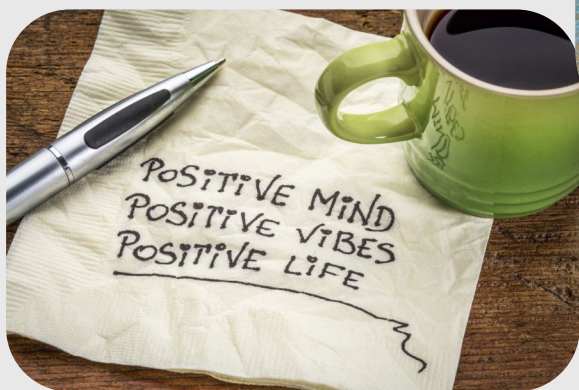


Antoinette Roldan Consulting

Life Blueprint Mini-Plan

Creating a life with purpose and intention



While I have done my best to capture a thorough plan, I cannot offer explicit guarantees. No program can make guarantees when there are factors and circumstances that are outside of its control. Rather, your passion and drive to execute and fulfill your plan will make the difference.

*You must be committed to your plan and
use your plan to help guide and direct your creation.
Along the way, enjoy the ride and trust the process!*

All the best,

Toni

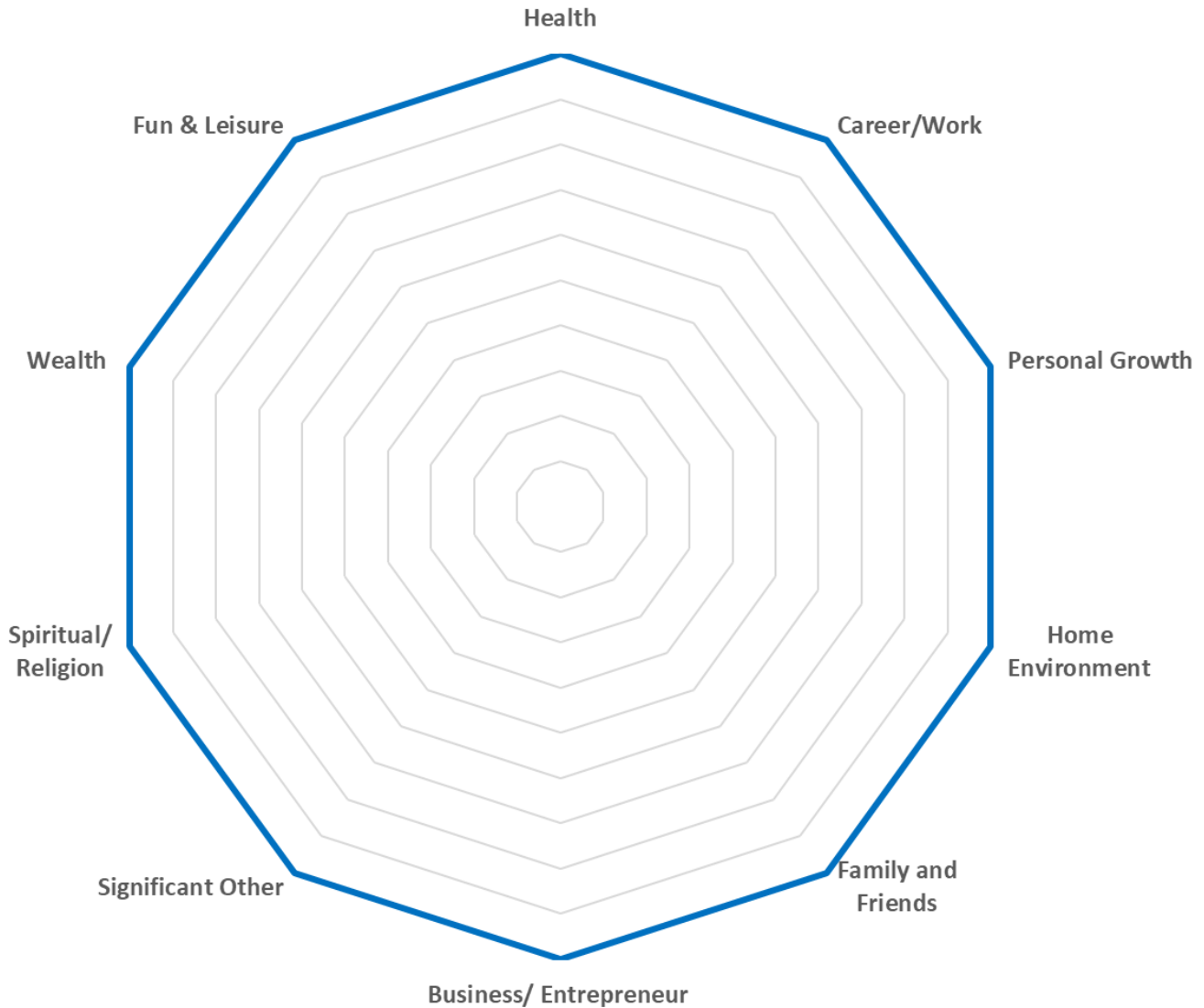


Toni Roldan

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“Special 10”

What is the “Special 10”? It’s the 10 key areas in life that make-up your life! These are the areas that we all typically focus on as we build our plan for the present and the future. We may weigh them differently and over time some are more important now versus then. But, the key is to consider all of these as you create your future.



