

Name: _____

2010 Play Sheet



Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. –Mark Twain

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Be\Do\Have

Yearly Planning Play Sheet

In 399 BC, Socrates observed that his contemporaries spent their lives pursuing money, ambition, pleasure, security and other goals without asking themselves if these were important. In similar manner, we must make some time to ask ourselves what is really important, to see what has changed over the year, to see if we are still doing the right things in the right ways.

Towards this time of self-reflection, consider these two questions:

How important are the following five areas in your life? Assign percentages that total to 100%:

_____ Work
_____ Family
_____ Self
_____ Community
_____ Faith
100% Total

How much time and energy do you put into each of the following five areas of your life? Assign percentages that total to 100%:

_____ Work
_____ Family
_____ Self
_____ Community
_____ Faith
100% Total

Try looking at this in terms of discretionary time – where you have a choice. Most work is considered to require 40 hours per week. This leaves 128 hours for sleep and other activities. Out of this 128 hours, do you find yourself still working, not sleeping enough, missing time with your family and friends? 1- How much discretionary time do you have, 2- what do you do with it, and 3- is there something you need to change to be happy with your balance?

Rather than justify or defend your numbers, look at it in the framework of what you want to have happen in your life for the next year. Be kind and gentle with yourselves... Remember that nobody can be you as perfectly as you can, and it usually takes a while to tweak your perfection.

What You Really Want

Every minute of planning saves from four to twelve minutes of implementation. Planning now will prevent you from waking up NEXT December and wondering where the year went. Here are the five defining questions we can ask ourselves:

1) What do I Really, Really, Really, Really want? These four Reallys stand for:

- What you desire,
- What you are willing to ask for,
- What you truly intend to create in your life and
- What you are passionate about.

2) How come I want it?

3) What is holding me back (or has held me back) from getting there?

4) What will my life be like once I get there?

5) a. What personal qualities would allow me to effortlessly create the outcomes I desire?

1. _____ Rating: ____

2. _____ Rating: ____

3. _____ Rating: ____

4. _____ Rating: ____

5. _____ Rating: ____

6. _____ Rating: ____

b. Rate myself from 1-10 on these qualities. Plan for how to cover the shortfall --how do I need to develop myself, and/or who do I need to complement myself?

Plan and Practice

Once you see what you want to be, do and have, it helps greatly to create structures in your life to support your heart's desire. What steps will you take, and when are you going to go for it?

1. Step: _____ When: _____

2. Step: _____ When: _____

3. Step: _____ When: _____

4. Step: _____ When: _____

Much blessing, joy and life to all,

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Stop living by default. I love helping people design and go for the life they want! Why not give me a call about this or anything else you might want to discuss?

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