

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