



# DESIGNING A LIFE PLAN

Having a “Life Plan” brings you focus, determination, and hope. Working towards the goals in your Life Plan – even a little bit each day - brings you joy as you see the life you dream about becoming your reality.

Use this worksheet to help you draw up a plan for the life you truly desire.

## **Self Improvement**

Are you proud to be you? \_\_\_\_\_

Do you have the character traits you admire? \_\_\_\_\_

If you want to work to strengthen your character in any way, write about specifically what you want to change:

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Steps to achieve these goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Health**

How is your health? \_\_\_\_\_

Are you in the physical condition you would opt to be in?  
\_\_\_\_\_

Do you look like you thought you would at this point in life? \_\_\_\_\_

Are you pleased about how you take care of yourself? \_\_\_\_\_

Are you as active physically as you want to be? \_\_\_\_\_

How do you handle emotionally challenging situations?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you like to resolve old psychological issues but just haven't gotten around to doing it?  
\_\_\_\_\_  
\_\_\_\_\_

What, if any, changes do you want to make regarding your physical health?  
\_\_\_\_\_  
\_\_\_\_\_

Steps you'll follow to accomplish those changes:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What do you want regarding your emotional health?

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Steps you'll follow to achieve your goals regarding your emotional health:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Love Relationships and Family**

If you're in a special relationship, are you happy about it? \_\_\_\_\_

Is it fulfilling your emotional needs? \_\_\_\_\_

Are you happy in your family situation? \_\_\_\_\_

Do you provide the type of parenting that you always believed you would? \_\_\_\_\_

Do you spend adequate quality time with your family? \_\_\_\_\_

If you have a love relationship, do you want to change anything about it? If so, what?

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Steps you'll take to achieve what you want regarding a love relationship:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Do you have or want a family? \_\_\_\_\_

What, if any, changes do you wish to make regarding you and your family?

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Steps you'll take to achieve what you want related to your family:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **Friends**

Would you choose your current friends all over again? \_\_\_\_\_

Are you satisfied with everything related to your friends? Write down anything you'd like to change regarding friendships here.

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How will you achieve these changes? Steps you'll take to achieve what you want related to your friendships:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Your Home**

Do you live in the location you want? \_\_\_\_\_

Do you reside in the type of home (apartment, house, or condo) that you desire? \_\_\_\_\_

Does your home reflect who you are and what you prefer the way you'd like it to? \_\_\_\_\_

Your desired location to live is: \_\_\_\_\_

Type of residence you desire: \_\_\_\_\_

Changes you want to make inside your home, such as room arrangements and how the space is used:

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Steps you'll take to get what you want related to your home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Career and Work

Is the career you're working in now the type of job and work you'd opt for?

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Do you have a clear plan for the future for your career? \_\_\_\_\_

Is there anything you wish to change about your career or job?

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Steps you'll take to achieve these changes related to your job:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Hobbies and Activities

How do you spend your spare time? \_\_\_\_\_

Do you do activities that interest you, that you're passionate about, or that you can't wait to do next time? \_\_\_\_\_

Describe any changes you want to make regarding hobbies and activities:

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Steps to achieve your goals regarding hobbies and activities:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Intellectual and Cultural Pursuits

Do you pursue the intellectual topics and cultural events that interest you? \_\_\_\_\_

Do you wish to pursue further intellectual and cultural pursuits? What?  
\_\_\_\_\_  
\_\_\_\_\_

Steps for developing more intellectual and cultural pursuits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Spiritual Development

Do you feel a need for more peace and spiritual enlightenment?

Steps you'll take for finding greater spiritual fulfillment:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How do you feel about the Life Plan you just created? Did you include everything you truly want in life?