



FINER
details

LIFESTYLE MANAGEMENT

LIFE PLANNER

LIVE INTENTIONALLY

How to use this guide

Understanding how to live the life you want isn't necessarily an easy task. It takes time to think, reflect, plan, prioritise and implement.

We recommend using this plan as a starting point to determine the focus areas of your life, and picture what success looks like.

For some, completing the following exercises could take a couple of hours, while for others it could take weeks or even months.

This is your life, so spend as much time as you need to determine your next steps and future self.



Time flies but you're the pilot

TAKE CONTROL OF YOUR LIFE

OUTCOMES:

Have the end in mind...

EXERCISE 1:

In "Seven Habits of Highly Successful People" bestselling author, Stephen Covey, details Habit #2 as "Begin with the end in mind".

In his book, EMyth Revisited, author Michael Gerber, urges his audience to take this one step further and picture what loved ones would say as one's funeral.

Whilst this may feel emotional, challenging and somewhat saddening, it's important to think through how we want to be remembered, and picture the legacy we want to leave.

In the following pages, write down what you would want loved ones to share at your funeral. You could write something from your spouse / life partner, your parent, your children, your siblings, your friends or work colleagues.

Honesty and specificity are essential in this exercise as they will help determine your goals and action plans.



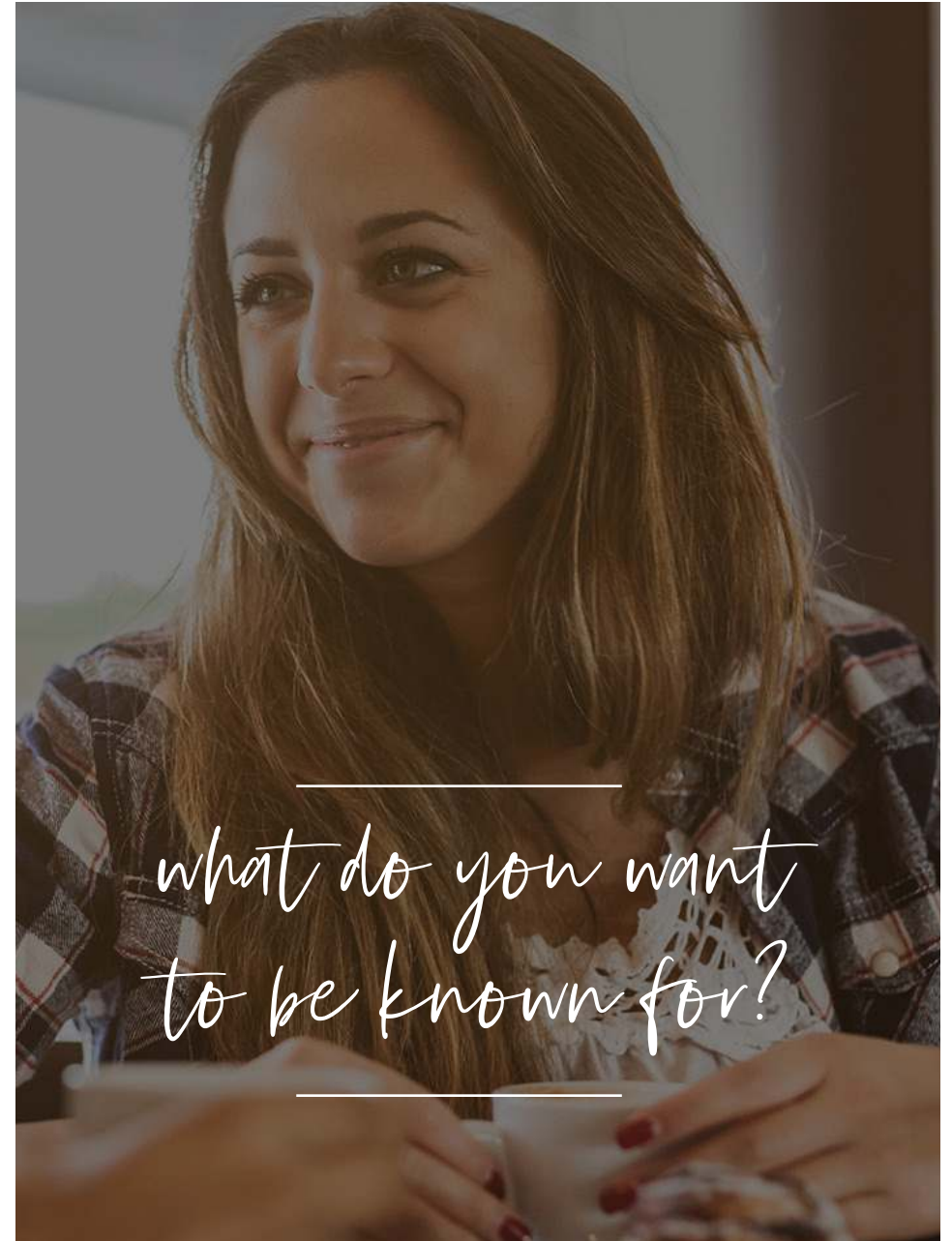
OUTCOMES:

Have the end in mind...

EXERCISE 2:

Now that you have reflected on what legacy you want to leave behind, you may like to nominate three healthy habits that will help you achieve your desired outcome.

You could also take this one step further, and ask those important to you, how you should love and support them. You may think that spending heaps of time with your partner will create the perfect relationship, but perhaps he or she would prefer less time that's more quality.



PRIORITIES:

Making deliberate effort...

