

LifeFocus™

PLAN

NAME _____

DATE _____

HOW TO USE YOUR PLAN

Complete your LifeFocus Plan using the Guide. Then, put it to use.

Step 1: Implement It

- 1 Turn a few of your Milestones and Habits into SMARTER Goals.*
- 2 Start implementing those SMARTER Goals with your Full Focus Planner.*
- 3 Create or update your Rituals and Ideal Week™ in your Full Focus Planner.

Step 2: Review It

- 1 Keep your Mission and Values visible; post them where you'll see them.
- 2 For the first month, review your LifeFocus during your Weekly Preview. After that, review it during your Quarterly Preview.
- 3 Revisit your LifeFocus anytime you need encouragement.

Step 3: Update It

Revise your LifeFocus once a year before setting annual goals, or as needed.

For completed samples or blank Plans, visit lifefoc.us/resources.

Purchase new Plan booklets at lifefoc.us/store.



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WHY I'M HERE

My Personal Mission

FINAL MISSION STATEMENT

WHO I AM

My Personal Values

VALUE	WHAT THIS MEANS TO ME AND WHY IT MATTERS FOR MY FUTURE

WHERE I'M GOING

DOMAIN _____

MY DESIRED FUTURE		
WHAT	DESCRIPTION	What do I want in the next ten years?

MY DESIRED FUTURE		
WHY	MOTIVATION	<p>What's at stake? Why is this important to me?</p>
	HOW	<div> <div>1 Year</div> <div>Where will I be in one year?</div> </div>
<div> <div>3 Years</div> <div>Where will I be in three years?</div> </div>		
<div> <div>5 Years</div> <div>Where will I be in five years?</div> </div>		
	HABITS	<p>What behaviors would help me make this future a reality? Could be daily, weekly, monthly, quarterly, or annually.</p>

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WANT SOME BONUS HELP WITH YOUR PLAN?

There's no need to go it alone. By working with a Full Focus
Certified Pro, you can get help:

- building or refining your Plan
- crafting your mission
- defining your values
- turning your Plan into actionable SMARTER Goals
- identifying helpful habits
- staying focused quarter after quarter, year after year

Our Certified Pros are equipped to help any LifeFocus user make
the most of their Plan. Visit [**lifefoc.us/pro**](https://lifefoc.us/pro) to find out more.

