



# Creating Your LIFE PLAN



# Navigating Life's Unexpected Turns

It's not uncommon for us to veer off our intended path at times, a reality that touches every aspect of life, be it career, personal relationships, financial stability, health, or marriage. There are moments when we look around and realize we've arrived at a different point than we originally envisioned or aspired to reach.

We often refer to this phenomenon as "Life's Unexpected Turns," a situation that many of us encounter during various phases of our lives. However, we've successfully guided numerous individuals through a structured and effective method to consciously craft their life's journey, rather than merely responding to the opportunities and obstacles that come their way.

By dedicating time to engage with the strategy outlined in the subsequent sections, you have the opportunity to develop a robust Life Blueprint. This blueprint is a tool to ensure that your daily actions contribute to the life you desire to lead right now, the legacy you wish to establish, and the influence you aspire to have on others.



When you're creating your Life Plan, the Living Forward book is a great resource to keep by your side. It explains every step in detail and provides examples to help you on our way.

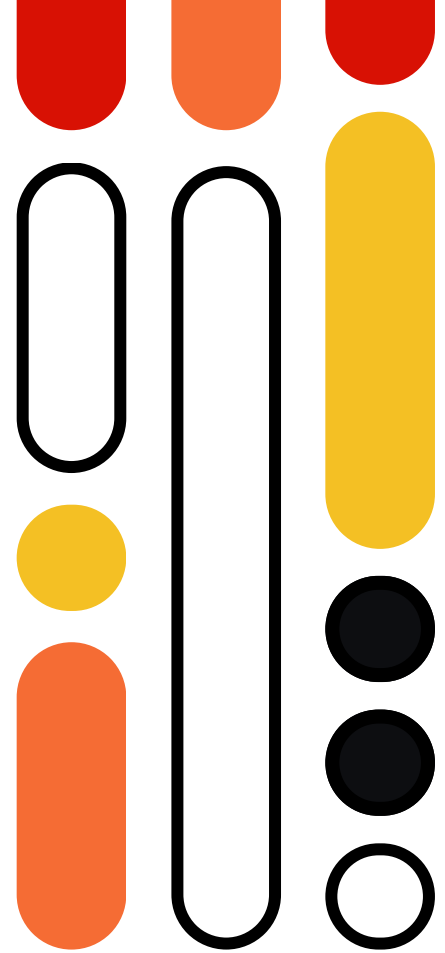
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# Begin with the end

The initial step in devising your Personal Life Plan is to contemplate its ultimate conclusion—your funeral. It may feel uneasy to ponder over your demise, but accepting this inevitable aspect of life is vital. This introspective task offers valuable insight into what truly matters in your life. It enables you to develop a Life Plan that is compelling enough to transform your thoughts, emotions, and actions.

To begin, craft a eulogy for yourself, as if your journey ended today. Picture yourself at your own memorial service, and consider the words others might use to describe you, under the veil of absolute honesty. Focus not on what you hope they would say, but rather on what you believe they would genuinely express about you, without restraint. Acknowledge both the positive and negative aspects, as this exercise is about confronting the raw, unfiltered truth of how you are perceived and the impact you've made.



As you pen down your self-eulogy, give considerable thought to the sentiments of those seated in the front rows during your memorial service. These individuals are typically the ones most deeply affected by your absence. Yet, frequently, our efforts and concerns are disproportionately directed towards those who might be metaphorically seated further away in our lives.



# My Eulogy

Name:

Born:

Died(today):

## Eulogy





# Crafting Your Vision

Schedule an hour to go somewhere alone(nature, park).

Bring a note book and write out your thoughts.

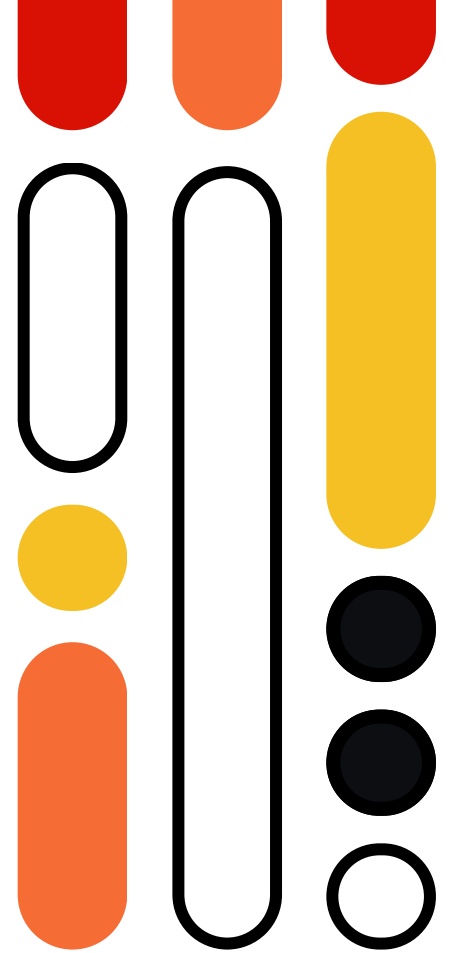
Example:

Create a life by design, to be a gentleman and the best partner, father of my ability. To give back by learning, coaching, and helping others reach their hopes and dreams.

Help others uncage their minds to the possibilities of a life on their terms.

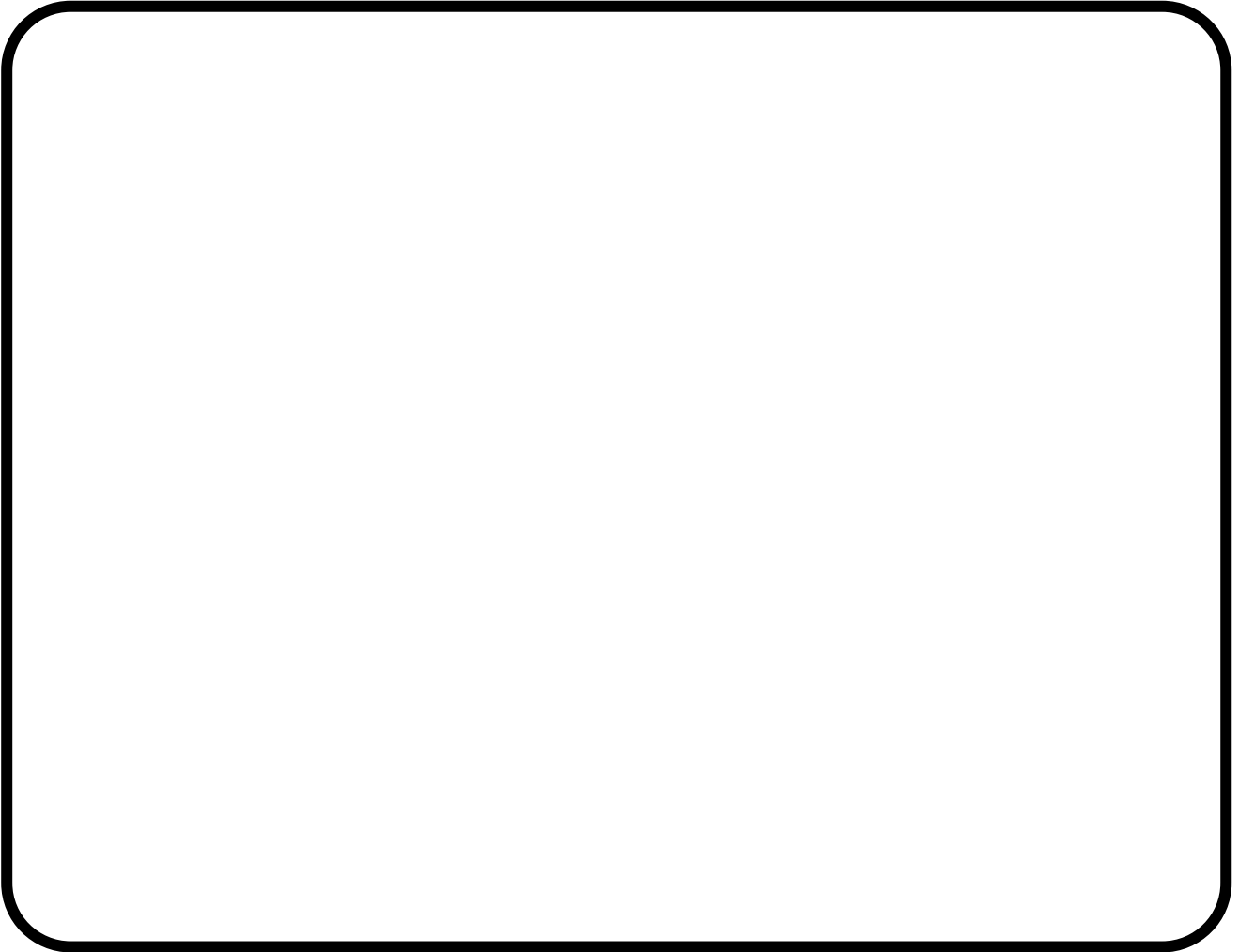
Creating a path for others to make an IMPACT their way.

