

The background of the cover is a grayscale photograph of a forest. A wooden boardwalk path leads from the bottom center towards the middle of the frame, curving slightly to the right. The path is surrounded by dense foliage and trees. The top half of the cover is partially obscured by a teal-colored band.

IDENTIFY | CREATE | ACTION

INTENTIONAL LIFE PLAN

Your 7 step guide to
living an epic life!



Deb Griffiths

STEPS

01

Your Current Life Audit

02

Inspired Life Priorities

03

Create Your Vision

04

Specific Action Plan

05

Live Baby Live

06

Appointment With Yourself

07

Being Accountable

Intentional Life Plan

Writing a life plan involves:

- Lifestyle audit
- Highlight / Identify what is important to you
- Create your vision of who you desire to be
- Aligned action plan to implement your vision.

01: Current Life Audit

Begin your life plan by auditing where you are currently.
Now, consider and rate each life priority below, using a scale of 1-10 to determine how satisfied you are?

Priority	Rating
 Spiritual Life	
 Finances	
 Extended Family (Parents, Siblings, In-laws)	
 Personal Development	
 Marriage / Relationship	
 Health and Fitness	
 Recreation/Hobbies	
 Children (Yours)	
 Friendships	
 Career / Business	
 Service	
 Generosity	
 Community	

02: Inspired Life Priorities

Choose which 5 life priorities are most important and inspiring for you to focus on this year? I have included 5 priority worksheet pages for you to use at the end of the 7 steps. (After this stage you will have one word (i.e. marriage, finances etc.) written next to each priority.

03: Create Your Vision

Define exactly who you desire to be in each life priority. What do you hope to see when you envision your future? Be sure to write your vision statement in the present tense.

Here is an example of what a vision statement could look like for family:

"I am a woman who loves and leads my family fearlessly. My family is the number one priority relationship in my life, and they feel my love and commitment to them. We lead an exciting life while making a positive contribution by inspiring each other to achieve our full potential."

At the end of stage three, each of your 4 or 5 priorities will have a vision statement. This will take time to do well so don't be in a hurry

04: Specific Action Plan

Time to get practical. This is how you are going to live out your vision statement. What steps are you going to take to be this vision, who will you be, what things will you do daily, weekly, monthly that will lead you to live this vision? (recommend at least 3-5 action steps for each life priority). Write your actionable steps in the same section as the priority.

These action steps should be specific and measurable. For example:

- **General:** I am going to spend more quality time with my family.
- **Specific:** I am going to plan and action a fun family day each week.
- **General:** I will meditate.
- **Specific:** I will meditate for 10 minutes every morning.

Stop here and go write your Life Plan. Read on when you finish.

Now it is time to practice what you preach. On to step 5.

05: Live Baby Live

Create space for your action plan steps in your calendar as commitments. Remember they are your life priorities. Start implementing with excitement and ease immediately.

06: Appointment with Yourself

Review your life plan each week to assess where you are. Set an hour once a week, say Friday, and complete your review process. Scheduling this on a Friday allows you to have a sense of achievement going into the weekend and gives you clarity when planning your key priorities for the next week. **Ensure your weekly appointment with yourself is in your calendar too!**

07: Being Accountable

Writing a plan can be much easier than actually living or implementing it. Your weekly review will help you stay on track, but I guarantee it will be way more fun finding a friend or partner who will hold you accountable in these areas of your life.

Tip: Most of the leaders I coach share their life plan with their spouse or a trusted friend and meet monthly to discuss what they are committed to. "Accountability is the glue that bonds commitment to results!" -- Will Craig, Living the Hero's Journey.

