

We will use the Mini Life Plan process to create a Balance reDefined Purpose Statement. You'll use this as a simple driver to stay focused on what matters most.

First, we address three key life areas and what they might include.

- Self: health, fitness, spirituality, education, personality traits, etc.
- Relationships: with spouse, children, primary family, extended family, friends, co-workers, etc.
- Life Skills: managing time, organizing your space and systems, budgeting and investing, communication, etc.

Next, we create a Mini Life Plan by writing up to ONLY 3 WORDS describing your ideal in Self, Relationships, and Life Skills.

A. Write 1-3 buzz words or phrases that describe my ideal life in the following areas:

For example:

Self: purposeful, spiritually centered, fit and energetic

Relationships: connected, clear communication, healthy boundaries

Life Skills: time management, organized systems, wise investing

Self: _____

Relationships: _____

Life Skills: _____

B. Now choose your TOP word that resonates most—add a describing word if you like.

For example:

I am purpose-driven.
I am a clear communicator.

I am a wise time manager.

Self: I am _____

Relationships: I am _____

Life Skills: I am _____

C. Combine all three into one sentence for your Purpose Statement.

For example:

I am purpose-driven, a clear communicator, and a wise time manager.

Great job!