sections in a 3-ring binder.
use sections as "file drawers" to add relevant notes & articles .
2. be proactive: spend some serious time thinking about what want out of your resolutions.
3. focus on what matters: don't get overwhelmed with taking on all the categories.
set aside sections which aren't pressing issues in your life.
4. take it one step at a time: break down each larger milestone into biteable - doable tasks.
5. find an accountability buddy: find friends who can keep you motivated in your journey.
meet with each other regularly, combine thoughts, share progress.
6. it's okay to be messy: pages should be full of notes, thoughts, sketches and brainstorming.
make extra copies of pages for multiple milestones or more space.
7. do what works: prefer electronic means to manage tasks? skip the paper trail.
8. ask lots of questions: don't know something? google it. call an expert. but always write it down.
7. have fun: this is yours. dream big. plan well. get what you want out of 2010.

resolutions // categories



resolutions
// **financial**

your money & credit matters

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

financial // goals

I now:

a.

b.

c.

d.

what are my current habits, both good & bad, in my financial life?

I aspire to:

a.

b.

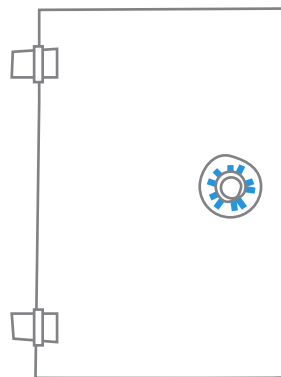
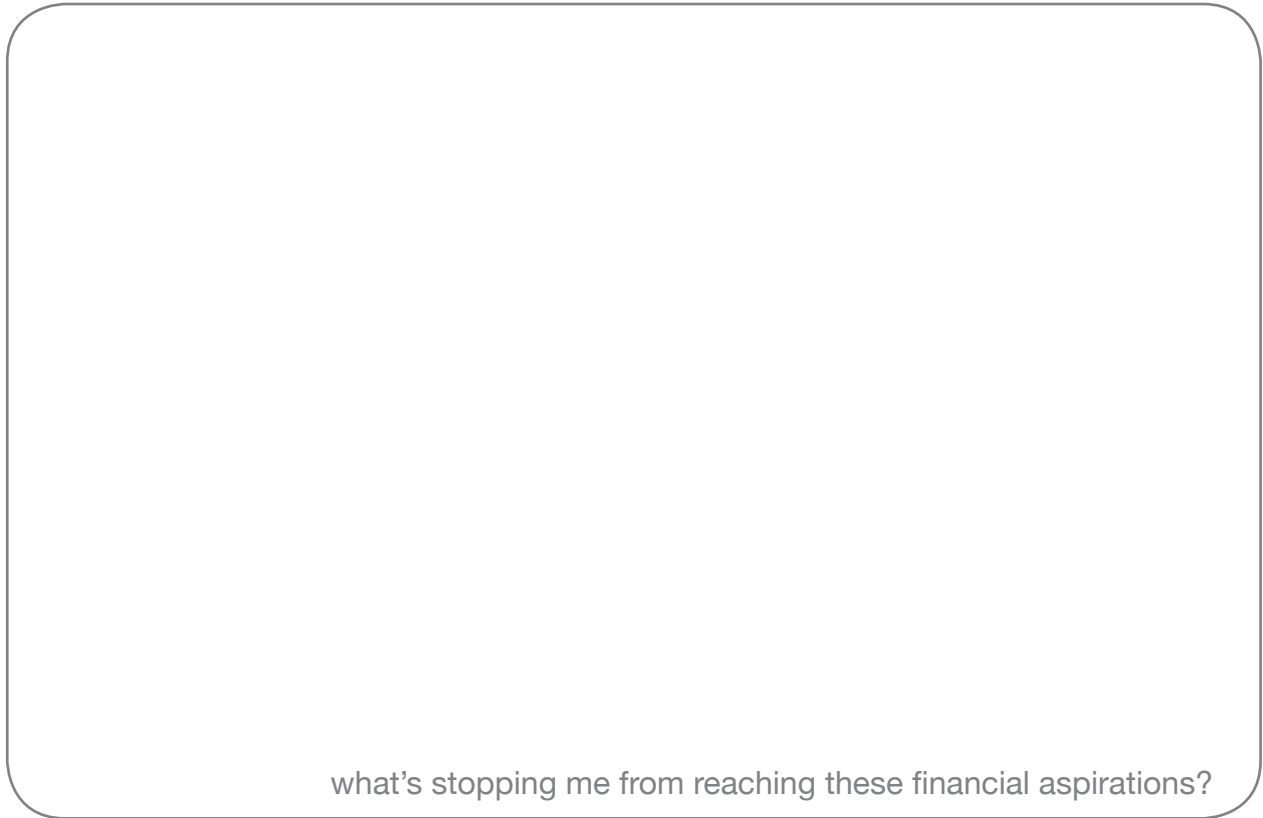
c.

d.

what would I like to change or improve in my long term financial future?

financial // barriers

barriers to fulfillment:

