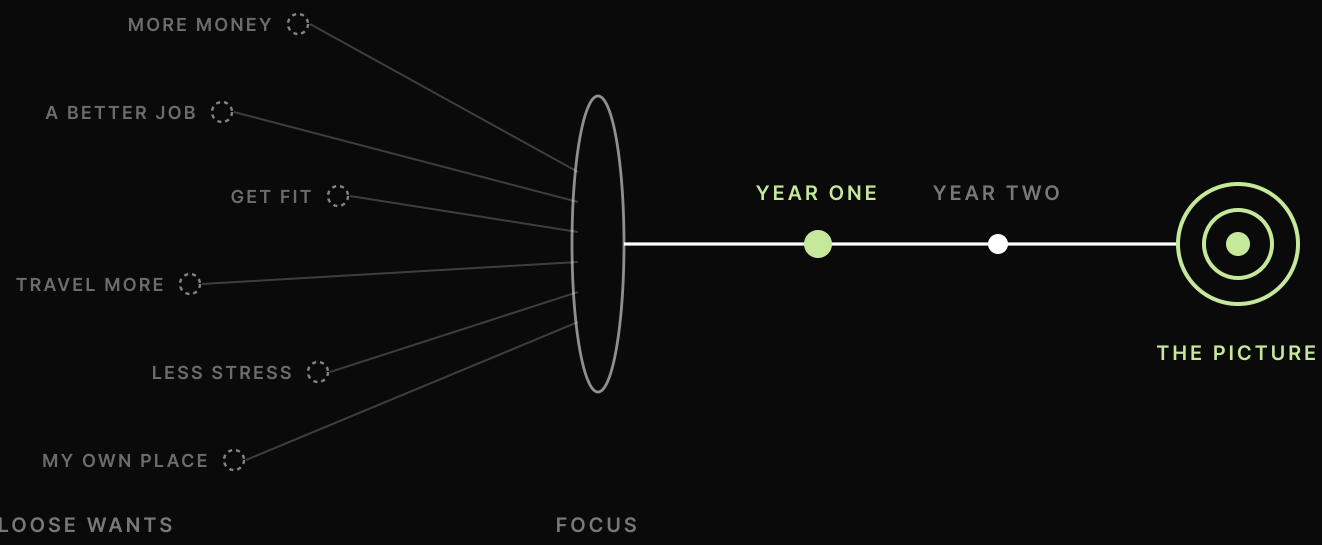
The Three-Year Picture.

A workbook for turning a loose list of wants into one clear, ordinary day three years out, and then into this year's goals.



HOW THIS KIT WORKS

Fifty minutes. Eight areas. One picture you can plan from.

You'll leave with three things: a scored map of your life today, one written Tuesday three years from now, and up to three goals for the next twelve months that point straight at it.

TOOL 1 · PAGE 03

The Life Scorecard

Rates eight areas twice, today and three years out, then weights them to show where the pull really is.

TOOL 2 · PAGE 04

The Ordinary Tuesday

One normal day, three years out, written as five short scenes that a camera could actually film.

TOOL 3 · PAGE 05

Sort and shortlist

Splits that day into keep, change and add, then narrows everything down to one to three focus areas.

TOOL 4 · PAGE 06

The year-one translation

Turns each focus area into one result with a number, checked on one date twelve months from today.

THE ORDER

Read the tools
12 min · pages 03 to 07

Fill in
35 min · pages 08 to 10

Pin it up
3 min · page 11

Check quarterly
10 min · page 13

PICK YOUR STARTING PAGE

"I can't say what I want. Only that it isn't quite this."	Start on page 03.
"I know roughly what I want, but it's a blur."	Start on page 04.
"The picture is clear. My yearly goals just never match it."	Start on page 06.