Complete the grid:

1. Look at the 10 life categories and think about what a fulfilling life would look like in each area.

2. Place a dot for each area from 0 (center) to 10 (the blue ridge) that represents your satisfaction level with each. **NOW.** (Not where you want to be)

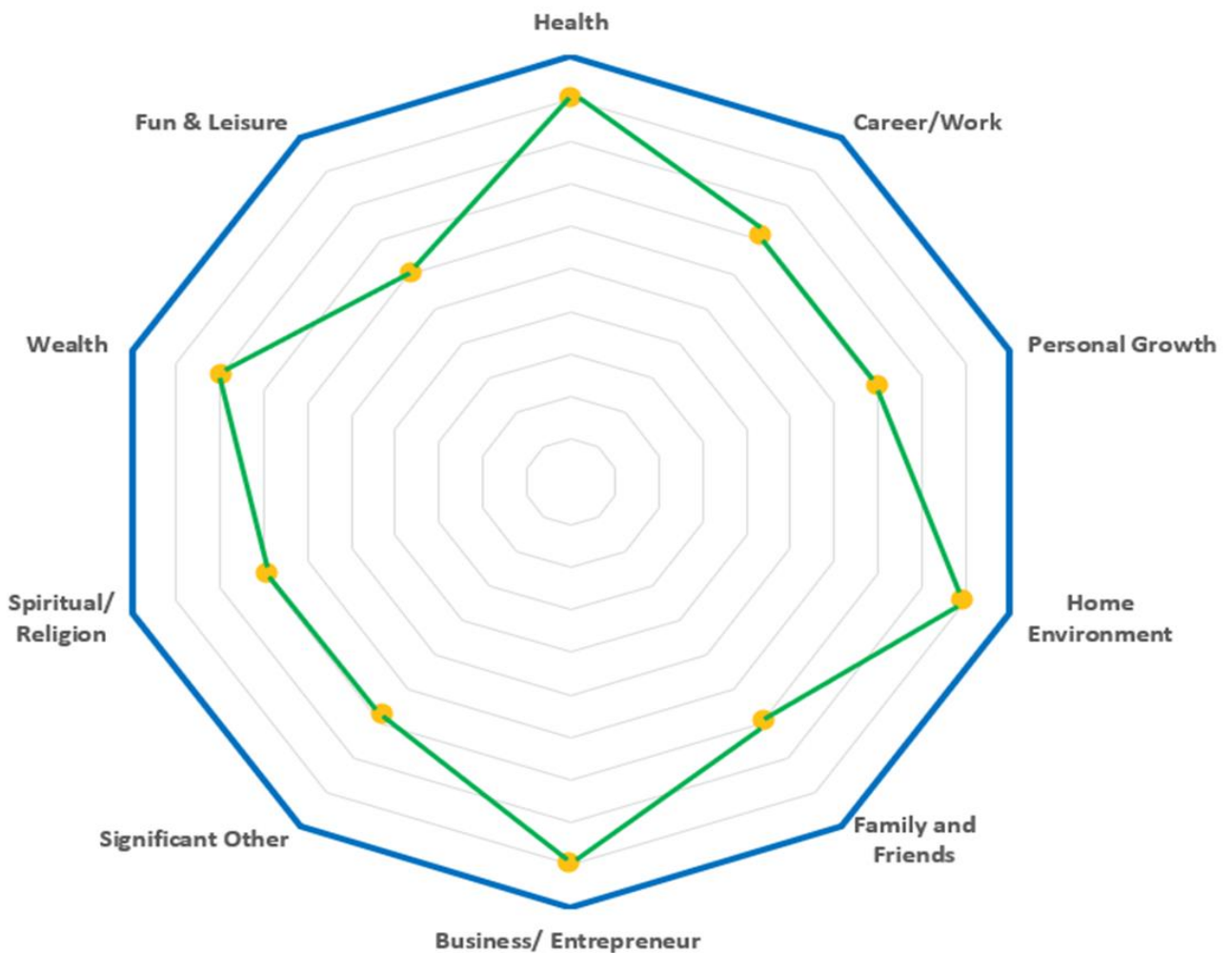
1=not satisfied and 10=very satisfied

Each grey line represents an incremental increase, ie. 0 to 10. 1 is near the middle and 10 is on the blue line.

