

Life Plan

The Life Plan provides a structure for you to take action and maintain a balanced and fulfilled life. It's your commitment to "walking your talk." This checklist combines the space of both "doing" (finite projects) and "being" (on-going quality of life shifts). Integrating your checklist items into your being and doing will take your life to a whole new level of personal satisfaction and authenticity.

As you design your Life Plan, keep in mind the following questions:

Project Focused Questions:

- What things, if you did them, would change your life?
- What have you been avoiding or procrastinating about?
- What are you truly longing to take on?
- What would give you joy once you complete it?

Quality of Life Shifts:

- What practices or habits do you want to make a regular part of your life?
- What is the quality of life shift that you are committed to?
- What do you truly long for?

To track your progress, state the # of items completed over the total # of items on the checklist.

Example: You have 50 items and completed 15. Your statistic would be 15/50.

How to fill out the checklist:

- Write your life purpose statement next to "Walking the Talk of..."
- Write your essence statements for each area of your life that you want to focus on (e.g., health, career, relationships, etc.)
- Describe the doing or being item
- Include the timing – either an end date (near-term or long-term), frequency (e.g., once a month, 3 times a week, every day, etc.) or on-going for items that are more about being
- Record when you complete the item. If you are tracking your Life Plan on a regular basis (e.g., bi-weekly, monthly, quarterly, annually) you can score the "on-going" items based on your evaluation of how you did that period.
- You may want to create an agreement with your coach to do a check-in on your progress at regularly scheduled times to help keep you accountable and on track.

Example: Client's statistics for her money section is 1/3

| Item | Timing | Completed? |
|---|-----------------------|------------|
| Money – Developing a comfortable and relaxed simplicity around money where I am deserving of fortune and financial opportunities | | |
| 1. I save \$200 a month for my emergency fund | 1/mo. starting 3/1/03 | X |
| 2. Hire accountant to help with this year's tax returns | By 1/15/04 | |
| 3. I come from abundance | On-going | |

Name: _____ Date: _____

Walking the Talk of: _____

| Item | Timing | Completed? |
|---------------|--------|------------|
| Career | | |
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| Money | | |
| 6. | | |
| 7. | | |
| 8. | | |
| 9. | | |
| 10. | | |
| Health | | |
| 11. | | |
| 12. | | |
| 13. | | |
| 14. | | |
| 15. | | |

| Item | Timing | Completed? |
|-----------------------------|--------|------------|
| Relationships | | |
| 16. | | |
| 17. | | |
| 18. | | |
| 19. | | |
| 20. | | |
| Personal Growth | | |
| 21. | | |
| 22. | | |
| 23. | | |
| 24. | | |
| 25. | | |
| Physical Environment | | |
| 26. | | |
| 27. | | |
| 28. | | |
| 29. | | |
| 30. | | |

| Item | Timing | Completed? |
|---------------------------|--------|------------|
| Fun and Recreation | | |
| 31. | | |
| 32. | | |
| 33. | | |
| 34. | | |
| 35. | | |

Date:
Stats: Total # of Completed Items / Total # of Items