

The Grand Plan: Your ideal lifestyle.

Week 1

For the next 7 days, take 5 minutes to write down at least one answer to every question, although a small list is better. After a few days you'll probably notice some trends in your answers, especially answers you've put down multiple times over the 7 day period. These trends are what we're looking for.

I would encourage you to journal about your thoughts afterwards, if you're moved to do so.

Avoid putting too much thought into this; we want the first answers that come to mind. Try to be as authentic as possible without judgement. For example, avoid answers you think you "should" put down that are not authentic. Answer truthfully and dismiss thoughts about what others may think. You don't have to show this to anyone. This is only for you.

Have fun with this!

Questions:

What gives me energy? List both nouns or verbs (things or activities).

What are some things that makes me happy the most? List both nouns or verbs.

What do I find boring?

What don't I want to do, no matter the payoff?

What activities allow me to lose track of time?

What have I been interested in since childhood?

What do you find interesting?

What skills am I attracted to?

What would I like to do for no money?

What am I willing to do for a lot of money?

What would I love to do for a lot of money?

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Questions continued:

What makes me feel good?

What things do I do that I tend to regret later?

What do I need to do more of that would make me feel better about myself?

What do I want to be remembered for?

What contributions can I make to society that I would be most proud of?

What do I want to make sure people never say about me?

What are three words I want people to think of me?

Who are the three successful people I admire?

What are those people doing that I admire?

What do those I admire have in common with one another?

What do I have in common with that list of people?

Who is the most supportive person in my life?

What would I do if I had less time?

What truths are you holding inside?

If you had one opportunity to tell the world one thing, what would your most important message be?