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3 Step Life Plan

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The 3 Step Life Plan

1

MY LIFE PARAGRAPH

TO CREATE YOUR LIFE PARAGRAPH, WRITE THE FOLLOWING:

A. BUZZ WORDS OR PHRASES THAT DESCRIBE MY IDEAL LIFE:

SELF: _____

RELATIONSHIPS: _____

LIFE SKILLS: _____

B. BUZZ WORDS SORTED INTO SENTENCES: (SELF) "I am a
SPIRITUALLY GROUNDED, HAPPY, LOVING, CONFIDENT WOMAN."

SELF: _____

RELATIONSHIPS: _____

LIFE SKILLS: _____

C. REVISE AND COMBINE 3-5 KEY SENTENCES FROM (B) INTO ONE
PARAGRAPH BELOW:

MY LIFE PARAGRAPH: _____



The 3 Step Life Plan

2

MY LIFE FOCUS

CHOOSE ONE SENTENCE OF YOUR LIFE PARAGRAPH TO ACHIEVE FOR THIS YEAR. IT COULD INCLUDE ONE TO THREE THINGS. WRITE THEM IN THE SPACE BELOW THEN POST IT ON YOUR WALL OF INSPIRATION.

3

MY LIFE GOALS

CHOOSE YOUR MAIN GOALS FOR THIS COMING MONTH, AS AN OVERALL UMBRELLA OF YOUR ULTIMATE GOALS TO ACHIEVE.

1

2

3

4

