## This exercise comes with health alerts

A Life Plan can help you step out of the autopilot hamster wheel, and into the life you choose and direct. To be the remarkable person you want to be, and to live a life that expresses the very best you can be.

Alert 1: You may find yourself enjoying life a whole lot more, colours are brighter, sounds are clearer, people are more helpful, you’re happier, possibly even joyful, reflecting on why you are here, grateful for who you are and what you have.

Alert 2: You may also find that you are still in pursuit of an intangible purpose. You swap the old destination for the new but still let it fill your day, you head is in the future and the present slips by unheeded. It’s time to stop, let it go. Contrarily, the more you plan, the easier it is to let go of pursuing your future. Here’s the thing - your Life Plan works best when you have your destination in mind, but you stay in the now, stay present. Try it before you say you can’t. This is where courage is required.

“Being ambitious and having goals are of course essential. However, to actually achieve those goals to the best of your ability, remain present. Being present allows you to find fulfillment in the moment, in the task at hand – rather than in some distant future, after you have achieved everything and ticked every last task off your list.

When you slow down and focus one hundred percent on the tasks you are working on or the people you are with, then everything becomes joyful, even the mundane. That joy in turn leads you to perform better, be more productive, become charismatic, and build better relationships.”
~ Emma Seppälä, The Happiness Track

Alert 3: Your Life Plan MUST include some me time, when you don’t need to do anything other than sit and breathe, stare out the window at the clouds, catch up with friends for a cuppa and a laugh, pat the cat and listen to her purr, dig in the garden, read a book purely for pleasure, bake, hammer, play…

## It takes courage to put yourself in charge of your own remarkable life.

Courage is not absence of fear. It is, rather, the total presence of fear, with the courage to face it.
~ Osho

Osho proposes that whenever we are faced with uncertainty and change in our lives, it’s actually a cause for celebration. Instead of trying to hang on to the familiar and the known, we can learn to enjoy these situations as opportunities for adventure, and for deepening our understanding of ourselves and the world around us.

## Now is the time to take action, tiny or titanic, to be and do something different. You are the author of your remarkable life.

## Here’s what to do:

1. Print out the Life Plan pages. Grab your journal and a pen.
2. Find a quiet spot. Take a moment to get grounded, and home. Make sure you give yourself plenty of time. You are making a contract with yourself, and agreement to do something different, to change.
3. Open your journal and transfer your values and your big why into the Life Plan. This is a good time to review them. You’ve done a lot of thinking if you’re up to this point in the Remarkable Life program. Don’t hurry it, take all the time you need.
4. Now go to the page with your letter to your remarkable future self.
5. Go through the letter line by line, and make a list of all the small and large actions that you could take to get you closer to that remarkable future self.
6. Choose one action to work on, one goal, big or small. This could be in the area of your life you are focusing on for your next 30-day challenge. Add it to your Life Plan with an action flavour.
7. Add all the small actions it may take to get you to the bigger action. This might include asking for help.
8. Think and write about all the things that you’ll benefit from while your working on your goal and when you’ve achieved it.
9. Think and write about what could hold you back. Where will the resistance come from? Don’t forget to complete Gretchen Rubin’s [Four Tendencies Quiz](https://www.surveygizmo.com/s3/1950137/Four-Tendencies-January-2015) to help you find the best ways to change your behaviours.
10. Think and write about who could be on your support team, someone who sees the greatness within you, even when you don’t see it yourself. Ask them for their support.
11. If you’re not ready to write up your Life Plan, if the whole thing seems too much, try doing one thing off your list every day until it’s done – either the thing, or the list. Journal what happens. What did you try? How did you feel?

“The most courageous act is still to think for yourself.

Aloud.”

~ Coco Chanel ~



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| --- |
| This is My Life Plan  |
| I’m starting: insert date | I’m finishing: insert date |
| My top 5 values for now: |
| My Personal Vision Statement – My BIG WHY |
| My first goal is… Your goal is to be the person you wrote to in your letter – remember how it felt to imagine your life as that future remarkable you. Keep that version of you in mind while you write your goal. Try and be specific so that there is an action in your goal. Rather than I’m going to spend more time with my family, your goal could be “I’m going to have all day Sunday as family time” or “I will be home to share dinner with my family, with my phone off and no TV, three nights per week.”You are putting you mark on the page, making it as clear as you can and getting on with it. (This text disappears when you print out the page by the way) |
| This is the list of every small action I’ll need to take to achieve my goal…Break down your goal into as many small steps as you can. If you’re goal is sharing dinner with your family, some of the steps could be: choose which days you are committing to, talk to your family about your goal and ask them to remind you, block out the last hour at work in your diary for winding up, set an alarm on your phone to give you a 15-minutes to depart time, put a note on the fridge or the bathroom mirror, inform the office/colleagues that you are leaving at 5:30 on the days you’ve chosen, make a roster with your family to pick a card or board game to play before or after dinner…  |
| My Life Plan goal will bring me these benefits and more… |
| These are the possible obstacles to me taking action & how I’ll deal with them… |
| Who could help me achieve my goal? Who do I need to speak to about my goal? |
| I’ll know I’m succeeding when…Give yourself a trifecta for your goal here. What’s an acceptable goal, what’s a stretch goal, and what would be a unicorn goal – way out there? This is a great way to encourage yourself. If your goal is to have more dinners at home with your family, then an acceptable goal might be twice a week, a stretch goal four times a week and a unicorn goal six times a week. Don’t forget to record your actions in your journal.* Acceptable
* Stretch
* Unicorn
 |
| Life Plan Goal 1: If you like to have more detail and accountability, use the table below to list all your actions, and give them a time and date for completion. If you haven’t already, take Gretchen Rubin’s [Four Tendencies Quiz](https://www.surveygizmo.com/s3/1950137/Four-Tendencies-January-2015) to help you work out the best ways to change your behaviour.This type of detail can help keep you clear on what you’ve achieved and what’s next, or fill you with dread. Do what works for you. Feel free to create a more step by step plan if you wish. |
| **Action** | **Things and people I need to help me get it done** | **Complete byDate…** | **Done? Yes, or No** |
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| And while I’m taking all this action, the things I’m going to do just for me time are…This is where you add into your plan those things that have an immediate benefit. This is your sit and breathe time… |
| Network of support and accountability |
| When you’re working towards achieving a goal, it’s helpful to have a one or two people who can help keep you supported, motivated, and accountable!Who can you can share your goal with? 1. Talk with one or two people who will genuinely want to see you succeed in achieving your goal.
2. Explain to them why achieving this goal is important to you.
3. Ask if they’ll support you, and hold you accountable in reaching your goal.
4. Select and agree on future dates/times you’ll report updates on your progress.
 |
| **Support person**  | **When will you get together to share your progress?** (i.e. weekly, bi-weekly, monthly?) | **Agree on how you will share** (i.e. face to face, phone, email …) |
|  |  |  |
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| For you to read and sign:I, , take personal responsibility for creating change in my life. I will begin the actions on My Life Plan, and I will see it through until the end.Signed: Date:  |
| For your support person to sign:I, , agree to support and motivate to reach their Life Plan goal.Signed: Date:  |

When you’ve completed the actions for this goal on your Life Plan, stop, breathe, reflect and celebrate!

When you’re finished realising how far you’ve come, and how much closer you are to that remarkable future you, go back to your letter, choose another goal, plan and take action – dream, direction, do it.

Enjoy!