



BUILDING CHAMPIONS™

COACHING BUSINESS AND LIFE | ON PURPOSE

LIFE PLAN

Each day we have the opportunity to make our day a success. What is success? Are you successful today? If not, when will you be and how will you know if you are? This tool will help you to create a plan, that if followed, will enable you to live a life that is both on purpose and successful.

The first step in creating your Life Plan is taking inventory of where you are in life today. We have found it best to go through the challenging exercise of writing your eulogy as if your life had just come to an end. Take a few minutes and write out your eulogy on the back of this page. When complete, move to the questions below.

1. Assess where you are in life today:

- Who do you want to be remembered by?

- What do you hope they will remember about you?

- Who else and why? - (Ask this question as many times as you need)

2. Awareness of what's important to me:

- Think of the areas of your life that are most important to you and list them below.

Account Examples

- | | |
|------------------|----------|
| Spouse | God |
| Children | Health |
| Finance | Career |
| Self Development | Family |
| Friends | Vacation |
| Fun | Charity |
| Community | My Dream |

- Write each account you have chosen at the top of a sheet of paper (use a separate sheet of paper for each account).

3. Clarify your vision:

Now that you have identified each of your life accounts, define where you want to be in each of them 20 or 30 years from now. What do you see when you look into your own future?

- Under each of the accounts, write out what you would like to see in the future.

4. Define your purpose:

What is your purpose in each of the identified accounts? What one sentence would clearly define the end result you are looking for?

- Under each of the accounts, write your purpose.

5. Make your plans:

In each account begin to record specific actions you will endeavor to accomplish in order to increase your net worth.

- Example: Marriage account - 30 minutes uninterrupted time with spouse discussing the day.
- Example: Health account - Run Tuesday, Thursday and Saturday at 7:00 a.m.

What will you do daily, weekly, monthly, quarterly or annually to increase your net worth in all of your accounts? List these activities under the appropriate account headings.

List tangible actions or activities for each account.

Be realistic. Remember you still need to eat and sleep!

6. Change your actions and track your success:

Put the activities in your calendar as commitments. Remember they are your life priorities!

- If you can't enter these activities into your planner, spend more time on this step. You need to be able schedule and track your progress and success. They must be quantifiable and measurable.

7. Live the journey:

Read your plan weekly to assess your balance. Sunday evening or Monday morning is suggested.

8. Stay on course:

Find a partner who will hold you accountable in these areas of your life, so that you can reach the goals you have set for yourself.