

SAMPLE LifeFocus™



SAMPLE PROFILE

Below is the story of Jamie, a fictional character completing his LifeFocus. Throughout this document, you will see pages that appear in both the Guide and Plan. Each will be clearly distinguished. Jamie's sample plan only includes an imagined future for three domains. For examples of the remaining six domains, see the other samples.



JAMIE is a former Navy lieutenant with a knack for vision and a heart for community. He's spent most of his post-military career as the COO of a medium-sized logistics company. He's very disciplined but has softened through fatherhood and witnessing the suffering of others. He's nearing retirement now and considering routes for contribution where he can continue to leverage his significant leadership skills.

WHO I AM

My Personal Values

VALUE	WHAT THIS MEANS TO ME AND WHY IT MATTERS FOR MY FUTURE
Resilience	Resilience is moving through pain and challenges, trusting they will not be wasted. It is remembering who you are and what matters to you and living in light of those things. As I transition into a new chapter, I will be able to persevere through the griefs and challenges. As I seek to invest more time in serving the community, I will model hope for hurting, traumatized individuals.
Leadership	Leadership isn't a position. It's a posture. It is navigating decisions calmly, decisively, and for the good of others. It is discernment and service. Even if I don't have a formal team as I transition out of my current position, I want this posture to shape how I engage my family and the broader community. I want to find ways to actively invest in my family legacy, other former service members, and the younger men of color in my community, enabling flourishing for all I care about.
Community	Strong communities enable people to flourish. Family includes not just a mother, father, brother, and sister, but also aunts and uncles, neighbors, and teachers. Every person contributes. Every person matters. Every person has a responsibility to build up the people around them. I want my grandkids to grow up in a safer world—and I can aid that future by investing intentionally in the community many of them now call home.
Generosity	Generosity is giving of my resources, whether material, emotional, or intellectual. It's loving practically. In this next chapter, I especially want to be generous financially. I can't take anything with me. I want to be able to look back on my life, having done more for others than for myself. I want to continue investing wisely in reputable nonprofits and stewarding my children's inheritance. And I want to be generous with my time, spending it with those I love and those who need it.
Vitality	I want to do my part to ensure I can live another 35 years—minimum. That means shaping my nutrition, exercise, and sleep accordingly. If my body is healthy, I can make the contributions I want to. I can invest more deeply in the people I love.

6. Respond to your chosen ACTIVITIES prompts below.

CARD 1 RESPONSE

I feel most like myself when I am offering encouragement and guidance. That's when I feel I am leveraging my leadership capabilities to empower others.

CARD 2 RESPONSE

I think I practice ownership better than most people. It's a skill I've cultivated purposefully, and I think it's essential to earning trust. Ownership helps me grow.

CARD 3 RESPONSE

I have accrued connections across the city, especially with other veterans and nonprofit leaders. I could use these connections to help vulnerable populations and mobilize others for worthy causes.

7. Combine these elements in a rough draft of your mission: I am a [ROLE(S)].

I exist to [IMPACT(S)]. I do this by [ACTIVITIES RESPONSES FROM ABOVE].

I am a family leader, cultivator, and advocate.

I exist to promote confidence, promote stewardship, and combat oppression.

I do this by encouraging and guiding, modeling ownership, and mobilizing nonprofit leaders and veterans to meet the needs of vulnerable populations.

Per the card prompts, when writing your rough draft, you may choose to think in terms of what you promote, what you combat, or a mix of both.

Rough Draft Example:

I am a husband, father, and advocate.

I exist to combat oppression, promote restoration, and promote courage.

I do this by confronting with kindness, encouraging the people around me, and partnering with religious institutions to increase the number of registered foster parents.

WHY I'M HERE

My Personal Mission

FINAL MISSION STATEMENT

I am a compassionate family leader, intentional cultivator, and steadfast advocate.
I exist to empower confidence in those I love, steward the gifts I've been given, and combat the oppression of the vulnerable.
I do this by offering encouragement and guidance, modeling ownership, and mobilizing like-minded leaders to meet community needs.