Note what comes first to mind, don't think too hard about it.

3. Once done, connect all the dots and see how it plots out!

See mine below: 😊



Let's tackle this

Looking at the areas above and your responses and note the 3 areas do you want to focus on improving NOW? I also want you to note your biggest **challenges** to improving in this area, these could be internal factors (motivation, confidence) or external (lack of support, lack of time). And, come up with you plan to overcome these challenges.

AREA

CHALLENGES and PLAN TO OVERCOME

1-	
2-	
3-	

Let's delve deeper

Now, for all 10 areas, take some time and create your plan and goals for each. Think of this exercise from the perspective of what you want to be doing in 1 year, 2 years or maybe 3 years.

Think big, be open.

Don't filter.

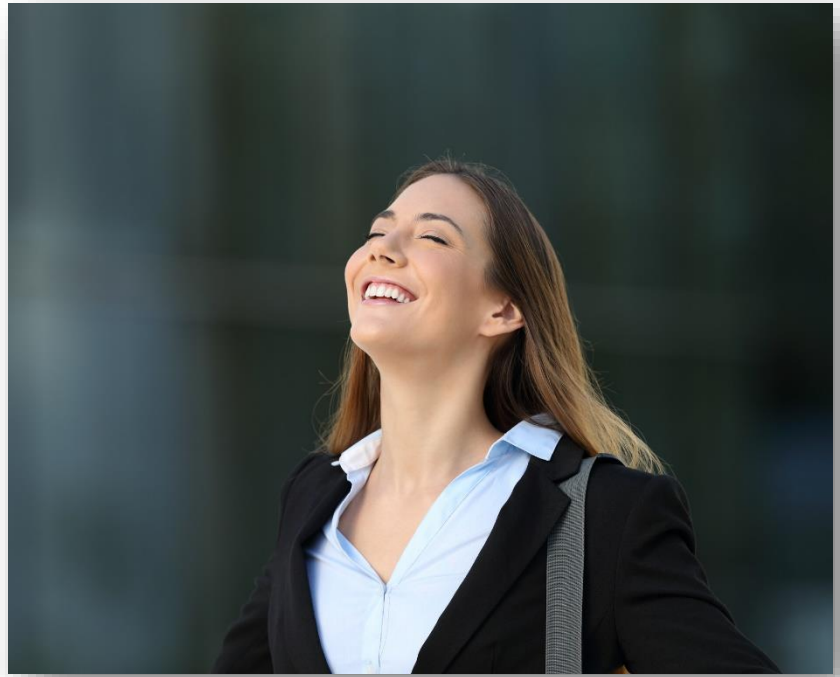
Stretch yourself.

Be honest.

Trust your instincts.

Trust the process.

Adopt a creative
mindset.



Use the blueprints on the next pages to complete each plan.

The blueprints on the following pages are for you to detail everything you can for each area.

This will be your starting points. Do a few drafts until you feel you have what you need to move forward. You can always tweak it later. Just get started!

There are 10 blueprints, one for each area!

Personal Life Plan - HEALTH

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

Purpose

Based on the future you just described, define your purpose for this area. Why is this area important to you? This is a one sentence deal... keep it simple!

My Purpose is to

Motivators

What will motivate you to stay on the path? This can be a person who inspires you in this area, a quote, a scripture verse, a coach, a book. Think outside the box!

Challenges

What could be challenges that could cause you to stumble in this area? This could be a limiting belief, resources, threats (outside), lack of knowledge or skills, doubts/fears. Again, think outside the box!

Check-in, what's your reality

Reflect on where you are in relation to your future. How close or far are you from your ideal? How could this area improve? Don't overthink!

Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – CAREER/WORK

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

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Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – PERSONAL GROWTH

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

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Actions

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*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – HOME ENVIRONMENT

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

Purpose

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Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – FAMILY AND FRIENDS

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

Purpose

Based on the future you just described, define your purpose for this area. Why is this area important to you? This is a one sentence deal... keep it simple!

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List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – BUSINESS/ENTREPRENEUR

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

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Actions

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*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – SIGNIFICANT OTHER

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

Purpose

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Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – SPIRITUAL/RELIGION

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

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Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – WEALTH

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

Purpose

Based on the future you just described, define your purpose for this area. Why is this area important to you? This is a one sentence deal... keep it simple!

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Actions

List 3 to 4 actions that you will commit to immediately to move you from NOW → DESIRED.

*What specific practices will you do to see the results you want. Be specific – daily, weekly, monthly. Put it on the calendar with **specifics**.*

Personal Life Plan – FUN AND LEISURE

Future

Imagine, clarify and imagine where you want to be in 1-3 years. What do you see when you look into the future that brings you the most happiness and fulfillment?

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Based on the future you just described, define your purpose for this area. Why is this area important to you? This is a one sentence deal... keep it simple!

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Actions

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