



Path to Purpose

Your Guide to the Goal Planning Tools

Path to Purpose is a series of connected tools that help you move from vague ambitions to concrete, time-bound action plans. Each tool builds on the one before it. This guide shows you what each tool does and how they fit together.

Before you start, have these ready:

- Your lifetime goals list (from The First Question)
- Your 3-5 year goals list
- Your time-wasting estimate (from How Do We Waste Our Time)

The Tools, Step by Step

1 Overview

Set the foundation. Enter how much time you waste daily and how much you're willing to reclaim for your goals. Then name up to three goals.

- Input: daily wasted minutes, reclaimed minutes
- Output: your goal list, ready for detailed planning

2 Goal Details & Facet Planning

Break each goal into smaller pieces called facets. For each facet, estimate the time, cost, and duration. This is where big goals become manageable.

- Input: your goals from the Overview
- Output: a breakdown with time, cost, and timeline per facet

3 Time Suggestion Tool

Not sure how long a goal takes? Select a category and goal type to get research-based time estimates. Use these to calibrate your facet planning.

- Input: a goal category and type
- Output: estimated hours based on real data

4 Daily Checklist

Turn your goals into daily action. List your professional and personal tasks for today. This is the bridge between planning and doing.

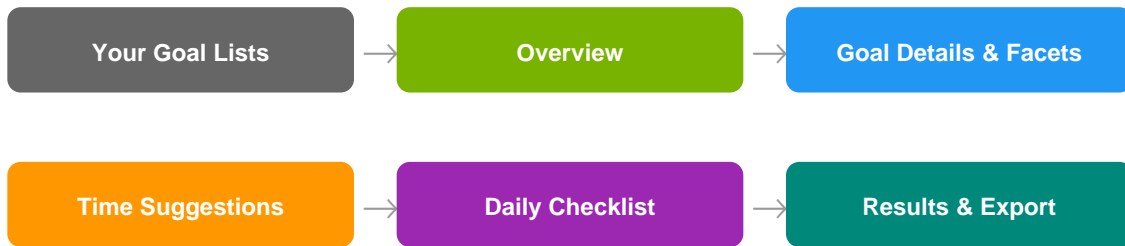
- Input: your facets and priorities
- Output: a focused daily task list you can print or revisit

5 Results & Export

See everything in one place. Review your goals, facets, timelines, and savings. Export your full plan as a PDF to keep or share.

- Input: all your planning data
- Output: a printable summary of your entire plan

How the Tools Connect



Notes:

Tip: You can return to any tool at any time to update your goals or adjust your plan. The tools save your progress automatically.