

# Age REBEL Action Plan



<p><b>Rebel vision</b> Your audacious, long-term vision for the next five to ten years.</p>				
<p><b>Energy</b> How you'll split your time, focus and vitality between the four pillars of self, work, friends and family.</p>	Self %	Work %	Friends %	Family %
<p><b>Benchmarks</b> Your goals and the actions you are going to take.</p> <p>Make each benchmark:</p> <ul style="list-style-type: none"> <li>• Specific</li> <li>• Measurable</li> <li>• Achievable</li> <li>• Relevant</li> <li>• Timebound</li> </ul>				
<p><b>Evidence</b> Your wins, completed steps and achievements that prove you're hitting your benchmarks.</p>				
<p><b>Lifts</b> The people, moments and things that uplift you and for which you are grateful.</p>				