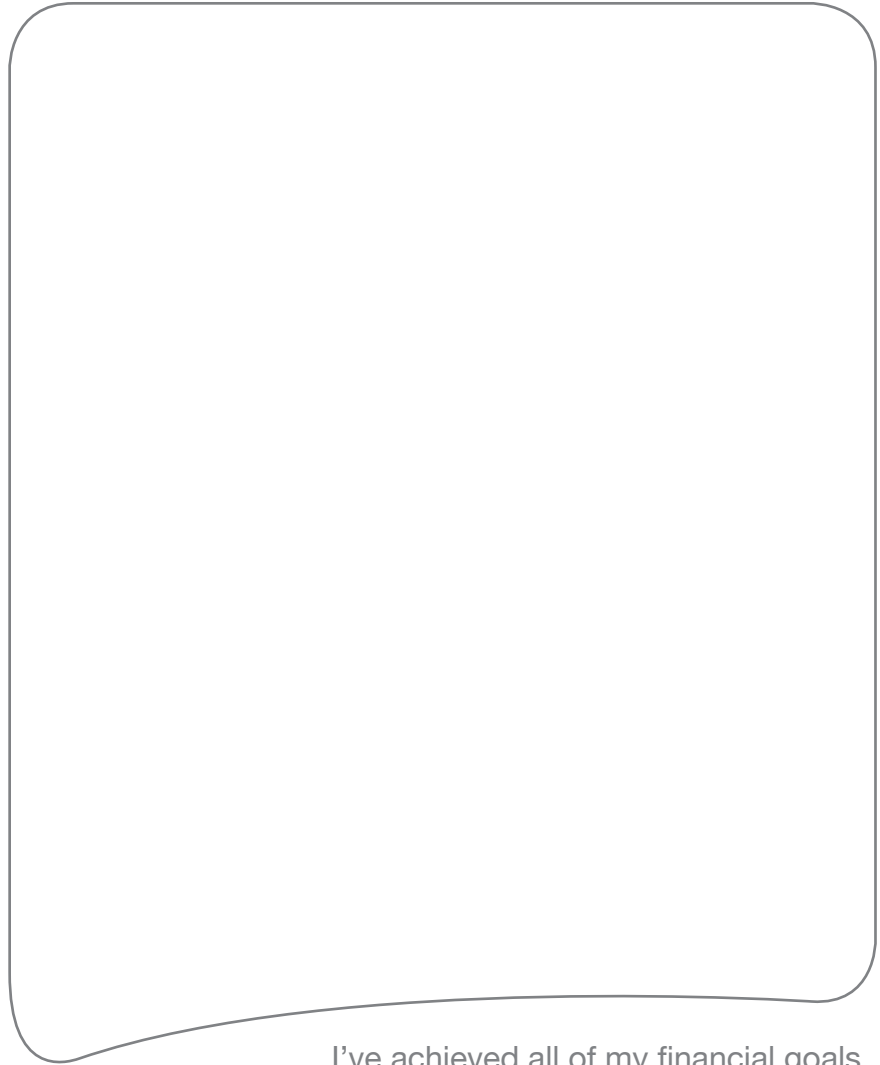


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

financial // inspiration

if I achieve my financial aspirations:



I've achieved all of my financial goals,
how do I feel?
what does my life look like?



financial // milestones

aspiration

what do I want to achieve financially in the long term?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____
#	<input type="checkbox"/>	_____

list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your financial life.

financial // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these financial actions are possible within my life?

resolutions
// **professional**

your occupation & livelihood

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

professional // goals

I now:

a.

b.

c.

d.

what is the current status of my professional life?

I aspire to:

a.

b.

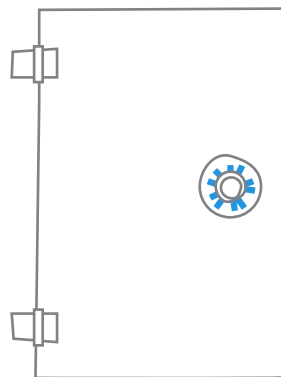
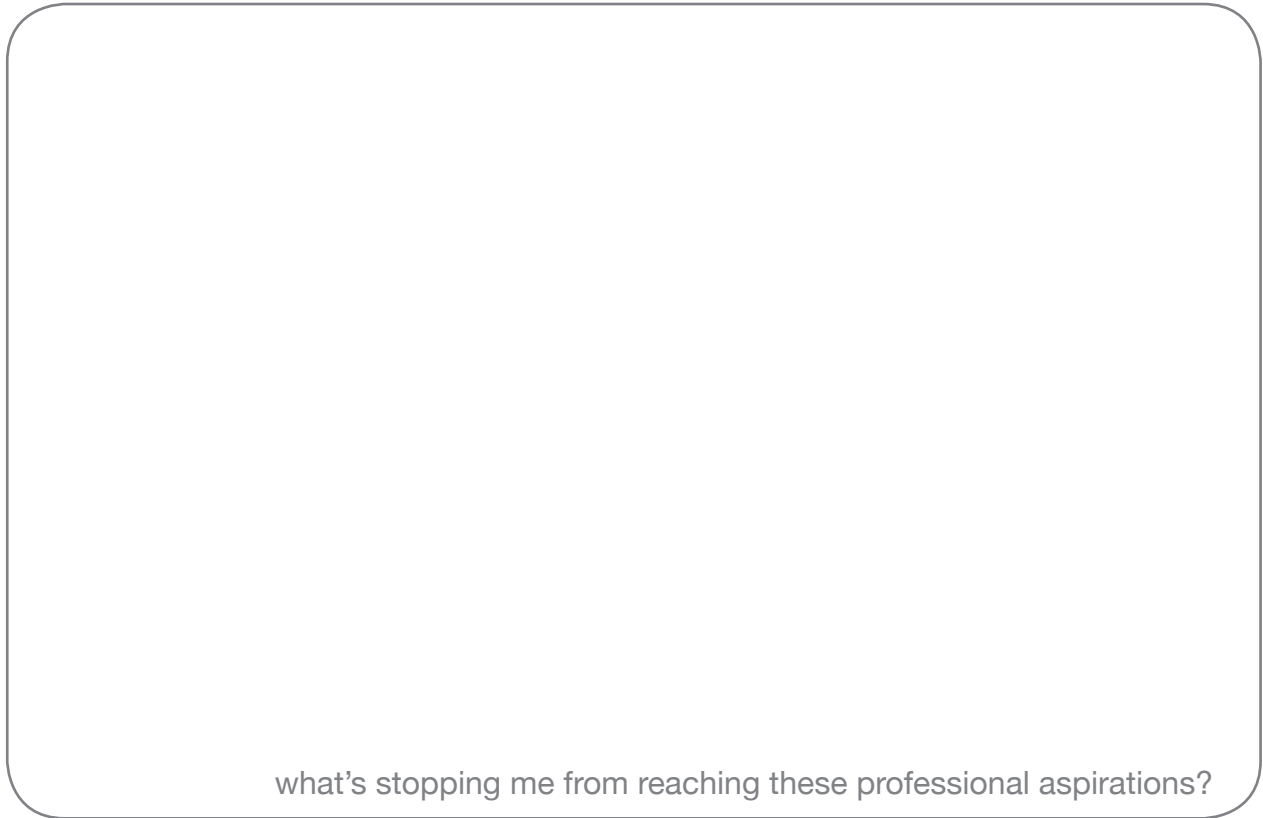
c.