SCORE

REFLECTION: WHAT MY SCORE MEANS TO ME

9

I've always been in shape, but I must continue working out my sleep problems. I'm not surprised by this score, and I'm proud to have prioritized my health for so long, but I'm not quite satisfied.



6

I wish this score were higher. I know I've needed to get into counseling to work through the pain of growing up, of service, of Miriam's medical condition. Maybe once I'm not working anymore.



7

This score is about what I expected. I'm okay with it. I'm grateful for the religious tradition of my family and community.



5

This score is painful to me. Without the constant need to connect about our kids, I feel like our communication has suffered in the past decade. My wife hasn't been the priority she deserves to be. I want to change that quickly.



8

I'm grateful for this score, especially for the relationships I have with my kids and grandchildren. I know working on my marriage would help it even more.

























































SCORE	REFLECTION: WHAT MY SCORE MEANS TO ME
7	This score also has the potential for growth, especially as I transition out of the workforce. I want to develop focus for how I'll contribute to my community.
10	I'm satisfied with this score. I want to continue on my current trajectory in order to leave my kids a legacy and inheritance.
10	I'm satisfied with this score and looking forward to finishing well and reallocating my energy elsewhere.
4	This score is low. I don't typically think about hobbies. I need to remember that, in addition to investing in others, I can invest in myself. Maybe I'll pick up fly fishing again.



OVERALL REFLECTIONS

I thought my scores would be higher overall. These scores accurately reveal how I've prioritized in the past. I want those priorities to shift moving forward. Specifically, I want to focus more on my marriage and community.

	FUTURE STATUS	SATISFIED?
 BODY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MIND	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 SPIRIT	    	<input checked="" type="radio"/> YES <input type="radio"/> NO
 LOVE	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 FAMILY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 COMMUNITY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MONEY	    	<input checked="" type="radio"/> YES <input type="radio"/> NO
 WORK	    	<input checked="" type="radio"/> YES <input type="radio"/> NO
 HOBBIES	    	<input type="radio"/> YES <input checked="" type="radio"/> NO

WHERE I'M GOING

DOMAIN Love

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>My wife is my best friend. We've gone through couples counseling to confront the distance that once separated us. There, we courageously worked through significant pain and built a relationship we both love. Now, we both feel seen, safe, and wanted in our relationship. We protect and prioritize a weekly date night so we never stop having fun together. We express affection and appreciation for each other every day. We've adapted our physical intimacy as necessary as our bodies age: few things are better than slow dancing with my wife in our living room as the stars come out.</p> <p>The unity of our relationship has made it possible to invest in the people around us, and together, we contribute to our family and broader community. We work together as part of a natural disaster response team, mentor high school students, and host a weekly dinner for several young men reintegrating after spending time in prison. We share a meal with our local kids twice a month, and we make it to all our grandkids' major performances and games.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>I made a promise to my wife on our wedding day to love her well. I have failed to make keeping that promise a priority. If the one thing I do before I die is love her the way she deserves, it will be enough.</p>
	MILESTONES	<p>1 Year Where will I be in one year?</p> <p>We're in couples counseling, and I'm in individual counseling. We've started a weekly date night and daily check-in.</p>
HOW		<p>3 Years Where will I be in three years?</p> <p>We're connected with a natural disaster response nonprofit and a nonprofit reintegrating young men recently released from prison. We've traded individual and couples counseling for group counseling so we can learn from other couples.</p>
		<p>5 Years Where will I be in five years?</p> <p>We're not in counseling anymore, but we still prioritize date nights and daily check-ins. We're involved with three nonprofits, volunteering together twice a week. We have better equipped our home for hosting and have initiated family dinners.</p>
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Weekly date night • Daily check-in • Dance classes?

