

THE JOURNEY OF Your life

ME

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Life Planning

People use the word goal setting but I like to use the term, life planning because that is what we are about to do. There is a famous quote stating, 'If you are not using your plan for your life, who made it for you? Because it's probably their plan' You get one shot at this thing called life, make it yours, not someone else's...

The real power of life planning is when you take the step and plan your future to how you want it to be and within doing so, find your passion and reason for being put on this amazing planet. Setting your plan the right way is Inspiring, empowering, exciting and motivating! Imagine already knowing what your life will look like ten years from now? Gives me goose bumps just thinking about it and gets the juices flowing.

95% of the population don't have a plan, so what you are about to do will put you in the top 5% of the global population and with that, gives you the power to shape your life from today and beyond.

As Jim Rohn once quoted, 'Like a well- defined dream' well-defined plans work like magnets. They pull you in their direction. The better YOU DEFINE them, the better YOU DESCRIBE them, the harder YOU WORK on achieving them, the stronger THEY PULL you to and your never ending legacy'.

So lets get started.

Grab the attached worksheet and get yourself in a quiet space as this is an important task and may require peace and quiet.

What do I want within the next one to ten years?

The key to doing this exercise is to do it as quickly as possible. You need to spend no more than 12 to 15 minutes to write down about 50 different items, yes 50. To help you get started on this, consider the following questions when making your list.

1. What do I want to do?
2. What do I want to be?
3. What do I want to see?
4. What do I want to have?
5. Where do I want to go?
6. What do I want to share?

Now, with the help of these questions, answer the primary question 'What do I want within the next one to ten years?'

Give your mind free rein. Let the items flow freely. Don't provide any detail as this will be done later.

When you have completed your list it is time to review what you have written. Put the number of years you feel it will take for you to reach or acquire each item. (1,3,5,10).

Once you have completed this, check to see that what you have written is balanced. What I mean by this, if you have a lot of items with 10 year outcomes and only a few 1 year, you are putting things off and postponing the date of

completion. On the other hand, if you have many short term plans and little 10 year plans, perhaps you are not clear on what type of life you want to build in the long run. Your list should be balanced.

Ok, now that you have reviewed and balanced your list, choose 3 from each of the 4 categories (1 year, 3 year, 5 year, 10 year)

Now you have 12 items. For each of these, write a short paragraph which includes the following:

1. A detailed description of what you want. If it's a material object, describe how high, how long, how much, what model, what colour and so on. If it's a position or business you want to start, describe the job including salary, title, budget under your control, how many staff you will employ and so on.
2. The reason why you want to achieve or acquire this item. You will find out here if you really want it or it's just a passing fancy. If you are unable to come up with a convincing reason why you want it, you should replace it with something else.

You need to understand that 'what you want' is a powerful motivator only if there is a good reason behind it. Doing this activity will cause you to reflect, refine and revise and that is the whole point behind doing this exercise: to help plan for your future.

Once you have completed this activity, type them out in year order and have them colour coded. 1 year in one colour, 3 years in another and so on...

Now, you have a 10 year life plan, what are you going to do with it? Choose one or all of the following to really ingrain these into your day to day life as you need to read them and imprint them into your unconscious mind. If you did this, you will notice some amazing occurrences.

- Laminated and put in your shower – If you have a shower every day, it will be place you can read them without the noise of the outside world
- Screen saver on your computer or phone.
- Copy in your wallet
- Copy in a frame on your work desk.
- Copy on the sun visor of your car.

The reason you need to complete this exercise – have a well thought out plan for you, it will compel you to become the person you need to become to achieve them – deep!

Once this has been done it is time to Plan, Plan, Plan

This is a time consuming exercise but whether you accept it or not, you are, right now, playing the game of life with other players. Believe me, if you don't have goals to shoot at, you aren't playing a very exciting game. And in all seriousness, as I stated at the beginning of this exercise, if you are not playing the game with your plan, there is a good chance someone else has made the plan for you.

So, what are you waiting for? Get your pen and start discovering why you exist and what you need to do to achieve what it is you want

Your Life Plan

What do I want within the next 1 to 10 years?

What do I want to do in the next...?

What do I want to be in the next... ?

What do I want to see in the next...?

What do I want to have in the next...?

Where do I want to go in the next...?

DATE

SUBMITTED BY

What do I want to share in the next...?

Your 1 to 10 year Life Plans

One Year

Three Year

Five Year

Ten Year

Who do you need to become to get these things you want?

The Journey of your life

The road you take on the Journey of your life will be a windy one. There will be many forks in the road and many obstacles to negotiate but remember, you have an advantage over 97% of the world's population - you have a plan written down.

The first time I did this planning, I felt a touch overwhelmed by it all but pushed through as I knew the rewards would far outweigh the efforts and fears I had now created. Taking the first step is always the hardest and you have done that, so well done.

Remember to reward yourself for your achievements throughout the journey. However small the outcome you need to acknowledge the successes and then keep on moving. This is your plan, not someone else's.

One last thing, if you find the plan isn't working for you, stop and re evaluate it. The rule of thumb is -if it doesn't excite you and motivate you, you won't do it. Make your plan something that will make you jump out of bed in the morning and be excited when you go to bed at night.

Enjoy your journey!

Stephen



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