TOOL 1

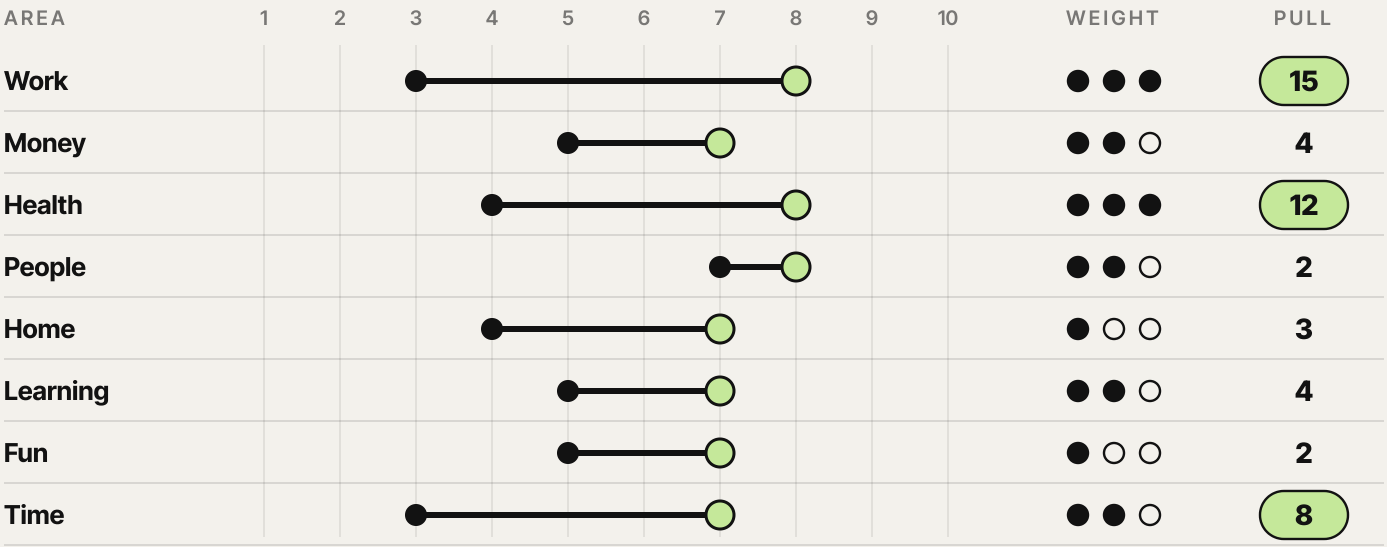
01

The Life Scorecard.

Rate eight areas twice: where each one is today, and where you'd want it on a normal day three years from now. Then weight them. A low score only matters if you'd actually care about closing it.

1 to 2	3 to 5	6 to 8	9 to 10
I avoid looking at it.	It works, just about.	Good, with one clear gap.	I'd leave it exactly as is.

EXAMPLE · A TEACHER THINKING ABOUT LEAVING THE CLASSROOM



Today · Three years out · The gap · Top three pulls

THE MATH

Pull = (three years minus today) × weight. Circle your three biggest. They go to Tool 3.

Home has a 3-point gap, but weight 1 gives it a pull of 3. Health's 4 points at weight 3 make 12.

TWO RULES FOR HONEST SCORES

Weight 3 is rare. It means "I'd be upset if this looked the same in three years." Three areas at most.

Ten isn't the default. Ask what "enough" would look like on a Tuesday, and score that.

A minute an area
First number that comes. The whole card: under ten minutes.

Score the season
Rate the last three months, not this week. One bad Monday is not a 2.

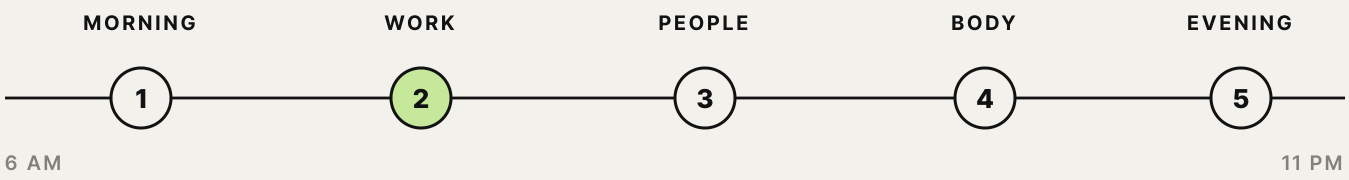
Ties go to weight
Two pulls the same? The one with the higher weight goes first.

TOOL 2

The Ordinary Tuesday.

02

Not a holiday and not a big win. A plain Tuesday three years from now, written in five short scenes. You plan toward the days you'll repeat hundreds of times, not the one you'd post about.



1 · Morning
What time are you up, where, and who is the first hour for?

2 · Work
Where are you at 10:30, on what, with whom? When do you stop?

3 · People
Who do you see or talk to today, and how often does that happen?

4 · Body
What does your body do today? What's lunch? When is lights out?

5 · Evening
Where are you at 8 pm? What no longer happens in the evenings?

