

## 1. Reviewing your Life Plan

Spend some time thinking about and answering the following questions.

- What is important to me?
- Where do I want to go?
- What does 'the best' look like for me?
- How am I going to act?
- What legacy am I going to leave?

## 2. Reviewing your Life Domains

On a scale of 1-10 how satisfied are you in the following life domains?

This may provide insights into areas where you may want to prioritise attention or goals over the coming year.

- Avocational
- Emotional
- Financial
- Intellectual
- Marital
- Parental
- Physical
- Social
- Spiritual
- Vocational

## 3. Principles, Practices, Rhythms and Rituals

Now let's look at the principles and operating patterns that will guide you through your year.

- What are your 2-4 guiding principles that you will follow and align you to your life plan and life domain areas?
- What are the key practices that you will implement to keep you aligned to your principles?
- These may look like:
  - Morning rituals
  - Evening rituals
  - Work day start up routines
  - Work day shutdown routines
  - Daily affirmations
  - Weekly, reviews
  - Monthly reviews
  - Quarterly reviews
- What does your ideal week look like? How can you adjust your calendar to align to this ideal week?

## 4. Goals and Key Projects

What are your goals / key projects for this year? It may help to break these down into quarterly (13 week) goals.

These may be work-based projects, but don't forget your personal goals and projects that align with your life plan and life domain areas.

- Try not to have more than three goals each quarter.
- Write a goal statement for each goal / key project in the present tense, including when you will achieve it.
- For each goal or key project, write down:
  - The life domain area the goal aligns with
  - Your key motivations for the goal
  - The next three steps you need to take
  - How you will reward yourself for completing the goal
  - How you will track your progress towards completing the goal