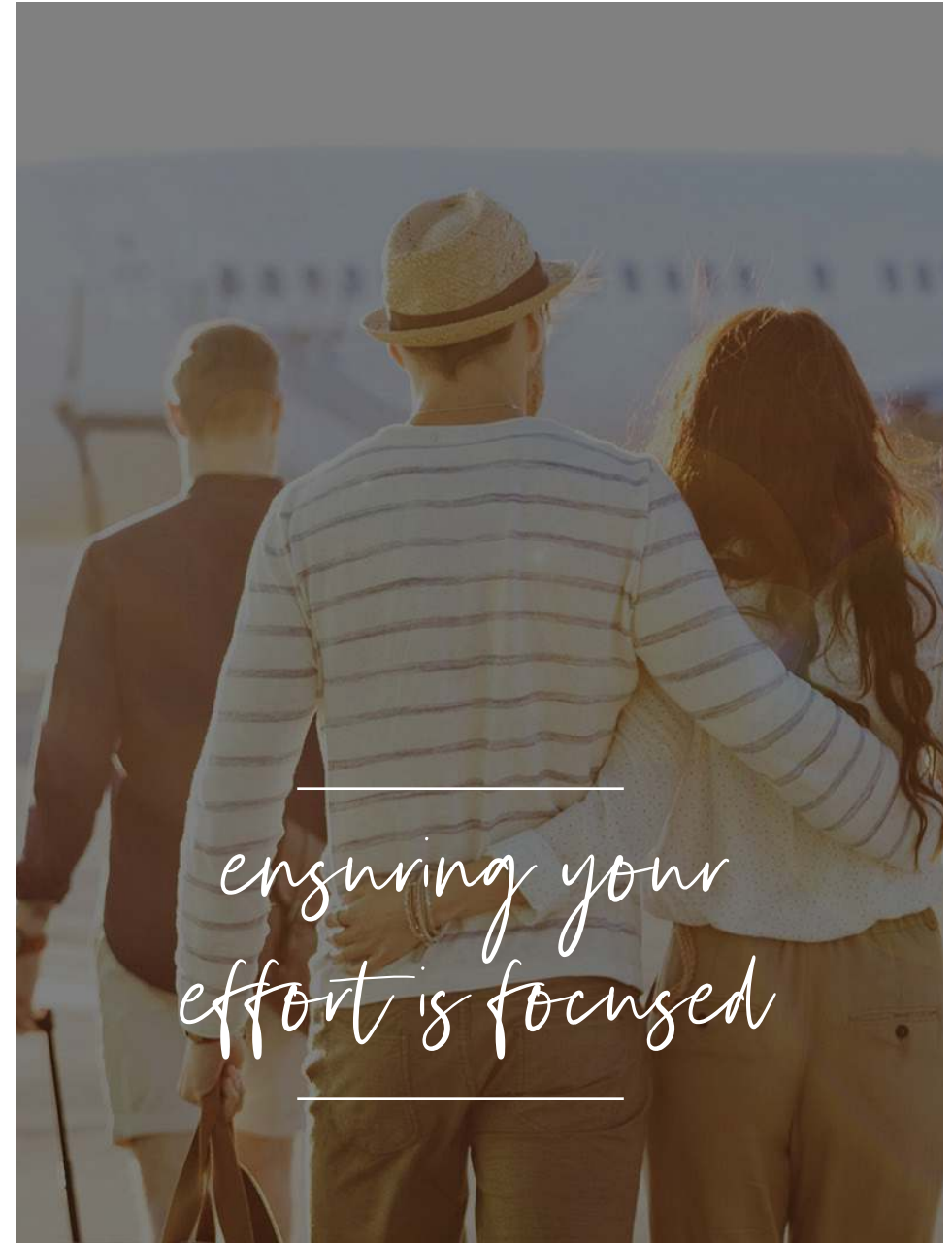
EXERCISE 3:

Our lives are a compilation of various roles and focus areas. You may have a house to manage, family to love, career to build and personal goals to achieve. Each focus area of your life needs dedicated actions to achieve the result you want.

For example, you may have a picture of the kind of parent you want to be, and to achieve that there are specific actions and habits you need to master. Conversely, you may want to improve your physical health which will require a completely different set of actions and habits.

Think through the focus areas of your life. To help get you started, you may like to think about; spirituality, self, life partner, children, friends, career, finances and health.

Once you have identified your focus areas, write down three goals for that area. For example, you may have identified "health" as a focus area, and your goals may be 1) run a marathon, 2) have a body fat percentage of 18%, and 3) squat 80kgs.



ACTION PLAN:

Working towards success...

EXERCISE 4

By now, you should have anywhere between 12 and 32+ goals. Phew! It's going to take some time to get through that list, so let's simplify and focus it a little more.

Rank your focus areas from most important to least important, and then prioritise your goals based on sequence. Meaning, is there one goal that you would like to achieve before the others? Or is there a goal that's necessary to achieve before moving onto the others?

Once completed, write down 3-5 actions per goal. Make sure each action is specific, measurable, timely and realistic.

Putting your actions into practice is going to be tricky, but be patient with yourself and try to make progress every week.

Set yourself a calendar reminder to review your goals and actions after 30-days of completing this exercise.



A photograph of two people sitting on a concrete bench outdoors. The person in the foreground is wearing a grey long-sleeved shirt, black leggings with a yellow stripe, and light blue sneakers. They are adjusting a black watch on their left wrist. The person in the background is wearing a white long-sleeved shirt and dark pants. The image has a dark, semi-transparent overlay.

Live your life by design not default

FINER
details

LIFESTYLE MANAGEMENT

WWW.FINERDETAILS.COM.AU