WHERE I'M GOING

DOMAIN Community

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>I have strong relationships outside of my immediate family, people in my life for whom I would pick up the phone at 3 a.m. We're close enough to vacation together, and both my wife and I feel excited to spend time with these friends. My wife and I regularly volunteer to help our surrounding community. We practice mentorship. We invite others to count on us.</p> <p>We're involved with three nonprofits.</p> <ol style="list-style-type: none"> 1. The first sends veterans to respond to natural disasters. 2. The second involves mentoring high school students. 3. The third involves helping young men recently released from prison reintegrate into the wider world.

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>It matters to me to be a good friend. And I want to put the skills, knowledge, and experiences I've developed to good use, especially after I retire. I need new ways to actively contribute. If I lose my sense of purpose, my health and well-being will suffer. I refuse to quit before the finish line.</p>
	HOW	<p>MILESTONES</p> <p>1 Year Where will I be in one year?</p> <p>Establish a weekly dinner with other empty-nester friends. Retire.</p>
<p>3 Years Where will I be in three years?</p> <p>Begin volunteering with one nonprofit.</p>		
<p>5 Years Where will I be in five years?</p> <p>Deeply involved in all three nonprofits, considering leadership in at least one of them.</p>		
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Weekly dinner with friends • Weekly time slot set aside for volunteering

WHERE I'M GOING

DOMAIN Hobbies

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>I have picked up fly fishing again. It energizes me. I'm setting aside at least a dozen week-ends a year to get into the mountains to fly fish. Half of the time, I go by myself. The other half of the time, I go with my wife. We have a dozen rods and fifty flies. I'm confident in my casting, I've learned how to pick good fishing spots, and I rarely end the day without one good catch—but that's not the point. The mountain air helps me clear my mind, and I always return more myself.</p> <p>I'm also continuing to learn. I'm reading at least 45 books a year on a range of topics.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>Joy is a discipline, and I can be a better me for everyone else when I'm actively finding ways to cultivate it. Also, continuing to learn keeps my mind sharp even as I age.</p>
	MILESTONES	<div> <div>1 Year Where will I be in one year?</div> <p>I've bought a rod and booked three trips to Colorado. I'm reading a book a month.</p> </div> <div> <div>3 Years Where will I be in three years?</div> <p>I've chosen my favorite spots in semi-remote places and go at least once a month. I'm reading two books a month.</p> </div> <div> <div>5 Years Where will I be in five years?</div> <p>We're teaching our grandchildren to fly fish. I'm reading three books a month.</p> </div>
HOW	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Reading before bed • Protecting time for fly fishing

SAMPLE PROFILE

Below is the story of Rowan, a fictional character completing her LifeFocus. Throughout this document, you will see pages that appear in both the Guide and Plan. Each will be clearly distinguished. Rowan's sample plan only includes an imagined future for three domains. For examples of the remaining six domains, see the other samples.



ROWAN is a wife, mother, and artist—and you'd notice all three the moment you entered her house. More traditionally "Type B," she has a creative, "go-with-the-flow" spirit. She has three kids under eight, so there is constantly a scattering of toys across the house, including in the in-home studio where most of her art lives. She has an eclectic artistic style, mixing different media into her knack for photography. Now that her youngest has started school, she's hoping to invest more time in her art, turning it into a business.