Love, Work, Play, Learn, Coach, Train, Lead Give, Save HARD!



# My Vision Statement

**Vision Statement**

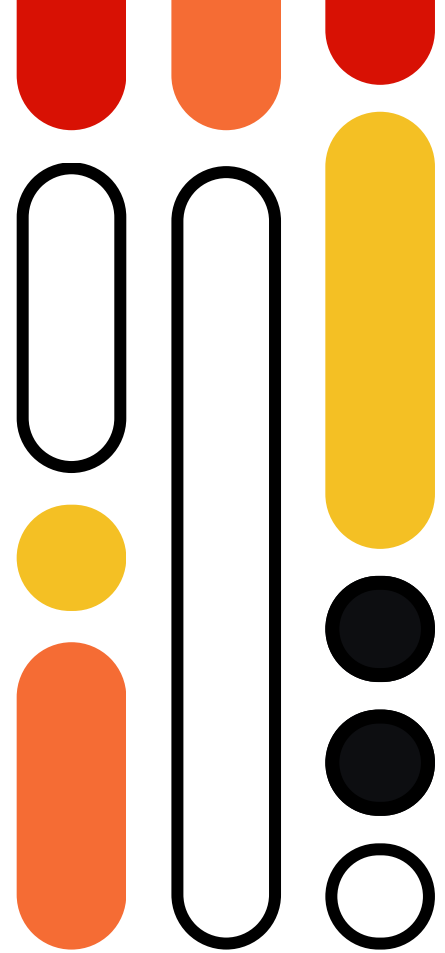


# Selecting Your Personal Priorities

It's a fundamental truth that our time is limited, and thus, we cannot devote attention to every aspect of life. To lead a life filled with meaning and influence, it's crucial to pinpoint the areas that hold the greatest significance for you—your personal priorities.

Think of these key areas as your personal investment zones. These are the sectors in your life where you choose to actively dedicate your time and energy, with the aim of enhancing your personal value in each.

It's important to remember that these zones should reflect what matters most to you, rather than the expectations of your partner, employer, friends, or society at large. These chosen areas will form the cornerstone of your Personal Life Plan, making it essential that they resonate deeply and genuinely with your values and aspirations.



## Step 1: Identify Your Areas

Think of the areas of your life that are most important to you. Here are some examples to help you get started. List your accounts.

• Spouse/Partner • Family • Faith • Friends • Children • Charity • Finance • Recreation • Career • Community • Health • Self-development

## Step 2: Prioritize Your Areas

Choose the 5 to 7 areas of your life that are the most important to you. Add your accounts to the table below in priority order from most to least important.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



# Life Plan Page 1 Example

## Life VISION

Create a life by design, to be a gentleman and the best partner, father of my ability. To give back by learning, coaching, and helping others reach their hopes and dreams.

Help others uncage their minds to the possibilities of a life on their terms. Creating a path for others to make an IMPACT their way.  
Love, Work, Play, Learn, Coach, Train, Lead,  
Give, Save HARD!

## MY Value Areas:

- Family
- Spirituality
- Health
- Intellectual
- Professional Goals/Impact
- Financial Security
- Speaking