d.

what would I like to change or improve in my long term professional future?

professional // barriers

barriers to fulfillment:

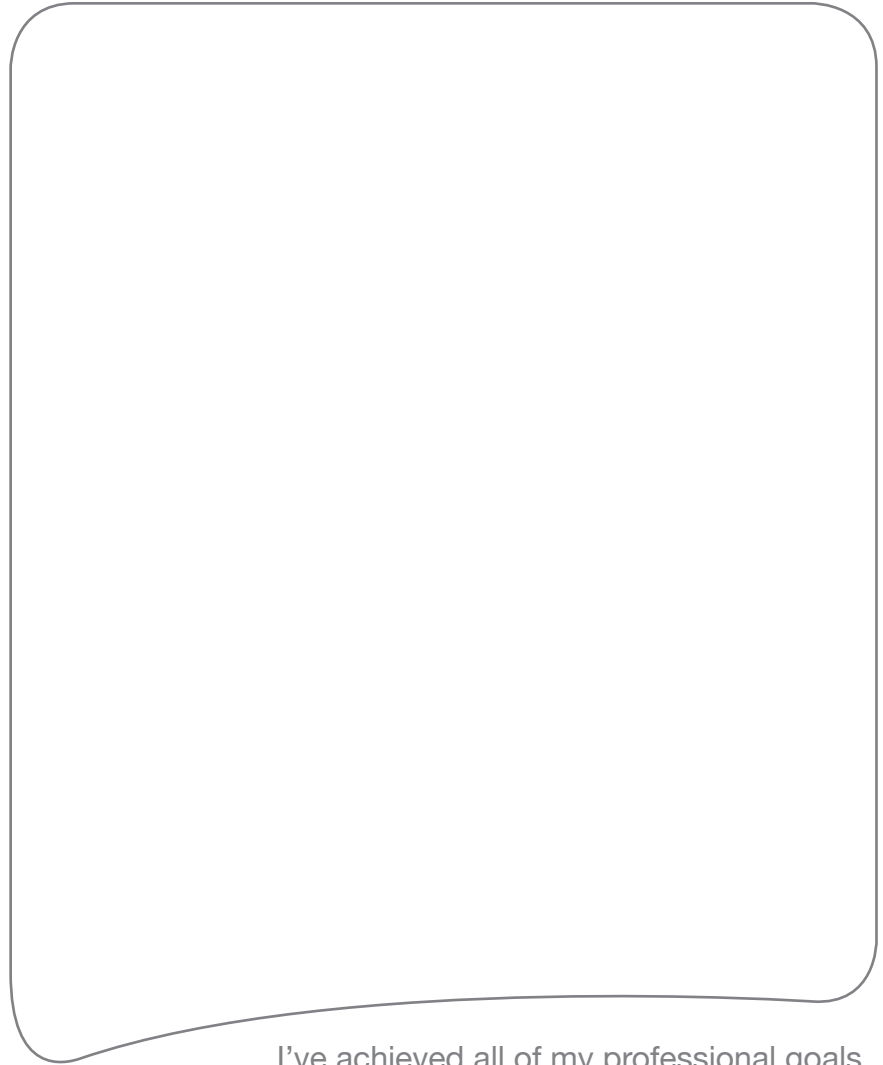


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

professional // inspiration

if I achieve my professional aspirations:



I've achieved all of my professional goals,
how do I feel?
what does my life look like?



professional // milestones

aspiration

what do I want to achieve professionally in the long term?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	

list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your professional life.

professional // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these actions are possible within my life?

resolutions
// **educational**

your emotional and scholarly growth

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

educational // goals

I now:

a.

b.

c.

d.

what is the current status of my educational life?

I aspire to:

a.

b.

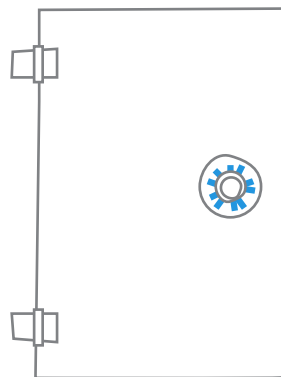
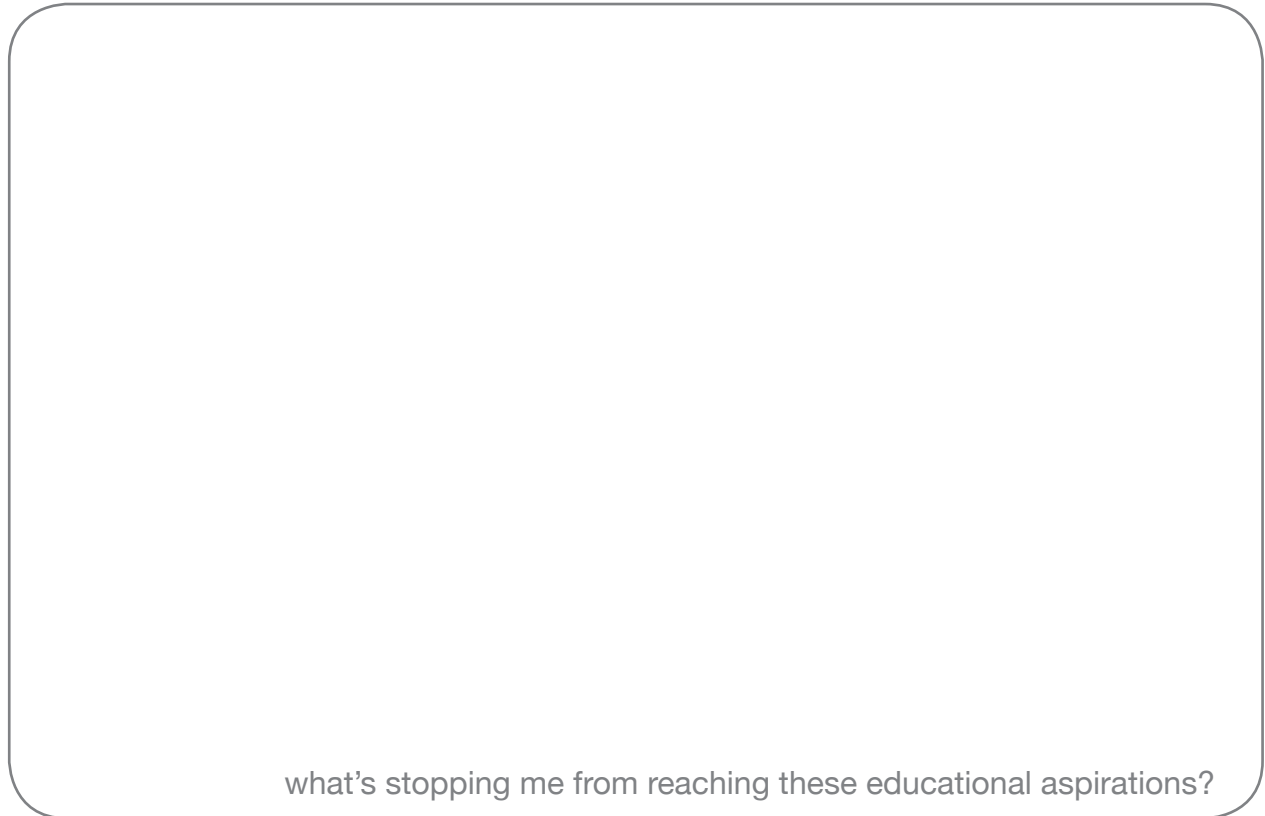
c.