WHO I AM

My Personal Values

VALUE	WHAT THIS MEANS TO ME AND WHY IT MATTERS FOR MY FUTURE
Spirituality	Spirituality means who I am is rooted in what I believe. When I remind myself of why I'm here, it changes how I spend my time and my resources and informs what I want to show the world through my art. Creating, nurturing, and connectedness go hand in hand.
Trust	Trust is the most valuable resource on earth. I want to earn trust and practice trust. Trust is the antidote to fear and scarcity. When I practice trust, it will help me move through anxiety and embrace uncertainty, knowing that I am not alone.
Beauty	Beauty opens people up like almost nothing else. Creating beauty isn't a pastime; it's a calling to fight back against fear, loneliness, and despair by bringing people together around beauty. I want to create art that makes people think and makes them more hopeful.
Grit	Grit means sticking to it. Grit moves mountains. If I turn my gift into a business, I'll need to stick it out through rejections, hard conversations, and low sales. Grit would enable me to keep pushing through. It's also something I want to model for my kids, especially as Sam grapples with his ADHD and dyslexia as he continues through school.
Empathy	Empathy makes a better world. It makes it possible to forge true connection. If I'm going to be a wife who makes her husband feel known and loved, a mom who makes her children feel understood, or an artist who creates art that truly speaks to people, I'll need the ability to step into the shoes of someone else.
Fun	I want my family to share memories we cherish. I want my children to say one day that we laughed together all the time. I want that zest for meaningful moments. I want playfulness and spontaneity. Life is for living, not enduring.
Curiosity	Curiosity is pursuing discovery. I want to keep on discovering the people I love, the world around me, and myself. I want to keep on learning, experiencing, and becoming all I was made to be. Curiosity is the key to the joy and empathy I aspire to.

6. Respond to your chosen ACTIVITIES prompts below.

CARD 1 RESPONSE

Creating and nurturing fill me up. I love noticing and investing in the goodness around me.

CARD 2 RESPONSE

I have a gift for listening, making people feel seen, and capturing the human experience through art.

CARD 3 RESPONSE

I could access and foster relationships with other artists to support and encourage each other.

7. Combine these elements in a rough draft of your mission: I am a [ROLE(S)].

I exist to [IMPACT(S)]. I do this by [ACTIVITIES RESPONSES FROM ABOVE].

I am a wife and mother, artist, and witness.

I exist to promote connection, promote sanctuary, and combat despair.

I do this by investing in the people I love, listening intentionally, and capturing the human experience.

Per the card prompts, when writing your rough draft, you may choose to think in terms of what you promote, what you combat, or a mix of both.

Rough Draft Example:

I am a husband, father, and advocate.

I exist to combat oppression, promote restoration, and promote courage.






I do this by confronting with kindness, encouraging the people around me, and partnering with religious institutions to increase the number of registered foster parents.

WHY I'M HERE

My Personal Mission

FINAL MISSION STATEMENT

I am an attentive wife and mother, an insightful artist, and a committed witness.
I foster meaningful connections, create experiences of sanctuary, and combat despair.
I do this by sacrificially investing in the people I love, listening intentionally, and capturing the human experience so people feel less alone.

	SCORE	REFLECTION: WHAT MY SCORE MEANS TO ME
 BODY	4	That score is pretty depressing, honestly. Between the kids and trying to squeeze art in, it doesn't feel like there's time to make balanced meals. Sleep is almost an afterthought. And I've never been the weight-lifting or running type. But I know health matters.
 MIND	8	I'm grateful for the counseling from a few years ago and for how practicing mindfulness has brought more peace to my life. There's still room for growth, but it might not be as high a priority as other domains.
 SPIRIT	8	This score is good, but it could always be better. Since what I believe empowers who I am, I always want to make it a priority.
 LOVE	6	This score could use some work. I feel like we've lost ourselves a bit in parenting. I want to have the opportunity to remember what makes us, us.
 FAMILY	8	This score reflects the effort we've put into building our family, but it still has room for growth. I also want to continue working on my relationship with my father and older brother.

























































SCORE	REFLECTION: WHAT MY SCORE MEANS TO ME
6	This score is lower than I'd expect, but I think there's a lot of potential. Especially as I try to begin selling my art in earnest, I will have opportunities to invest in my community and need the connections and exposure made possible by community.
6	I don't think about this as much as my husband, but I would like those conversations to be more joint moving forward. I think we're in a good place overall, but I'd like it if we had more in savings.
6	If I'm thinking about my art as my work, I'm a bit haphazard about it right now. If I'm thinking about my parenting as my work, I feel like we're letting the kids' extracurriculars drive our family a bit too much. I'd like more focus in both areas.
5	I know this number is low, but I don't feel I have the bandwidth to do much about it right now. With art moving from a hobby into work, there's a gap here, but time is limited. It would be fun to pick up dancing again someday.



