

## The One Page Life Plan

We're all on a journey. Do we have to be flexible and accept whatever fate brings? Absolutely. Do we have to tediously plan out every step of the way in order to be successful? Only if you can do so from a healthy place—and few can.

What you *do* need is just one goal—your ultimate goal—and start meting out a strategy for how to get there. Remember: a journey without a goal is just aimless wandering.

Constructing your One Page Life Plan is about intimately knowing where you're at *right now*, and what slip-ups and successes have brought you to this point. It's about systematically phasing out those areas of negativity in your personal life and your business in a clearly trackable way. If you're making improvements, you sure as heck want to prove those to yourself!

While you are to ideally refer to your One Page Life Plan daily, make sure that you set a time every year where you'll go through these exercises again, and rewrite your One Page Life Plan as you work to get more aligned with your ultimate Life Purpose.

Each of these sections focuses on the different levels of life: how we can use our time and energy most effectively, what larger purpose we should be striving towards, how to improve ourselves one character trait at a time, what our current priorities are and what they should be, and finally, our focus for the upcoming year in each of the significant areas of our lives.

Answers should be written in bullet-form. Use commanding language so that your answers are both clear and more encouraging as you refer to them on a daily basis.

## My One Page Life Plan

1. What is being asked of me in this moment from my life? Am I living/working according to my HABUT in this moment?

- 

2. My Yearly Direction (To be filled in last)

- 

### What is my positive life purpose?

Download and complete the Positive Life Purpose Workbook, then fill in the following:

3. My Global Purpose:

- 

4. My Purpose as a (Wife/Husband):

- 

5. My Purposes as a (Mother/Father):

- 

6. My individual purpose:

- 

7. My Character Fixings:

(e.g. learn how to be less controlling; start holding myself more accountable for my actions; stop being a victim of my circumstances and be more proactive)

A.

B.

*How am I contributing to my specific character fixing this particular moment?*

8. Focus for the the whole year.

*To be filled in the indicated field at the top of the page after all other areas are completed.. If you are eligible for the Thrive Wheel Assessment described below, part of those results will shape your yearly focus, as well.*

-

## Part 2: The Thrive Wheel

This is an assessment that utilizes our own unique metrics, used to explore the major 8 Pillars of what it takes to truly Thrive in life. These are:

1. Physical Health
2. Joy
3. Business & Money
4. Spirituality & Life Purpose
5. Life Management
6. Relationships
7. Physical World
8. Thriving Mindset/Wellbeing

Our method not only shows you where you're at in each of these aspects of life, but it also shows you what your highest priorities are in this moment. Based on the results, we mete out a game plan with our clients for tackling these areas of life, starting with the highest priority concerns. The game plan is broken down into Microstones, bite sized steps that you can take every single day to change your life profoundly for the better.

The charts with the results of the Thrive Wheel Assessment, as well as the list of Microstones, are then added to the second page of the One Page Life Plan, reminding business owners that there's where they're at now, and then there's the place they're trying to get to.

**If you are interested in taking the assessment and receiving consultation on identifying your microstones for the next year, contact us now to find out if you are eligible to take part in our Turning Point Program.**

Remember: Keep it short. Keep it clear. Keep it on you as much as you can.

Now, *go get 'em!*

## My One Page Life Plan

What is being asked of me in this moment from my life? Am I living/working according to my HABUT in this moment?

My Yearly Direction (To be filled in last)

My Global Purpose:

- 

My Purpose as a (Wife/Husband):

- 

My Purposes as a (Mother/Father):

-

**My individual purpose:**

•

**My Character Fixings (Tikun):**

A.

B.

How am I, (name), contributing to my character fixings this particular moment?