d.

what would I like to change or improve in my long term educational future?

educational // barriers

barriers to fulfillment:

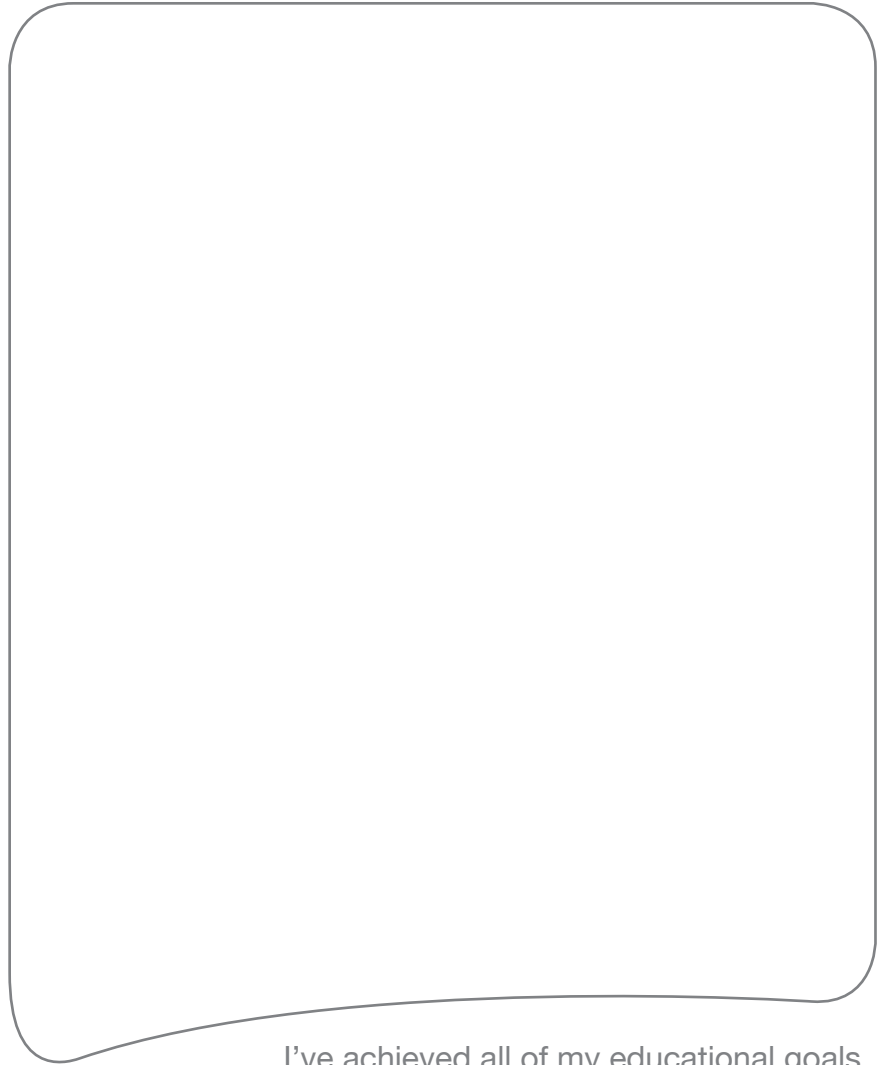


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

educational // inspiration

if I achieve my educational aspirations:



I've achieved all of my educational goals,
how do I feel?
what does my life look like?



educational // milestones

aspiration

what do I want to achieve in your long term education?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	

list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your educational life.

educational // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these actions are possible within my life?

resolutions
// **health**

your body's vitality & appearance

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

health // goals

I now:

a.

b.

c.

d.

what is the current status of my health?

I aspire to:

a.

b.