OVERALL REFLECTIONS

My score is lower than I expected. I think I'm living so much for the people around me that it hurts my ability to thrive personally. I need to invest in myself more to support everything else.

	FUTURE STATUS	SATISFIED?
 BODY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MIND	    	<input checked="" type="radio"/> YES <input type="radio"/> NO
 SPIRIT	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 LOVE	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 FAMILY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 COMMUNITY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MONEY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 WORK	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 HOBBIES	    	<input type="radio"/> YES <input checked="" type="radio"/> NO

WHERE I'M GOING

DOMAIN Work

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>I've turned my art hobby into an all-out business, selling a dozen pieces each month and generating \$10,000 monthly (gross income). I love my job, and I've chosen to work part-time while the kids are at school. I've established a reputation locally and complete multiple commissions each month.</p> <p>I've hired a part-time assistant to manage administrative tasks, including my email, contracts, communicating about commissions, establishing deadlines, booking art shows, and dealing with my social media accounts. As a result, I spend less than 30 minutes a day in my inbox. I also work with an accountant, so I don't have to handle the money side.</p> <p>Once a month, I go on an outing to somewhere I've never been and bring my camera in order to continue exploring my style and creating new ideas. I've also spent multiple intensives learning directly from artists I admire and have leveraged those connections to get into bigger showrooms.</p> <p>My website generates passive income, as I sell prints of former art, which comprise 20% of my income. I advertise my work through local magazines, farmers markets, social media, and through work strategically donated to community centers and public areas around town.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>The world needs more beauty. With all the kids in school, I want to contribute in a way that is reflective of my gifts. Creating art is what I'm meant to do. And being an artist makes me a better wife, mother, and person.</p>
	MILESTONES	<p>1 Year Where will I be in one year?</p> <p>I've built a website and social media accounts, and I sell two pieces each month.</p>
HOW		<p>3 Years Where will I be in three years?</p> <p>I've connected with two artists I admire for mentorship. I have a booth at the farmers market each Saturday, and I've strategically donated two pieces that are now posted in public places.</p>
		<p>5 Years Where will I be in five years?</p> <p>I'm making \$4000 a month and have hired my executive assistant. I am well-known locally and have more than 12k followers online.</p>
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Working 9 a.m.–1 p.m. each day • Monthly explorative trips for inspiration • Weekly social media posts featuring new work or my creative process

WHERE I'M GOING

DOMAIN Body

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>I've finally started making my health a priority. I've stopped skipping lunch, and I'm cooking nutritious, balanced meals for dinner. I've taken a few cooking classes to increase my proficiency in the kitchen, and I'm enjoying it more as a result. I've given up caffeine for my health, and I limit dessert to Saturday night ice cream. I want to take care of my body more than I want comfort food.</p> <p>I've given up on trying to make myself a runner or weightlifter and started dancing instead. I have an entire dance community through my local studio, and they push me to try things outside my comfort zone. Now that I've found a way to move that I love, I actually look forward to exercising. I've also started biking when the weather permits while listening to my favorite podcast.</p> <p>As a result of these changes, I'm at an ideal, healthy weight and have the energy I need to get through the day and keep up with my now three teenage boys.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>I want to feel good in my body. I want to do my part in supporting and role-modeling healthy living for our boys as they grow. And I want community outside of my work, church, and the parents of my boys' friends.</p>
	HOW	<p>1 Year Where will I be in one year?</p> <p>I am attending dance classes every week, have completed a cooking course, have given up coffee, and can confidently cook five new recipes.</p>
<p>3 Years Where will I be in three years?</p> <p>I have purchased a bike, have compiled a cookbook with twenty recipes, and continue to attend dance classes.</p>		
<p>5 Years Where will I be in five years?</p> <p>I have the highest level of membership at my local studio, attending three times a week with access to their online library. I bike most days that I'm not dancing. I'm cooking balanced meals at least six nights a week.</p>		
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Weekly dance classes • Weekly farmers market trips • Capturing possible recipes in a digital or physical cookbook