**NAME:**



**MY LIFE VISION**

**MY VALUE AREAS**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



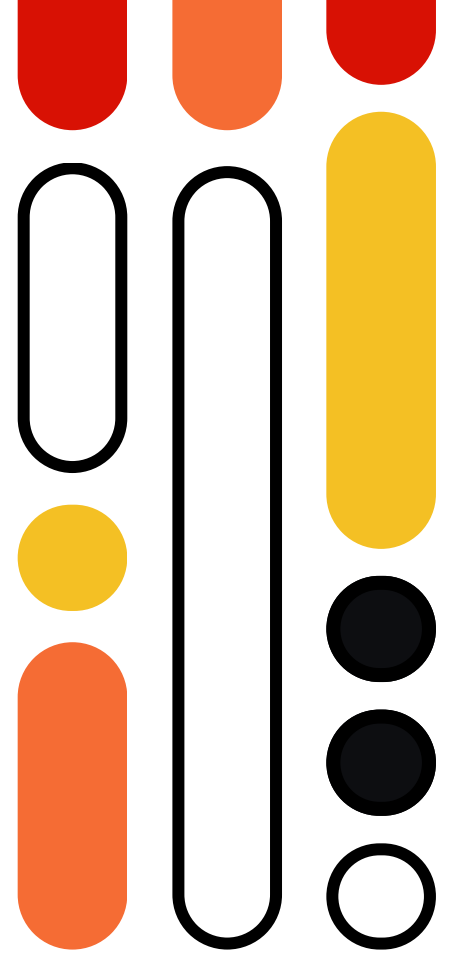
# Setting Your Direction

Now is the moment to define your aspirations for each area you've chosen to include in your Personal Life Plan. During this stage, you will engage in several key activities:

- Define your purpose for each selected area.
- Clarify your vision of what you want each area to represent.
- Assess your current status in each area.
- Establish specific commitments and actions for each area.

These sections of your plan will act as a roadmap for your Personal Life Plan, guiding you from your present situation to your desired future. This roadmap will empower you to advance with clarity, confidence, and determination.

As you progress, follow the guidelines outlined in the subsequent pages to methodically work through each area you've identified.



# Setting Your Direction

## Step 1: Identify Your WHY

The first step is to identify the unique contribution you can make in each selected area of your life. Consider it as if you were specifically assigned to this area. What would be your key responsibility? Your role in this context defines your purpose.

Tip: Aim to condense your purpose into a concise sentence that encapsulates your main responsibility in this area.

## Step 2: Clarify Your VISION

Here, you'll create a vivid image of your optimal future in each area. Describe what success looks like, as if it's already been achieved.

Consider two timeframes:

- Long-Term Vision: This represents a distant future goal, your ultimate aim in this area.
- Short-Term Milestones: These are interim goals, marking your progress towards the long-term vision.

Tip: Utilize your imagination to its fullest. Engage all your senses and describe your vision in present tense, as if it's already your reality.

## Step 3: Seek Inspiration

Find a quote, proverb, or saying that deeply connects with your vision for the future. This step is optional, but many find that a resonant quote adds motivation and strengthens their connection to their goals.

Tip: Don't overthink this step initially. If a quote naturally stands out to you, include it. Otherwise, you can always incorporate this element later as your Life Plan evolves and becomes more ingrained in your daily life.



# Setting Your Direction

## Step 4: Evaluate Your Present Position

In this step, take stock of your current position in relation to your ideal future for each area. Honesty is key here; the more truthful your assessment, the greater your potential for progress. Create a list that's so personal and detailed that you would feel comfortable sharing it only with a select few trusted individuals for accountability purposes.

Tip: Keep it straightforward. Use bullet points to jot down your thoughts spontaneously, without over-analyzing.

## Step 5: Set Specific Goals

For each area, outline clear, actionable commitments that will propel you towards your envisioned future. What actions will you take daily, weekly, monthly, or yearly to enhance your "value" in each area? Ensure that each commitment is precise enough to schedule in your calendar. Vague goals are often the biggest hurdle to effective execution.

Tip: Be pragmatic in your approach. Balance is crucial, as you need to allocate time for work, rest, and other life responsibilities. Focus on commitments that yield the most significant impact in each area.

“

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much. Jim Rohn



AREA



WHY

VISION

ACTIVITIES

1.

2.

3.

4.

5.

QUOTE:





AREA



WHY

VISION

ACTIVITIES

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AREA



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# Embrace Your Path

After completing the initial version of your Life Plan, take a moment to acknowledge your achievement. You've made a significant stride towards a more purposeful and intentional life. However, this is just the beginning of your journey. To effectively utilize and benefit from your Life Strategy, consider the following guidelines:

- **Implement Your Goals:** Incorporate the steps you've identified into your schedule and give them the importance they deserve.
- **Consistently Review Your Plan:** Go through your Life Plan daily for the first three months, then shift to a weekly review. Regular reflection is critical to achieve the progress and outcomes you desire.
- **Share Your Vision:** Find someone—be it a spouse, friend, mentor, or coach—who will offer both support and constructive feedback.



For over two decades, we've been mentoring individuals on enhancing their lives through effective Life Planning. Visit our website for additional insights and tools to assist you on your path.

[vykon.us](https://vykon.us)

