

# MY LIFE STRATEGY ONE-PAGER

**NAME:** \_\_\_\_\_

**DATE OF CREATION:** \_\_\_\_\_

**I AM 100% FULLY COMMITTED TO THIS LIFE STRATEGY**  **YES**

### BACKGROUND & LIFE EVALUATION

**PAST LIFE'S TOP 5 GREAT EXPERIENCES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**PAST LIFE'S TOP 5 CHALLENGES/ISSUES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**MAJOR LIKES – CURRENT JOB / LIFE:**

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**MAJOR DISLIKES – CURRENT JOB / LIFE:**

- \_\_\_\_\_

- \_\_\_\_\_

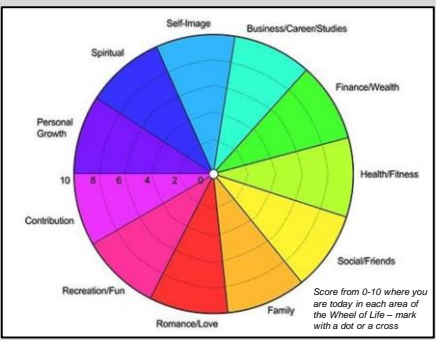
- \_\_\_\_\_

**WORK & PERSONAL SITUATIONS WHERE I HAVE BEEN "IN THE FLOW" AND WHY:**

- \_\_\_\_\_

- \_\_\_\_\_

### LIFE BALANCE SITUATION



Score from 0-10 where you are today in each area of the Wheel of Life – mark with a dot or a cross

**NOTES:**

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

**I WANT TO CHANGE – PROBLEM, UNBALANCE, OR GET TO WISHED SITUATION:**


- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_



### PERSONAL WISHES – MORE OR LESS

**I WANT MORE OF IN MY LIFE:** 

**5 LEISURE ACTIVITIES:**

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**5 WORK-RELATED ACTIVITIES:**

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**5 MATERIAL OBJECTS:**


- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**I WANT LESS OF IN MY LIFE:** 

**5 PERSONAL CURRENT ACTIVITIES:**

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**5 CURRENT JOB ACTIVITIES:**

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

**5 CERTAIN TYPES OF PEOPLE:**

- \_\_\_\_\_


- \_\_\_\_\_

- \_\_\_\_\_


- \_\_\_\_\_

- \_\_\_\_\_

### VALUES & BELIEFS

**TOP 3 POSITIVE VALUES:** 

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**TOP 3 NEGATIVE VALUES:** 


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**BEHAVIORAL RULES TRIGGERING POSITIVES AND BLOCKING NEGATIVES ARE:**

- \_\_\_\_\_

- \_\_\_\_\_


- \_\_\_\_\_



**MAIN PRIORITIES AND WHAT I HOLD TRUE (BELIEFS):**

- \_\_\_\_\_


- \_\_\_\_\_



**MY MAJOR SELF-LIMITING BELIEFS IS/ARE:**

- \_\_\_\_\_

- \_\_\_\_\_



### CORE IDENTITY, PASSION & PURPOSE

**I AM...(ADJECTIVES):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I AM A ... (WHAT I DO):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LIFE CHOICE (HOW I LIVE):**


1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**MY BIGGEST PASSION(S) IN LIFE IS (ARE):**

- \_\_\_\_\_

- \_\_\_\_\_


- \_\_\_\_\_



**MY LIFE PURPOSE (OR LONG-TERM GOAL) IS:**

- \_\_\_\_\_

- \_\_\_\_\_



### GOALS & ACTION PLAN

GOAL #1				
ACTION	DEADLINE	RESOURCES	RESULTS	

GOAL #2				
ACTION	DEADLINE	RESOURCES	RESULTS	