THE CAMERA TEST · SCORE EACH SCENE 0 TO 5 — 5 = DONE · UNDER 3 = REWRITE

+1 TIME	+1 PLACE	+1 NUMBER	+1 PERSON	+1 ACTION
a time on a clock	a place you could name	any count, amount or size	someone by name or role	a thing you do, not feel

BEFORE AND AFTER · THE SAME WISH, REWRITTEN

VAGUE	CAMERA-READY	SCORE
~~"I'm healthy and full of energy."~~	6:40, a 25-minute run on the river path, home by 7:10. I carry the shopping up four floors in one trip.	**4** / 5
~~"A job I love."~~	10:30, at the long table in a 12-person studio, sketching a kitchen for a client called Mrs. Hale. I leave at 5:15.	**5** / 5
~~"No money stress."~~	Rent leaves on the 1st and I don't check the balance first. $14,000 sits in savings, untouched since spring.	**3** / 5
~~"Closer to my family."~~	7 pm, dinner at my brother's place, the third this month. I bring dessert and stay for the kids' bedtime.	**5** / 5

Write in present tense, first person. If a scene stays blank after two minutes, leave it blank. A blank scene is useful information for Tool 3.

TOOL 3

Sort and shortlist.

03

Lay today's Tuesday next to the one you wrote. Every line of the new day goes in one of three bins. The bins show how big the jump is, and where.

KEEP 3	CHANGE 3	ADD 2
Already true today. Your job is to protect it.	Exists now, but looks different then.	Doesn't exist yet. Each one needs building.
Saturday market with my partner	Teaching a class of 30 → designing courses	A portfolio of 6 course projects
Reading before bed	Leave at 6:30 → leave at 5:15	Climbing gym, Tuesdays at 6
Walking to work	Grading on Sundays → Sundays off	

READ THE BINS

Mostly Keep: this year is about protecting what works.

Mostly Change: this year is about adjusting things you already have.

3 or more Adds: plan for about one Add per year.

THE SHORTLIST · FOLLOW THE PATH

Start: your three biggest pulls
from the scorecard in Tool 1

Would one goal this year fix two of them?

YES → **Merge them into one area.**
Bring in your fourth-biggest pull, then go again.

NO

Does each one have a Change or Add line in your Tuesday?

NO → **Write that scene before it counts.**
No line in the picture means it isn't a focus yet.

YES

Can you name a weekly slot for each one, or is it a rule?

NO → **Drop the smallest pull until you can.**
Two areas with time beat three without.

YES

Keep them. That's your shortlist.

THE TEACHER'S PATH

Work 15, Health 12, Time 8. No goal fixes two, and all three have Tuesday lines. Slots: Saturday mornings and Tuesday 6 pm; Time is a rule, not a slot. **Shortlist: all three.**

TOOL 4

The year-one translation.

04

Three years is too far to plan in detail. Twelve months isn't. For each focus area, ask: on the date one year from today, what would I need to see to know this part of the picture is on its way?



FOUR KINDS OF YEAR-ONE RESULT · PICK ONE PER AREA

P · FIRST PROOF
It happened once, for real.
2 paid course projects.

B · BASE
What the rest stands on.
$6,000 saved. Exam passed.

R · ROUTINE
It runs without a decision.
Climbing 40 of 52 weeks.

X · REMOVAL
Something is gone for good.
No grading after 6 pm.

AREA	IN THE PICTURE	KIND	YEAR-ONE GOAL: A NUMBER AND A DATE
Work	Designing courses at an education company, 9 to 5:15.	P	**2 freelance course projects** delivered and paid, by the year-one date.
Health	Climbing Tuesdays at 6, strong enough for the hard wall.	R	**Climbing twice a week** in 40 of 52 weeks, ticked on a wall chart.
Time	Evenings and Sundays belong to me.	X	**Grading stays at school** in 32 of the 36 teaching weeks.

TOO BIG? If a goal only makes sense as a third of the picture ("a third of a new career"), it's sized wrong. Shrink it to the first proof or the base. The big jump belongs to year two.

EVERY YEAR-ONE GOAL PASSES FOUR CHECKS

Yes or no. On the date, you can answer "did it happen?" in one word.

Has a number. A count, an amount, a size or a share of weeks.

Mostly yours. It doesn't hinge on someone else saying yes.

Points one way. If it happened, the picture is closer. Not just busier.

ALL FOUR TOOLS, FILLED IN

Elena's picture.

TODAY	THE WEEK	PICTURE DATE
32, payroll coordinator, one employer	50 hours, 70 minutes of commute a day	A Tuesday, three Novembers from now

TOOL 1 · SCORECARD

AREA	NOW	3 YR	WT	PULL
Work	4	8	3	**12**
Health	4	7	3	**9**
Learning	3	7	2	8 →W
Money	5	8	2	**6**
People	6	8	2	4
Fun	3	6	1	3
Time	4	7	1	3
Home	5	7	1	2

Tool 3, first question: the payroll certificate is Learning and also step one of Work, so the two merge. Money, at 6, moves up.

