

## Why Make a Life Plan?

It helps us focus on where we're going. When unexpected things happen or we feel unsure or confused about our next decision, we can refer back to your plan for guidance.

### Just think about how you plan a road trip...

When we plan a trip somewhere, we look it up on a map. A map doesn't just have one way to go. It shows many different alternatives, all the possible ways to get to your destination. Some take longer than others but have different benefits such as beautiful scenery along the way.



It doesn't matter how you achieve your goals or the detours that come up. **Most important is that you know that you're the one driving your life forward** and to remember that no matter what you always have the control to change and go a different direction.

## Creating Your Life Plan\*

1. Take yourself out of your normal routine and find a quiet place where you won't be disturbed. Give yourself plenty of time to reflect and answer deep questions.
2. Take a piece of A4 paper and divide it into three columns.
3. In the right column, write down how you want to be remembered after you die.
4. In the middle column, write down a list of the long-term objectives that will help you achieve your desired legacy.
5. In the left column, write down goals you can achieve during the next 12 months that will help you accomplish your long-term objectives.

Alternate idea:

Create a mind map. Put yourself at the center and draw lines outwards that point to different areas of your life: home, career, relationships, finance, health and whatever other topics you feel are appropriate. Then brainstorm and create a diagram that represents how you want your life to look.

6. If you are having trouble finding goals, these reflection points might help:

- **Identify your values – define what qualities matter most to you** (so that you set goals aligned with who you are)
- **What are your signature strengths?** (the things you like doing and are good at)
- **Imagine that you have as much money as you need and are living a comfortable life. What would this most fulfilling life look like?**
- **What would you most like to study, master or research? How can you factor it into your life plan?**
- **What do you need in your life – beyond food and shelter – to feel satisfied?**
- **What causes are you willing to dedicate your life to?**
- **Identify a peak moment in which you were absolutely at peace with the world – how can you go about experiencing more of those moments?**
- **What needs to happen, and who will you have to become, in order to turn your life plan into reality?**

\*Adapted from this article: [Life Mapping Will Set You on the Road to Contentment](#)

## How to Set Clear Goals

Goals can be tricky especially big life goals. Avoid having goals that are too vague. *“Vague goals are impossible to achieve”.*

**Here are 2 methods for writing clear goals when making your life plan.**

1. PERMA - these are 5 essential elements needed for well-being.

Positive emotions

Engagement

Relationships

Meaning

Accomplishment

After you've written down your goals ask yourself: **"Does this goal include all of these PERMA elements?"**

2. SMART - the key to reaching goals is getting clear about what that success will look like to you!

Specific

Measurable

Achievable

Realistic

Timed

For more details read [the essential guide for writing S.M.A.R.T. goals](#)

## **Now Get Started!**

Your life plan isn't set in stone, it's something that you can continuously come back to and update as life changes.

Remember to focus on projects and goals that truly inspire you, not things that you 'should' do. It's okay if you don't have answers to all the questions. Most important is to just START, get something written down. **Enjoy!**