

# ONE PAGE PERSONAL PLAN (OPPP)



## HOW TO FILL IN THE ONE PAGE PERSONAL PLAN

### 10-25 Year Category – Start Here

There are four areas that you are creating goals for (Relationships, Achievements, Rituals, Wealth)

**Tip:** Finance, Fitness, Friends, Family and Faith are idea points in your life → You can use these words to generate ideas for your One Page Personal Plan

- Start in the Relationships column (top left) → 10-25 years from now
- How old will you be? If you pick 10 years, in 10 years my age will be this. Same idea for 15, 20, or 25 years
  - How old will other family members be? (Kids, Parents, Other Family Members)
  - What does my life look like at this point? Really put yourself into the future – imagine what your life will look like
- Step all the way out into this space
- Think about the relationships you have in your life 10 years from now and state what you want with those relationships in the column
- Make sure it's in a present tense statement. For example, "I have a relationship that is thriving with my husband."
- Use present tense terms as if you have already achieved it (e.g. I own, I am, We have, etc.)
- Do that for the Achievements column, the Rituals column (e.g. I exercise 3x per week for at least an hour), and the Wealth column

|                           | Relationships | Achievements | Rituals | Wealth (\$) |
|---------------------------|---------------|--------------|---------|-------------|
| 10-25 Years (Aspirations) |               |              |         |             |

### 1 Year Category

- Start in the Relationships column, look at the 10-25 year column above it, and ask yourself if you want this in 10-25 years, what do you want in 1 year from these Relationships, Achievements, Rituals, and Wealth
- What are the things this year that I need to do to achieve the 10-25 year time frame
- The 1 year is more activity driven
- Make sure you use present tense – as if you have already achieved it

### 90 Days – Start/Stop

- In the next 90 days/ 13 weeks here are some things that I need to Start and Stop doing in order to make this true at the end of the year
- You'll do 4 starts and 4 stops → 1 for each category
- Over time, you'll find that there are some quarters where you don't have a start for each category. It may be 2 starts/ 2 stops or 1 stop here/ 2 starts there. Don't overwhelm yourself – bite it off in small chunks
- Small steps toward achieving the annual activity



# ONE-PAGE PERSONAL PLAN (OPPP)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

|         |                           | Relationships | Achievements | Rituals | Wealth (\$) |
|---------|---------------------------|---------------|--------------|---------|-------------|
| FAITH   | 10-25 Years (Aspirations) |               |              |         |             |
|         |                           |               |              |         |             |
| FAMILY  | 1 Year (Activities)       |               |              |         |             |
|         |                           |               |              |         |             |
| FRIENDS | 1 Year (Activities)       |               |              |         |             |
|         |                           |               |              |         |             |
| FITNESS | 90 Days (Actions)         | Start         | Start        | Start   | Start       |
|         |                           |               |              |         |             |
| FINANCE | 90 Days (Actions)         | Stop          | Stop         | Stop    | Stop        |
|         |                           |               |              |         |             |
| FUN     |                           |               |              |         |             |
|         |                           |               |              |         |             |

