

# MY ONE-PAGE LIFE PLAN

Name: \_\_\_\_\_ Date of Completion: \_\_\_\_\_

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## WHERE ARE YOU NOW?

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Summarise your Life today. Is it going to Plan?

On a scale of 1 to 10 indicate your satisfaction in each of these areas?

- Health and Fitness \_\_\_\_\_
- Control of your Life \_\_\_\_\_
- Intimate Relationships \_\_\_\_\_
- Effectiveness & Efficiency \_\_\_\_\_
- Career and Business \_\_\_\_\_
- Money and Abundance \_\_\_\_\_
- Personal Evolution & Development \_\_\_\_\_
- Meditation & Spirituality \_\_\_\_\_

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## IF NOTHING CHANGES, HOW WILL MY LIFE PLAY OUT?

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- In 18 months:
- In 3 years:
- in 10 years:
- at the end of my life:

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## IF I HAD ALL THE RESOURCES, SKILLS, ABILITIES HOW WOULD MY LIFE PLAY OUT?

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- In 18 months:
- In 3 years:
- in 10 years:
- at the end of my life:

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## OBSTACLES THAT HOLD ME BACK

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- List the beliefs, decisions and reasons you have adopted in your life that have caused you to choose the life you live today.
- Write down what stops you designing the life you deserve

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## WHAT ARE YOU GOING TO DO DIFFERENTLY?

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Now that you have a vision of what your life could be, are you willing to accept that your obstacles are your personal excuses that hold you back? What are you going to do differently from today?

If you would like help with developing a more in-depth Life Plan with one of our Coaches, please contact us to book your free strategy session. Call us on 028 9532 0007

