

Your Personal Strategic Life Plan

Life will not go according to plan, if you do not have a plan.



**CREATING YOUR PERFECT LIFE
COACHING**



Where are you headed? Confidence comes from knowing where you are headed and having a plan to get there.

Without a vision and a plan, it is like getting in the car and driving cross country without looking at a map or doing a bit of homework. You might get there, but it is not likely you travel on the optimal route for you.

Most of us are too close to our own situations to see the possibilities right in front of us. With a unique set of tools we can help assess personal interests, attitudes and values, your unique behavioral strengths and style. With a better understanding of yourself you can begin to leverage and build on strengths.

Our personal strategic planning process is designed to help you figure out what you are about, what is really important, and the best ways to move forward with focus. If you are serious about making some changes, this process will enable you to develop realistic goals, taking into account the possible obstacles and challenges in your situation.

Personal strategic planning can be extremely exciting and at the same time a bit scary. You will look at key areas of your life and start to think about what you would like to accomplish. You will be asked to step outside of your comfort zone and begin to grow and thrive in new ways.

Personal strategic planning is all about a thought process that produces fundamental decisions and then move into actions that shape who you are, where you are going, what you do, and how, when, and why you do it.

All of this is done with focus on the future.

Some of the best opportunities in life are the ones we create. Your investment in and implementation of Your Personal Strategic Life Plan will help you to create an ideal life and achieve more in the next year than you have in the past ten years.

You must be applauded for your commitment to yourself. This work is key to your successful future - we aren't just talking about financial rewards here, we are talking about the opportunity of making your life all that you have ever dreamed that it could be.

“If you don't create your own future - someone or something else will create it for you.”

Anonymous

Your Personal Strategic Life Plan is comprised of following sections:

- I. Vision Statement
- II. Legacy Statement
- III. Mission Statement
- IV. Personal Philosophy
- V. Core Values
- VI. Code of Ethics
- VII. Goals
- VIII. Plans, Strategies, and Timelines
- IX. Themes
- X. Personal Board of Directors
- XI. Personal Maintenance & Performance Check-Up
- XII. Personal Reasons Why

Each section includes a brief introduction; set of instructions, along with an example of the task at hand (a sample mission statement). The idea is to provide you with a set of brief and clear examples to jump-start your own journey of self-discovery.

Incidentally, you will find that writing your Personal Strategic Life Plan is facilitated by time alone to reflect. For many, escaping the distractions of work and family life is a necessary step in gaining perspective.

Where do I begin?

It is recommended that you begin by reviewing the entire plan. Get an understanding of just what this process will include. Consider setting aside an afternoon and spend some time reading though the plan while relaxing in a comfortable place, sitting in nature, perhaps by the water.

View Your Personal Strategic Life Plan as a breathing document that focuses your energy and actions on the realization of your goals. Invest some quality time thinking about your future, outline your plans, and discuss them with people close to you. It's an exciting way to create the future you imagined rather than accept the table scraps that life throws your way.



5. Core Values

How do you determine which tasks get top priority? How do you not feel guilty when you say “No” to something or someone? How do you decide whether to take that new opportunity? The answers lie in your values. Once you establish and clearly identify what is most important to you, making decisions you feel good about becomes much easier.

Fundamental to any strategic planning process should be the identification of one’s personal values and ethics. All too frequently, we dismiss this crucial step in favor of immediately beginning the task at hand. Our values act as our compass, guiding us through life’s terrain.

One certain way of knowing that you are living in accordance with your values is by defining guidelines and measurements for value centered living.

Why does it matter?

The main benefit of knowing your values is that you will gain tremendous clarity and focus, but ultimately you must use that newfound clarity to make consistent decisions and take committed action.

So the whole point of discovering your values is to improve the results you get in those areas that are truly most important to you.

Values are priorities that tell you how to spend your time, right here, right now. There are two reasons that priorities are important for our lives.

The first reason is that time is our most limited resource; time does not renew itself. Once we spend a day, it’s gone forever. If we waste that day by investing our time in actions that don’t produce the results we want, that loss is permanent.

We can earn more money, improve our physical bodies, and repair broken relationships, but we cannot redo yesterday. If we all had infinite time, then values and priorities would be irrelevant.

However, at least here on earth, we appear to be mortal with limited life spans, and if we value our mortal lives, then it’s logical to invest them as best we can.