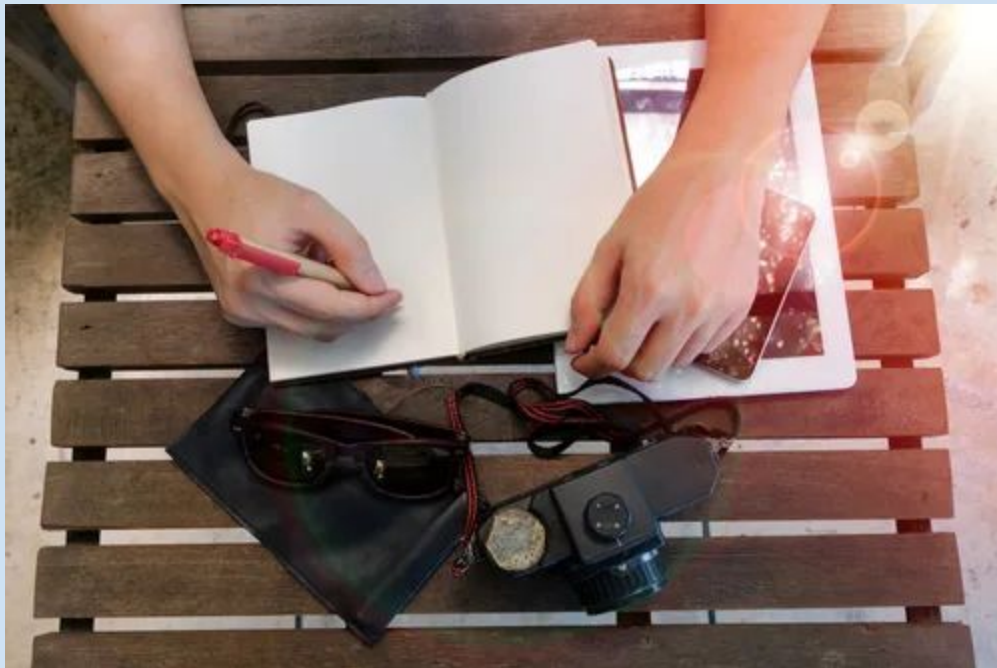




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My Best Life Plan Worksheet



A Life Plan Worksheet helps you design the life of your dreams, step by step.

I. Life Quality Assessment

Rate your current level of satisfaction from 1 to 10.

1 = No satisfaction.

10 = 100% satisfaction.

Do NOT overthink. Use your first gut feeling response.

1. Physical well-being

- ✦ Energy (Vitality) _____
- ✦ Health _____
- ✦ Sleep _____
- ✦ Relaxation _____
- ✦ Nutrition _____
- ✦ Exercise (Activity) _____
- ✦ Weight _____

2. Emotional well-being

- ✦ Stress level _____
- ✦ Mood _____
- ✦ Excitement _____
- ✦ Anger _____
- ✦ Anxiety _____
- ✦ Contentment _____
- ✦ Centered _____

3. Mental well-being

- ✘ Focus (Concentration) _____
- ✘ Self-limiting thoughts (e.g., "I am not good enough for/at...") _____
- ✘ Limiting thoughts of others (e.g., "He is a terrible person, there is nothing good about him.") _____
- ✘ Limiting thoughts of situations (e.g., "This should have never happened.") _____

4. Overall quality of well-being

- ✘ Work-life balance _____
- ✘ Daily enjoyment _____

5. Life purpose

- ✘ Professional development _____
- ✘ Personal development _____
- ✘ Being of good service to others (and/or the world in general) _____

6. Relationships

- ✘ Romantic partner _____
- ✘ Family _____
- ✘ Friends _____
- ✘ Coworkers / Business partners _____

7. Physical Environment

✘ Home _____

✘ Office _____

✘ Car _____

8. Leisure

✘ Self-care _____

✘ Hobbies _____

✘ Vacations _____

✘ Entertainment _____

9. Prosperity

✘ Debt to income ratio _____

✘ Investments _____

✘ Living within your means _____

Now, take the time to review your answers.


Answers with scores from 5 - 10 represent your strong sides/areas.

Answers with scores 1 - 5 represent areas for further growth and improvement.

When you are ready, get down to part II - Strengths and Areas for Growth.

II. Strengths and Areas for Growth

List your top 5 strengths and your top 5 areas for growth below.

 **Top Strengths**


1.

2.

3.

4.

5.

 **Areas for Growth**

1.

2.

3.

4.

5.

III. Life Purpose

This is the most intimate and delicate part of your life plan.

