

THE WISE-GUIDE YOUR LIFE PLAN

Congratulations! Since you made it here, you almost certainly believe in yourself and aren't scared away by the reality that **you** are responsible for yourself, your life, your future. So that is what we are going to dive into – your FUTURE. Look, you can't plan every aspect of your life – and I don't want you to – you *should* have a VISION and PLAN for what is most important to you. Think back to *Wide-Eyed Wisdom* – Chapter 1, when you have a roadmap of the journey you are much more likely to reach your destination. Almost certainly there will be detours, wrong turns, slow-downs, pit stops and even collisions. But with your eye on the destination (and a map showing you how to get there), you are more capable of making planned and purposeful decisions to live the life that speaks to you.

What does that mean? It sounds a bit mushy, doesn't it...like something you would find on a greeting card or motivational poster. Well, you know what? Maybe someone is onto something! Is there power in pursuing a life of purpose in-line with your personal values? Is there fulfillment in pursuing a life that supports your heart's desire for family, friends, and community? You bet! What I'm saying, is that this singular life you live is comprised of a myriad of factors – relationships, activities, hobbies, jobs, money and more. It is up to you, and you alone, to ensure that what you are pursuing with your energy, time, and heart is worthy of this one journey.

Think of it this way, you are the conductor (whether you like it or not) and your direction instructs each instrument – all eyes are on you. If you focus on a single instrument, your music may be pleasant for a while, but with time becomes flat and uninteresting. But if you weave in other instruments, vary the tempo, crescendo and decrescendo, you can create a beautiful opera. Beware though, if you set the instruments to play on their own, the absence of your direction will lead to chaos – yep, a hot mess on stage and a sound no one wants to hear. What is the music that you want to create? The purpose of your Life Plan is to identify the elements (instruments) that are most important to you and figure out how to make them work together beautifully and powerfully, instead of in neglect or chaos.

I want you to live an incredible life. I want you to be proud of your relationships, the experiences you have had, what you have learned and how you have given back. Instead of living a life of regret or “wish I would have”, I want you to make the choices and go for it! So that is what we are going to do.

THE WISE-GUIDE

YOUR LIFE PLAN - INSTRUCTIONS

- First:** We are going to look at the various KEY LIFE ELEMENTS that comprise our lives and you are going to spend time with thought-provoking questions about which of these elements are most important to you, and how you want them to interact with each other.
- Second:** Translate your thoughts to paper by creating simple ENVISION STATEMENTS.
- Third:** You will identify an ACTION PLAN - steps and targets to align your daily work with your Vision.
- Fourth:** REVIEW YOUR PLAN regularly and be willing to modify your actions to line up with your stated goals (and if your goals have changed, change your Plan). Get back on track if needed.
- Fifth:** SHARE YOUR PLAN with trusted family and friends. LIVE YOUR LIFE! Live it well – on your own terms.

Let's Get Started

1. Key Life Elements

These are the areas we believe are most important to experience a balanced life. Take some time to think through how your desired life is impacted by each.

FAMILY

Current and future

CAREER

How you earn a living

SOCIAL

Friends – your tribe

FINANCIAL

Your money at work – earn/spend/save/invest

SELF-DEVELOPMENT

What you want to learn/improve

LIFESTYLE

Home/car/material items/personal services

SPIRITUAL

What you believe in

COMMUNITY SERVICE

Community involvement – giving back

HEALTH AND WELLNESS

Taking care of yourself – diet and exercise

RECREATION/HOBBIES/ENTERTAINMENT

Fun!

Questions to Ponder

- What is your life like today? What is fulfilling and what isn't? Why and why not?
- Are you reacting to life demands or living life on your terms, according to your purpose?
- What five things matter most to you? Rank each item, starting with highest priority first. What is it about these five that make them really important to you?
- Describe how you would like your life to look 5, 10, and 20 - 30 years from now?
- What do you want to pass along to your children, family, and others?
- What do you want to be known for?
- Describe your perfect day. What are you doing that makes the day perfect?
- What things make you most excited about getting up in the morning?
- Describe what really makes you happy. What are you doing?
- What subjects are interesting and intriguing to you?
- How long would you like to live?
- Based on earlier budgeting exercises, how much money do you need to support your desired lifestyle? How much do you need into retirement?
- What are the things you need to do to live the life you desire?
- Assess your self-discipline. What needs to change?
- When you are finished with life here on earth, look back and describe what the journey was like. What were the key things that you did to live life according to your vision?
- Now - reassess the most important aspects of your life – what is truly most important?

2. Create ENVISION Statements

For the Key Life Elements that you deem most important (to get started, choose 3-5), verbalize what they “look” like in your ideal life.

3. Create an Action Plan

Now that you have clarified the elements that are most important to you and created Envision Statements to summarize what those “look” like, identify 2-3 *actions* for each that will align your life to your vision. Life is busy – set a date to accomplish your action and mark your calendar.

4. REVIEW YOUR PLAN

If you have made it this far, it would be a shame to shove this information in the back of the drawer (and your mind) and return to business-as-usual. Instead, I challenge you to review this on a daily – yes, I said DAILY – basis for the next 3 months (then you can scale back to weekly). Be conscious of and committed to your plan. Make it part of your routine. Are you on track? Did your efforts yesterday support your goals? If so, congrats! Keep it up! If not, what can you do today to get back on track? As time flies by you will need to adjust your plan. Priorities may flux – or something new may crop up. Great! Think, Plan, Do, then Review!

5. SHARE YOUR PLAN and LIVE YOUR LIFE!

Don't be shy – share your hopes, dreams, and plan with the world! At least with those you trust and love. They can share in your accomplishments and encourage you along the way. Live your life, live it well, enjoy the ride!

THE WISE-GUIDE

YOUR LIFE PLAN - WORKSHEET

EXAMPLE Key Life Element: **FAMILY**

Envision Statement:

My family is the lasting key throughout my life. The decisions I make regarding career and my time will be balanced by the needs of my family. I want my young children to feel secure and know that I am present. I want them to experience a parent who loves them unconditionally, is committed to a lifelong nuclear family, and expects them to treat others with kindness, respect, and be responsible for their own actions – as they see modeled in my life.

Action	Frequency	Next Target Date
Arrange my schedule to be home in the morning to get them off to school.	Weekdays	9/7/20 – ongoing
Be home for family dinner nightly.	Daily	9/1/20 – ongoing
Monthly individual outing for each child with mom and dad. (Other kids will stay with sitter – rotate child weekly). Mom and dad use fourth week for date night.	Weekly – Thursday nights	9/3/20, 9/10/20, 9/17/20, 9/24/20

Key Life Element:

Envision Statement:

Action	Frequency	Next Target Date
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Key Life Element:

Envision Statement:

Action

Frequency

Next Target Date

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Action

Frequency

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Action

Frequency

Next Target Date