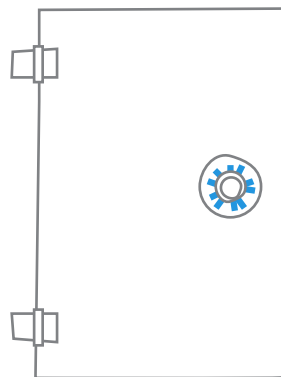
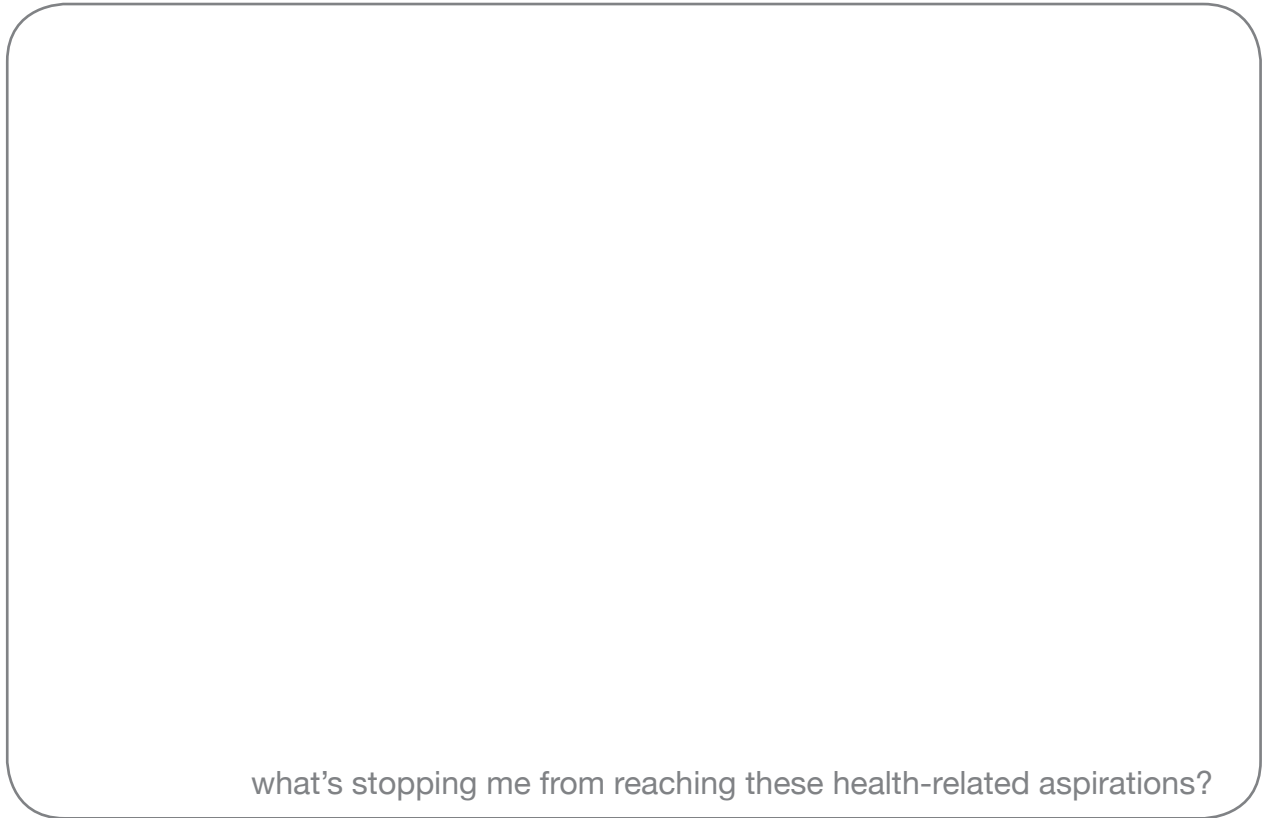
c.

d.

what would I like to change or improve in my long term health?

health // barriers

barriers to fulfillment:

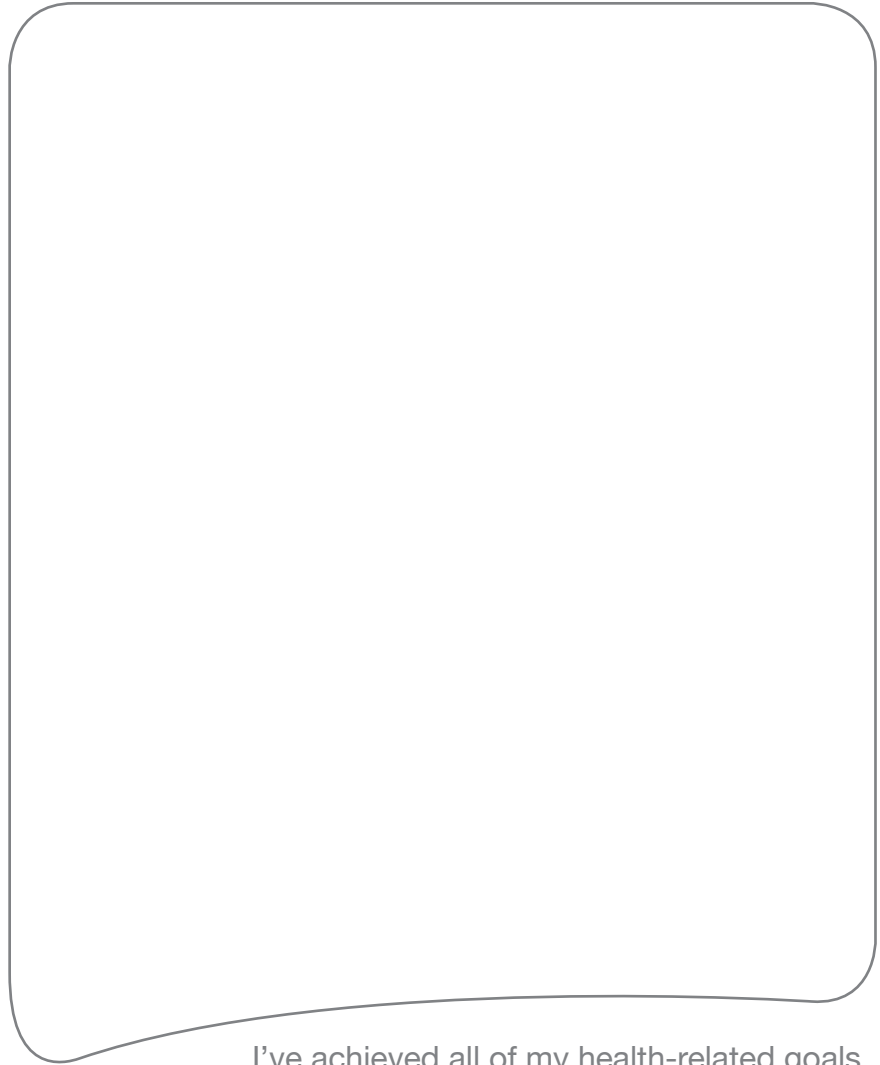


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

health // inspiration

if I achieve my health-related aspirations:



I've achieved all of my health-related goals,
how do I feel?
what does my life look like?
what do I look like?



health // milestones

aspiration

what do I want to achieve in your long term health?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	

list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your life.

health // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these actions are possible within my life?

resolutions
// **social**

your friends & network

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

social // goals

I now:

a.

b.

c.

d.

what is the current status of my social life?

