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LifeBoard

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Good evening everybody, my name is Diego Carbone and I am here today to present my company, LifeBoard.

First, let me start with some questions:

- How many of you in this room consider themselves to be procrastinators?
- How many of you don't know exactly what they want to do later after college?
- How many of you feel they haven't found their true purpose in life, and are still trying to figure out?

I can see that a lot of people in this room are frustrated because they don't know what they want to be later, and feel anxious because they haven't found something they are truly passionate about. And I understand, I am exactly like you guys.

About three years ago, when I graduated high school, I very quickly realized that I wanted to be an entrepreneur. However, as the time passed by, I soon noticed that I have spent more time playing video games or watching Netflix than actually working for my future. At that time, I wasn't feeling great about myself, and I knew I needed to change something.

I knew I needed something that, every morning when I wake up, I would have it right in front of my eyes. Every morning, I would have a visible reminder of who I was, what I wanted to be and what I needed to do to improve my life.

And this is when it all started. Last August, before school began, I used my designing skills, and after a few days of hard work, I came up with:

The LifeBoard.

The LifeBoard is the only guideline that you need to change your life. Instead of having vague life goals with no deadlines whatsoever, the LifeBoard gives you one year to set up your goals and achieve them.

This is how it works:

- First, you must define the beginning and ending of this new year of self-improvement.
When will you be starting?
- Then, you will take a moment to find your core purpose during this year, and more generally in your life.
- What will be the core values what will help you achieve your purpose?
- Your one year goals can be divided into four categories, which represent what generally matters most in a person's life: oneself, their family, their work and their community.
Your objective is to improve as much as possible during this year the 4 main aspects that make up your life.
- Then, you will break down each yearly objective into quarterly goals, that feel easier to complete. For example, reading four books in a year might seem like a lot, but you only need to read a book every three months to achieve this objective.
- Finally, each of these quarterly goals will be in turn divided into weekly objectives. At the end of every week, you will be able to mentally check your priorities and keep track of your efforts. Remember that long-term goals are only achieved with short-term actions.

The LifeBoard has truly changed my life for the better. It has given me deep gratification when I feel I succeeded in achieving my goal, or it has made me feel guilty, knowing that I needed to change something for the following week. However, I can't do it all by myself. That's why I will need you, dear students, to help me on this mission to improve the lives of millions of people across the US and the rest of the world.