WHERE I'M GOING

DOMAIN Spirit

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>Who I am is grounded in Christ. I am a person of prayer, praying for my family and community every morning. I read scripture. I attend church and participate in a small group. In response, I love my neighbors in tangible ways, volunteering my time and resources to serve marginalized people.</p> <p>I spend time meditating on my purpose and considering how I can contribute to the world. My husband and I share what we're grateful for from the day before going to bed each night. I have a spiritual mentor who helps me notice and name how God is moving in my life and how I can continue to choose to trust him. Following God has taught me to practice the same kind of acceptance and compassion toward myself that he has for me, and my self-talk is gentler than it used to be.</p> <p>Lastly, I have forgiven those who have harmed me, living free from grudges, bitterness, or resentment. I've worked through my relationship with my dad and older brother, in particular, and have begun to reestablish relationships with them.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>I want the world to be different because I was here. The best way I know to do that is by becoming a person who loves relentlessly. Following my faith can lead me there. It will require effort, discipline, and the involvement of others, but living a life that deeply impacts others is worth it.</p>
	HOW	<p>1 Year Where will I be in one year?</p> <p>I've joined a small group and started morning prayer.</p>
<p>3 Years Where will I be in three years?</p> <p>My husband and I practice nightly gratitude, and I've started meeting with a spiritual mentor. I'm in counseling again to work through forgiveness.</p>		
<p>5 Years Where will I be in five years?</p> <p>I'm in counseling with my dad. My husband and I are hosting our small group.</p>		
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Attending church • Morning prayer • Morning scripture reading • Weekly volunteering

SAMPLE PROFILE

Below is the story of Nick, a fictional character completing his LifeFocus. Throughout this document, you will see pages that appear in both the Guide and Plan. Each will be clearly distinguished. Nick's sample plan only includes an imagined future for three domains. For examples of the remaining six domains, see the other samples.



NICK is a new husband and established entrepreneur on a mission to disrupt the staffing industry by using dating app frameworks to match individuals with companies while implementing opportunities for filmed responses to common interview questions. He has always hustled and is beginning to wrestle with the costs as he's confronted with the impact of his lifestyle on his new marriage. They are considering adopting kids, and he wants Mandy to be able to continue her work as a gifted graphic designer. He wants a vision that brings greater balance to his life.

WHO I AM

My Personal Values

VALUE	WHAT THIS MEANS TO ME AND WHY IT MATTERS FOR MY FUTURE
Discernment	Discernment is slowing down enough to make an informed, wise decision. I have a good gut, but sometimes, I move too quickly. By focusing on discernment, I can make good decisions for our family and for my business.
Autonomy	Autonomy is acting without unnecessary interference. I want to preserve my ability to make the decisions I think are best without being hindered by someone else. I also want to empower my wife's autonomy in her career and that of other members of my future team.
Entrepreneurialism	Entrepreneurialism is risking and trying for the sake of the world. Breakthroughs come from trying new things and practicing persistence. Pairing practical imagination and persistence can help me build something others want to use.
Growth	Growth is putting learning into practice. I have so much to learn about being a husband, and one day, a dad, and about my business, too. I want to be receptive to feedback and pursue opportunities to learn.
Integrity	Integrity is doing what's right, no matter what. I want it to shape every part of my life, especially as a business owner. The world of tech and AI demands a strong moral compass. I want it to be said that I acted in line with my values.
Togetherness	Togetherness is inviting others in. People matter. I want to share the fruits of my labor with people I love. And I want to build something that will bring others together with the people they can collaborate effectively with.