I aspire to:

a.

b.

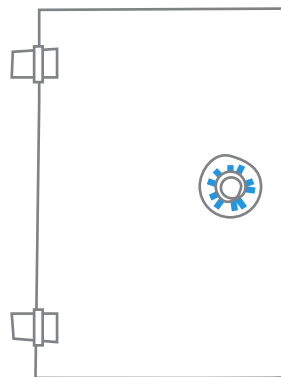
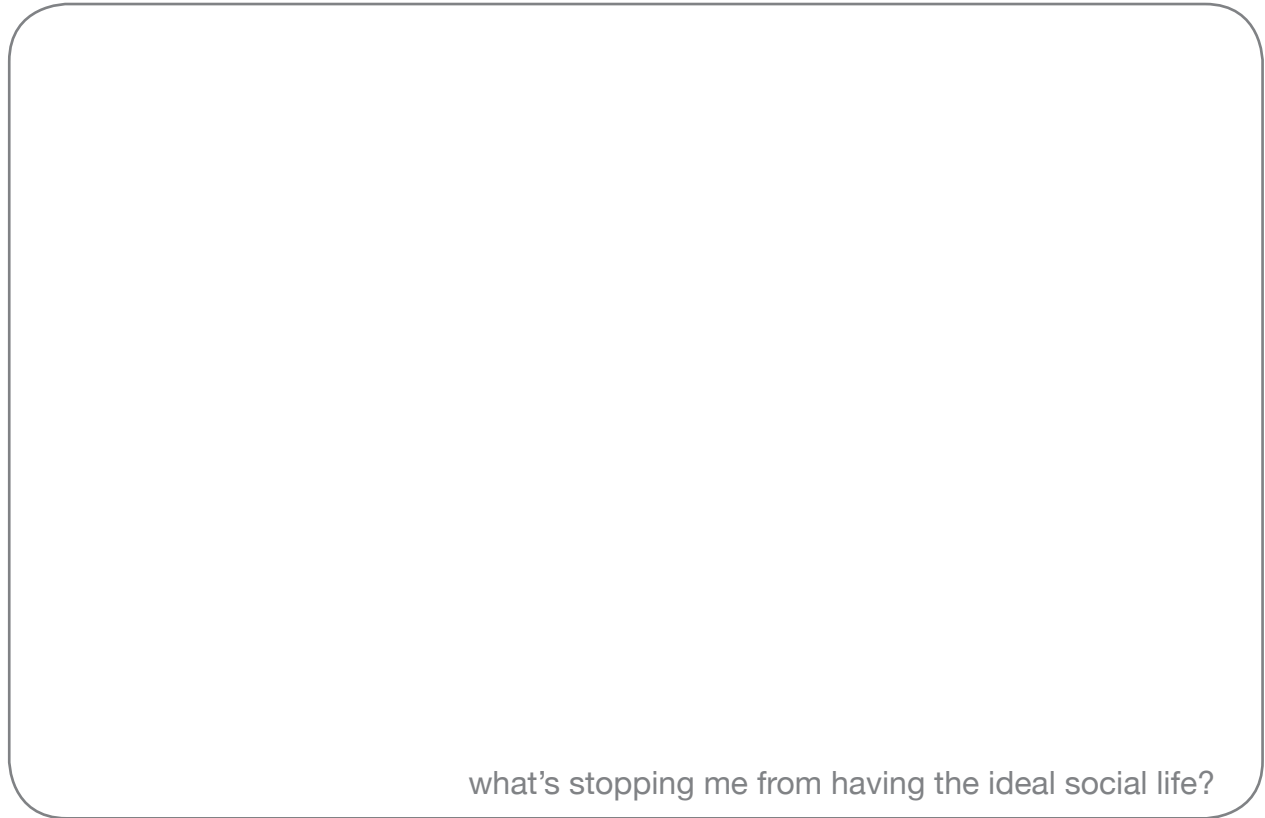
c.

d.

what would I like to change or improve in my long term social life?

social // barriers

barriers to fulfillment:

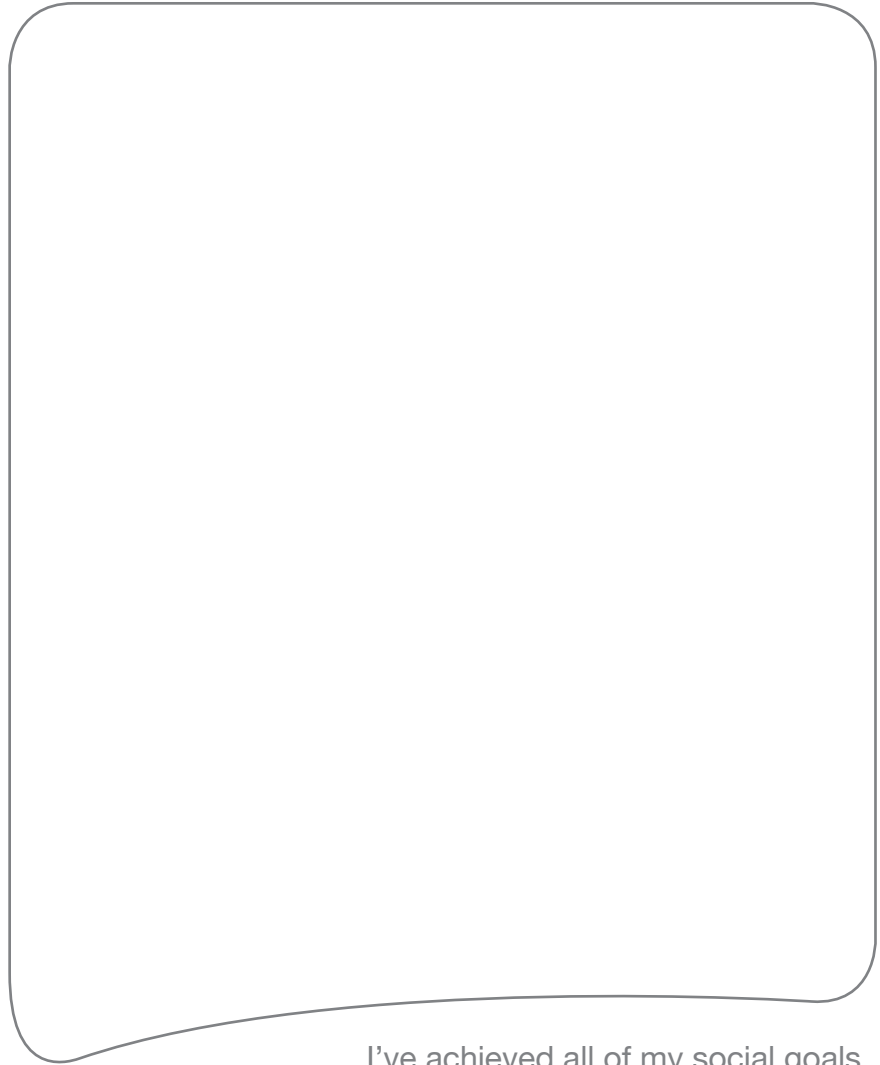


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

social // inspiration

if I achieve my social aspirations:



I've achieved all of my social goals,
how do I feel?
what does my life look like?



social // milestones

aspiration

what do I want to achieve in your long term social life?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	

list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your social life.

social // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these actions are possible within my life?

resolutions
// **family**

your relationships & relatives

till creative

245 W. North Avenue #211
Chicago, Illinois 60610

family // goals

I now:

a.

b.

c.

d.

what is the current status of my family life?

I aspire to:

a.

b.

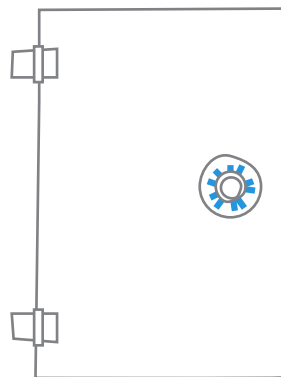
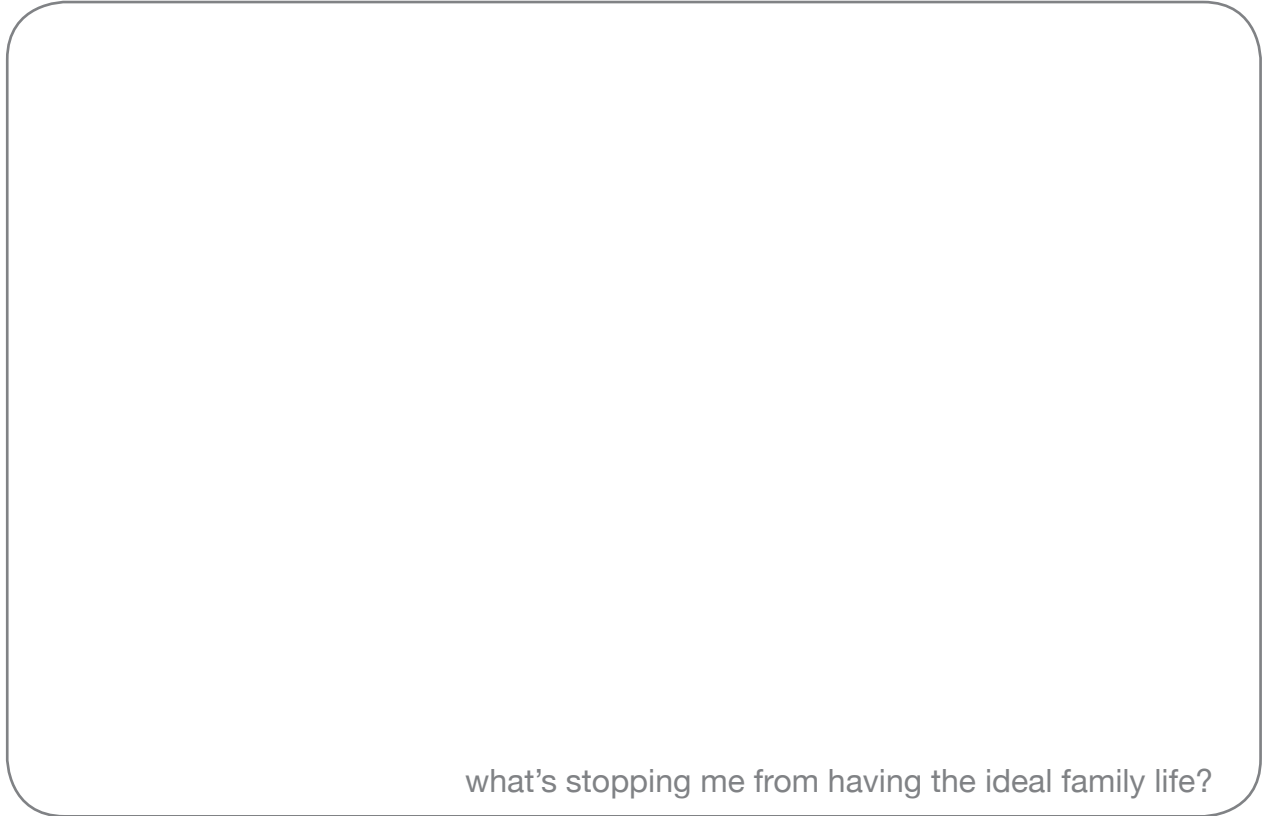
c.

d.

what would I like to change or improve in my long term family life?

family // barriers

barriers to fulfillment:

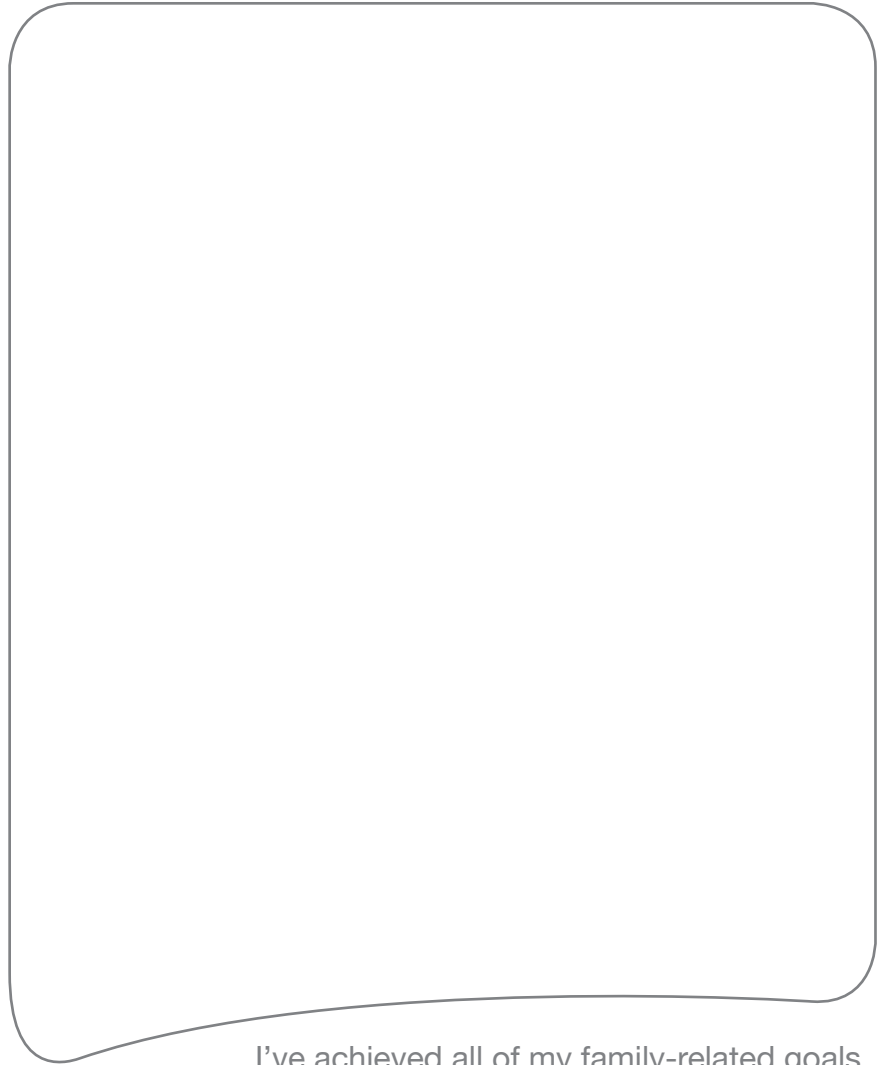


the vault

lock it. stock it. solve it.
find ways to work around internal & external barriers
life's too short to focus on "I can't".

family // inspiration

if I achieve my family aspirations:



I've achieved all of my family-related goals,
how do I feel?
what does my life look like?



family // milestones

aspiration

what do I want to achieve in your long term family life?

- a.
- b.
- c.
- d.

see "i aspire to:"

milestones

priority	done!	list
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	
#	<input type="checkbox"/>	

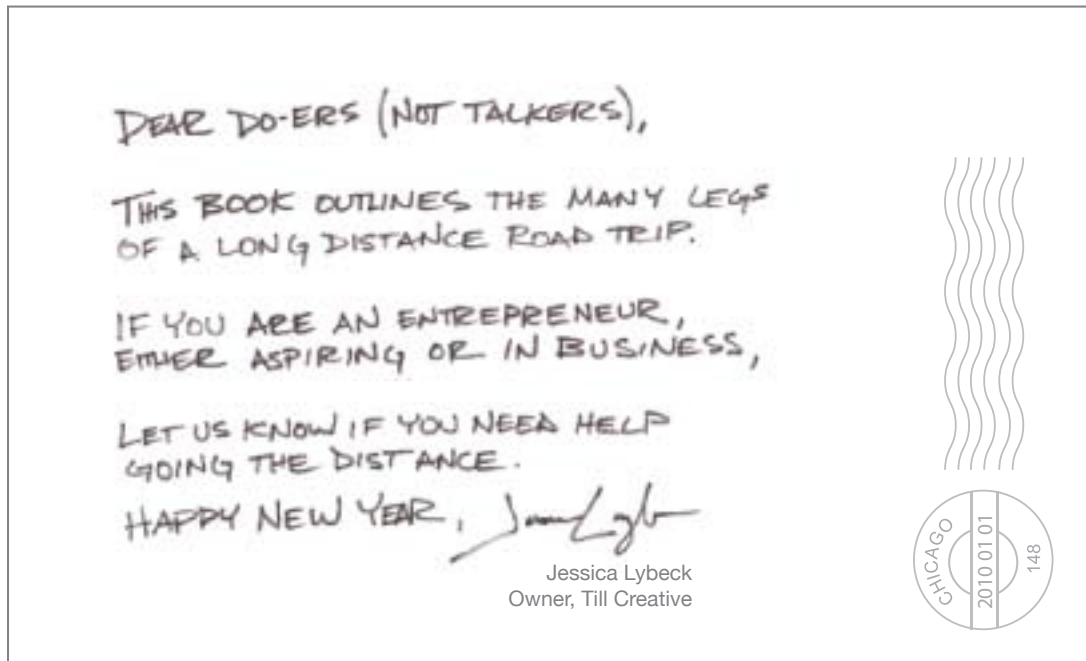
list goals which mark significant progress along the road to these aspirations
you can't do everything, prioritize this list - focus first on the things that will make
the most meaningful impact in your family life.

family // action

how do I achieve this major milestone?

milestone name	
goal	why am I doing this? what impact does this have on my life?
research / questions	what do I need to know to achieve this goal?
tasks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> how do i take ACTION? what are next steps? who do I need to talk to?
due date	when do I want to reach this milestone? realistic yet ambitious.
reality check	how do I ensure these actions are possible within my life?

till creative // a note from us



focus your dream.

research and organize your business ideas and aspirations to create a customized action plan

develop your vision.

shape your brand, user-experience and facilities to better connect with your customers.

market your business.

implement simple tactics to increase visibility, attract customers, and generate sales.

till creative | 245 w north avenue #211 | chicago, illinois | www.tillcreative.com

contact | hello@tillcreative.com | 312.265.0489