TOOL 2 · HER TUESDAY, THREE YEARS OUT

Morning. Up at 6:45, no alarm. 25-minute run on the canal path, coffee at the counter, no email before 8:30. 5/5

Work. 8:30 at the desk in the spare room. Payroll for 9 small businesses: two cafés, a dental office, a gym. Tuesdays are client calls. Done at 4. 5/5

People. Lunch with Ana from the old job twice a month. Thursday dinner at my sister's, like now. 4/5

Body. Weights Monday and Thursday at the gym five minutes away. Lights out at 11, seven and a half hours. 4/5

Evening. Cook four nights out of five. 30 minutes of guitar. The laptop stays shut after 4. 4/5

YEAR ONE, IN THREE NUMBERS

SIDE CLIENTS
3

BUFFER
$9,000

GYM WEEKS
40/52

WHY IT'S ON TRACK
3 clients and 4 months saved: solo in year two, 9 clients by year three.

TOOL 3 · THE SORT

Keep · 3
Dinners at my sister's · the apartment · Sunday reading

Change · 3
One employer → 9 clients · commute → spare room · 6 hrs of sleep → 7.5

Add · 3
A cash buffer · the gym · guitar (waits for year two)

TOOL 4 · YEAR ONE · NOV 1 TO OCT 31

AREA	KIND	YEAR-ONE GOAL	FIRST STEP THIS QUARTER
Work	P	**3 paying side clients** billing $1,200 a month in total by Oct 31. Payroll certificate passed by May 31.	Course paid for by Jan 15. Saturdays 9 to 10 for study.
Money	B	**$9,000 buffer** by Oct 31: four months of her $2,250 costs. That's $750 a month.	Automatic $750 transfer on the 2nd of each month.
Health	R	**Weights twice a week** in 40 of 52 weeks. Lights out by 11 on weeknights.	Gym chosen, Monday and Thursday 6:30 pm in the calendar.

My life, scored.

DATE _____

On each row, write **N** in today's box and **3** in the box for three years out, then draw a line between them. Fill in the weight dots (1 to 3, no more than three rows at 3). Pull = gap × weight.

AREA	1	2	3	4	5	6	7	8	9	10	WEIGHT	PULL
Work what you do all day, and where											○ ○ ○	
Money income, savings, checking the balance											○ ○ ○	
Health sleep, movement, food, energy											○ ○ ○	
People partner, family, friends, how often											○ ○ ○	
Home where you live, how it feels to walk in											○ ○ ○	
Learning skills you're building or curious about											○ ○ ○	
Fun things you do for no reason at all											○ ○ ○	
Time how much of the week is yours to decide											○ ○ ○	

MY THREE BIGGEST PULLS · THEN RUN THE PATH ON PAGE 05

1ST	2ND	3RD

☐ One goal this year would fix two of these. Merged: _____

THE SCORE THAT SURPRISED ME, AND WHY

_____

_____

WORKSHEET B · PRINT ME

My ordinary Tuesday.

A TUESDAY IN (MONTH, YEAR) _____

Present tense, first person. Two to three sentences a scene. Then tick a box for each thing the scene contains and write the score.

1 · Morning Up when, and where? Who gets the first hour? ☐ TIME ☐ PLACE ☐ NUMBER ☐ PERSON ☐ ACTION /5

2 · Work 10:30: where, on what, with whom? Done when? ☐ TIME ☐ PLACE ☐ NUMBER ☐ PERSON ☐ ACTION /5

3 · People Who do you see or talk to today? How often is that? ☐ TIME ☐ PLACE ☐ NUMBER ☐ PERSON ☐ ACTION /5

4 · Body What does your body do today? Lunch? Lights out? ☐ TIME ☐ PLACE ☐ NUMBER ☐ PERSON ☐ ACTION /5

5 · Evening 8 pm: where, doing what? What has stopped? ☐ TIME ☐ PLACE ☐ NUMBER ☐ PERSON ☐ ACTION /5

THE TRADE TEST

Would you swap today's Tuesday for this one, right now? ☐ yes ☐ not yet

IF "NOT YET"

Find the scene that bored you to write and redo only that one.

Sorted and translated.