6. Respond to your chosen ACTIVITIES prompts below.

CARD 1 RESPONSE

I have a knack for coming up with new ideas that other people wouldn't think of. I'm a creative problem-solver.

CARD 2 RESPONSE

I am good at helping people communicate and facilitating the connection they need to work together effectively.

CARD 3 RESPONSE

I think I ask good, confronting questions that help people say what needs to be said.

7. Combine these elements in a rough draft of your mission: I am a [ROLE(S)].

I exist to [IMPACT(S)]. I do this by [ACTIVITIES RESPONSES FROM ABOVE].

I am a husband, visionary, and learner.

I exist to promote collaboration, promote excellence, and promote creativity.

I do this by asking confronting questions, promoting effective communication, and coming up with good ideas.

Per the card prompts, when writing your rough draft, you may choose to think in terms of what you promote, what you combat, or a mix of both.

Rough Draft Example:

I am a husband, father, and advocate.

I exist to combat oppression, promote restoration, and promote courage.




I do this by confronting with kindness, encouraging the people around me, and partnering with religious institutions to increase the number of registered foster parents.

WHY I'M HERE

My Personal Mission

FINAL MISSION STATEMENT

I am a committed husband, strategic visionary, and avid learner.
I exist to promote collaboration, encourage excellence, and advance creativity.
I do this by asking confronting questions, facilitating effective communication, and generating and implementing novel ideas.

	SCORE	REFLECTION: WHAT MY SCORE MEANS TO ME
 BODY	7	This is about what I expected. I know I need to slow down and focus on getting enough sleep and exercise. Mandy is great about helping get food on the table, and I want to help with that, too.
 MIND	5	I've got the learning part figured out, but I know I need to process my emotions instead of mostly ignoring them. I know it would help my relationships, too. Even though this isn't the domain I want to prioritize, I know it should be.
 SPIRIT	8	I'm okay with this score. I've got a strong sense of purpose and no desire to become religious.
 LOVE	10	We're off to a good start. I think Mandy's recommendation that we try couples counseling for our first year is a good one. We should revisit it.
 FAMILY	7	So far, we have been a family of two, but I have wanted to adopt. I want to spend more time weighing what that would mean. I'd also like to invest more in my relationship with my grandpa and learn about our family history.

























































SCORE	REFLECTION: WHAT MY SCORE MEANS TO ME
5	This score is lower than I'd like. I need to remind myself that community impacts the health of my marriage and family.
8	This score is okay, but I need to monitor it carefully as I continue trying to get this business off the ground. I want to provide for my family.
6	This score is lower than I thought. I've been working hard, but it hasn't always translated into the results I'm after. I need a better sense of focus and vision.
3	Ha! Hobbies! Even my reading is mostly for work. It might be fun to start playing some pick-up basketball from time to time. I used to love that. It's hard to prioritize this score when I see so much I want to change.



OVERALL REFLECTIONS

I think my drivenness is working against the results I'm after. I need to slow down enough to pursue a more well-rounded life so I don't hurt the people I love the most.

	FUTURE STATUS	SATISFIED?
 BODY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MIND	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 SPIRIT	    	<input checked="" type="radio"/> YES <input type="radio"/> NO
 LOVE	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 FAMILY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 COMMUNITY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 MONEY	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 WORK	    	<input type="radio"/> YES <input checked="" type="radio"/> NO
 HOBBIES	    	<input type="radio"/> YES <input checked="" type="radio"/> NO

