My Life Design
Page One: Principles

These are the principles and ideas that are really important to me.

(Write down the thoughts, ideas, and phrases that come to mind; add to them at any time.
Your Life Design is for your eyes only. Use your imagination.
Remember: anything is possible *when you allow it to be possible*.
This step and the entire Life Design is a process, to be revised over time.
Read over this page before you go to sleep and let your subconscious work for you.)

My Life Design
Page Two: Changes

These are things I'd be willing to change about myself in order to attain my goals.
(Here, write down any traits, habits, or ideas you have about yourself that you want to change. Be sure to include any traits, habits, or ideas that you think may be standing in your way; are you are willing to consider changing them? What would it take?)

My Life Design
Page Three: Core Beliefs

These are the core beliefs that I will not compromise in order to attain my goals.
(Write down your beliefs, principles, and rules that are important enough to you that you *know* you will not flex on them.)

My Life Design
Page Four: Year One

This is what I'd like to be doing in one year.

(Be specific. Use the popular and very practical concept of SMART goals: Specific, Measurable, Action-oriented, Realistic, and Timed. Break your goals down into manageable-sized chunks that you can tackle bit by bit. Don't limit yourself to one page!)

Work	Physical	Spiritual

My Life Design
Page Five: Five Years Out

This is what I'd like to be doing in five years.

(Imagine yourself five years from now. Time moves quickly; make sure you're planning. Set SMART goals for yourself. Where do you want to be and what do you want to be doing five years from now? Add pages as needed.)

Work	**Physical**	**Spiritual**

My Life Design
Page Six: Ten Years Out

This is what I'd like to be doing in ten years.

(Think even bigger, ten years out, and set longer-term SMART goals for yourself. What do you see in your long-range future? Be specific, with no limits. When do you want to retire? What do you hope to accomplish? What about your legacy?)

Work	**Physical**	**Spiritual**