TOOL 3 · EVERY LINE OF YOUR TUESDAY GOES IN ONE BIN

KEEP

CHANGE

ADD

TOOL 4 · YEAR ONE, FROM

TODAY'S DATE

YEAR-ONE DATE (12 MONTHS ON)

FOCUS AREA	IN THE PICTURE	KIND	YEAR-ONE GOAL: A NUMBER AND A DATE
1		P B R X	
2		P B R X	
3		P B R X	

THE FOUR CHECKS · TICK EACH GOAL

	GOAL 1	GOAL 2	GOAL 3
Yes or no on the date	☐	☐	☐
Has a number	☐	☐	☐
Mostly in my hands	☐	☐	☐
Moves the picture closer	☐	☐	☐

FIRST STEP THIS QUARTER

PIN ME UP · WHERE YOU'LL SEE IT DAILY

My picture.



WRITTEN ON

YEAR ONE ENDS

PICTURE DATE

MY ORDINARY TUESDAY, ONE LINE A SCENE

Morning _____

Work _____

People _____

Body _____

Evening _____

FOCUS AREAS · PICTURE AND YEAR ONE

1 _____

IN THE PICTURE

BY YEAR ONE

☐ Done on the date

2 _____

IN THE PICTURE

BY YEAR ONE

☐ Done on the date

3 _____

IN THE PICTURE

BY YEAR ONE

☐ Done on the date

KEEP, WHATEVER ELSE CHANGES

PARKED UNTIL YEAR TWO

CUT ALONG THE DASHES · KEEP IT IN YOUR WALLET OR PHONE CASE

MY YEAR ONE · ENDS _____



1 _____

2 _____

3 _____

TROUBLESHOOTING

If the picture won't come into focus.

WHAT YOU NOTICE	WHAT'S USUALLY BEHIND IT	THE FIX
My Tuesday reads like a brochure.	You wrote outcomes, not scenes.	Score each scene with the camera test. Rewrite anything under 3.
Every "three years" score is a 9 or 10.	Wanting everything at the maximum.	For each 10, describe the Tuesday version. If an 8 would look the same, write 8.
I can't picture three years out at all.	The jump feels too far to imagine.	Write the Tuesday twelve months out first. Then stretch each scene once more.
It's just my life now, with more money.	Only the Change bin got used.	Ask what you'd do with a free Tuesday evening. Write at least one Add.
The whole picture depends on someone else.	Year-one goals that need another person's yes.	Rewrite the goal as the part you control: "10 applications", not "the job".
My year-one plan looks like a second job.	Each goal was sized as a third of the picture.	Year one builds the base. One goal per area, and drop to two areas if needed.
I wrote it, and it left me cold.	You wrote what you think you should want.	Run the trade test on page 09. Rewrite the dullest scene first.
The shortlist keeps growing. It's five now.	Every gap feels urgent once it's on paper.	Three at most. The rest go on the "parked until year two" line on page 11.
I wrote it once and never looked again.	It lives in a drawer.	Pin page 11 where you get dressed. Keep the cut-out card on you. Book the four checks now.
Six months in, it doesn't fit anymore.	You learned something the first draft didn't know.	Rewrite the scene at a quarterly check. Keep the picture date.

PRINT ME · TEN MINUTES, FOUR TIMES A YEAR

The quarterly check.

YEAR ONE ENDS _____

Every three months, shade one square per 10% of each year-one goal reached, answer three questions, and rescore today's column of the scorecard. The picture can change; the date stays.

	MONTH 3	MONTH 6	MONTH 9	MONTH 12
Goal 1 _____	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
Goal 2 _____	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
Goal 3 _____	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐☐☐
Still the Tuesday I want?	Y N	Y N	Y N	Y N
One Add moved forward?	Y N	Y N	Y N	Y N
Anything to cut?	Y N	Y N	Y N	Y N

RESCORE TODAY'S COLUMN · WRITE THE NUMBER

	WORK	MONEY	HEALTH	PEOPLE	HOME	LEARNING	FUN	TIME
Start								
Month 3								
Month 6								
Month 9								
Month 12								

COLOR THESE IN AS YOU EARN THEM



Tuesday written



Every scene scores 5



First quarterly check done



A year-one goal hit



Year one complete

Ten minutes. Page 08. Score all eight.

Rate each area today and three years out, before you do anything else. Don't linger on any one number; a quick first pass is the point. The Tuesday can wait until tomorrow morning.

Pledger keeps your picture in one place, with your year-one goals and the quarters, months and weeks underneath them.



usepledger.com

Next in The Pledger Method: comment **ANTI** on any @usepledger post for The Drift Forecast.