WHERE I'M GOING

DOMAIN Mind

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>I take seriously my responsibility to steward my learning and emotions. I practice quiet meditation each day, and I rarely miss a day of journaling. I've gotten my temper under control with the help of therapy. There, I've learned specific, healthy coping mechanisms to help me stay grounded when I'm stressed, afraid, or angry.</p> <p>I've intentionally cultivated my mind both by setting boundaries and prioritizing learning. I've deleted social media and constrained my news consumption, especially seeking balanced sources with multiple perspectives on complex topics. I keep screens out of the bedroom and avoid using my phone one hour before bedtime.</p> <p>I read for three hours weekly, usually when I wake up. I'm also a member of a film club that meets weekly. I devote an additional three hours each month to personal growth by meeting with a mentor.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>When my internal world is more ordered and steady, I'll be a better husband and wiser business leader. My thinking shapes my feelings and actions, so I must be intentional.</p>
	HOW	<p>MILESTONES</p> <p>1 Year Where will I be in one year?</p> <p>I've started counseling and journaling. I've deleted non-business social media accounts.</p>
<p>3 Years Where will I be in three years?</p> <p>I'm meeting with a mentor and have protected time for reading. I've also started meditating.</p>		
<p>5 Years Where will I be in five years?</p> <p>I can specifically list the coping techniques I choose to help me calm down. I have a reading list I love and enough time to read in-depth news articles.</p>		
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <p>Counseling, journaling, meditating</p>

WHERE I'M GOING

DOMAIN Money

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>Both my family and business are in good financial positions. My family has a one-year emergency fund. We've paid off our house. And we already have \$20,000 saved for education for our kids. We're debt-free, paying off our credit cards in full each month. My wife and I easily communicate about finances and set aside time each Sunday afternoon to budget and plan together. Despite our aggressive saving, we take one vacation to somewhere new each year. I'm bringing home \$115,000 of what the business is making.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>It's not about me anymore. I have a wife, and I might have kids soon. I want them to be taken care of and not live in fear. I want to be strategic while leaving room to splurge sometimes.</p>
	MILESTONES	<div> <div>1 Year Where will I be in one year?</div> <div>We've paid \$25,000 toward the house and have an emergency fund that would last three months. We're budgeting together.</div> </div> <div> <div>3 Years Where will I be in three years?</div> <div>We've paid \$90,000 toward the house and have an emergency fund that would last six months.</div> </div> <div> <div>5 Years Where will I be in five years?</div> <div>We've paid \$200,000 toward the house and have an emergency fund that would last a year. We've started saving for our kids' school.</div> </div>
HOW	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Autodrafting 30% of both our paychecks to savings • Weekly budgeting

WHERE I'M GOING

DOMAIN Family

MY DESIRED FUTURE		
WHAT	DESCRIPTION	<p>What do I want in the next ten years?</p> <p>My family has grown from a family of two to a family of five, including two adopted children and one biological child. Despite the variety in our backgrounds, we have a shared family identity transcending any one person. We have taught our kids about the cultures they inherit from their mom and me and their native cultures, if applicable. We live within diverse communities together.</p> <p>Additionally, I have researched and sought to understand my family history, inheritance, and culture. I've started recording interviews with my grandpa about how our family came to live in Hawaii and the traditions he grew up with as a boy. As a result, he and I have become good friends. I'm also friends with my siblings, and our group chat makes me laugh. We switch between talking with my nuclear family and Mandy's on the weekends.</p> <p>My family always shows up for each other when it's expensive, inconvenient, and uncomfortable. Family is family. We love each other.</p>

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p> <p>My biggest contribution to the world won't be the business I build but the legacy I leave for the people I love. I want to create something that allows them to flourish and connects them with every part of their identity.</p>
	MILESTONES	<div> <div>1 Year Where will I be in one year?</div> <div>We've started looking into adoption options. I've begun interviews with my grandfather.</div> </div> <div> <div>3 Years Where will I be in three years?</div> <div>We've adopted our first child and had our first biological child. We've set family values.</div> </div> <div> <div>5 Years Where will I be in five years?</div> <div>We've adopted our third child.</div> </div>
HOW	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p> <ul style="list-style-type: none"> • Family Fun Fridays! • Family group calls