This section is not about quick answers. Instead, it is about in-depth, 100% honest answers.

Please, skip the rush.

Self-reflection is a process that evolves over time.

The goal is to patiently answer each of the questions below based on:
Contemplation,

Self-observation,
Introspection.

This is your sacred soul work time.

To make the most of it, find a comfortable spot, away from any possible distractions.

Quiet the mind, and feel yourself fully within your body. You can try different breathwork techniques, such as the 5 - 5 - 5 technique (inhale for 5 seconds, hold the breath for 5 seconds, exhale for 5 seconds).

Start with whichever question triggers the most intense response with you at this very moment.

? 1. What are you truly passionate about? What is it that you care deeply about? What is it that makes you wake up from bed every morning with a smile and motivation to keep going?

? 2. What are your gifts and talents?

? 3. What do you want to create?

Tip: What is it that brings you genuine joy while involved in the process of creation?

Answer this question as if you have already won \$100 000 from what you can and want to create.

IV. Statement

Using your answers and insights from section I, II, and III, create your best life statement.

You can create it from scratch or use the template below.

I, **(your name)** am here to apply my gifts of **(your talents)**

in order to create

I fulfill my life purpose as I learn to use and continuously upgrade my **(your top strengths)**

I am ready to overcome challenges and turn them into opportunities by working on **(your areas for growth)**

I am creative, optimistic, and proactive. I manifest the life of my dreams with trust, patience, and blessed work.

V. Intentions

Intentions direct our actions. Intentions setting is extremely powerful, as it allows you to reprogram the subconscious mind.

By stating clearly what you intend to do in order to achieve something, you are triggering powerful areas in the brain. When these areas are triggered, you sow the seeds of positive change and action.

Intentions are not measurable like goals.

However, intentions help us conquer goals. They also aid in improved focus, joy, ease, and confidence in following and fulfilling our life purpose.

Holistic health and wealth are about balance and harmony on three levels:
Mind, Body, and Spirit.

Using your answers from Section I, II and III write your intentions for each of the categories below.

Be as precise, concise, and firm as possible. Remember, words are powerful!

1. Physical

✓ *Example:*

“I will work out my body at least 2 times a week by engaging in physical activities that bring me joy, such as hiking and running.”

✗ *Wrong* (the no-no example):

“I intend to do my best to keep my body healthy.”

TIP:

(You can apply this tip to each of the categories below.)

Try to go deeper by answering the question:

What are my rewards for setting this intention? What are my gains from living up true to my intention?

✓ Example:

“By working out my body regularly, I will become more confident, filled with energy and great tonus. This will improve my career performance, as well as my family relationships AND my overall health status.”

2. Mental

✓ Example:

“I will take a step back before judging others and applying limiting thoughts on who they are supposed to be or how they are supposed to act.”

TIP:

(dig a level deeper here, by identifying your rewards.) →

✓ Example:

“By managing my limiting thoughts for others, I become the one in charge of my life in any given situation. I cannot control others but I can control my reaction and thoughts about them.”

3. Emotional

4. Relationships

5. Prosperity

6. Leisure

7. Physical Environment

8. LIFE PURPOSE

VI. Goals + ACTION Steps

Review all of your answers in each of the sections above. Now, ask yourself:

What are the top 3 goals you need to set to manifest your best life in reality?

For each goal, add clear action steps that will help you achieve it.

Finally, set some time for yourself every week or month to revisit your goals. Evaluate your progress and feel free to make any changes as needed.

GOAL #1

Action Steps

GOAL #2

Action Steps

GOAL #3

Action Steps

VII. Visuals

Use the power of visuals to work with your subconscious mind.

To do so, you want to create a new document online or offline (whatever format suits your personal preferences).

The goal is to design your ultimate life plan vision board.

Section IV (Statement) - Choose an image that corresponds to the way you feel about your statement. Use an image/images that evoke positive emotions in you.

Section V (Intentions) - Strengthen each intention with a corresponding picture.

Do the same for Section VII (Goals + Action Steps).

TIP: When choosing pictures, think of the way you will feel once your statement/intention turns into reality. Feel free to use more than one image.

Example:

Intention: “I will work out my body at least 2 times a week by engaging in physical activities that bring me joy, such as hiking and running. By working out my body regularly, I will become more confident, filled with energy and great tonus. This will improve my career performance, as well as my family relationships AND my overall health status.”

Corresponding Pictures:







Live your best life! BE the change you want to see in the world. You deserve all the blessings and good energy. Don't wait for life to happen to you, make it happen!

