

## A Road Map to Plan for Success

### Why You Need a Road Map

- It fosters self-awareness by encouraging you to really consider what brings satisfaction. Not what you THINK should, but what actually DOES.
- It encourages the development of measurable goals and a mechanism for evaluating progress in each area.
- It provides a visual prompt that will help you focus on WHERE exactly you want to concentrate your time and efforts. Especially helpful during periods of overwhelm!

### Working the Road Map

Below you'll find tools integral to helping me stay on track and maintain a consistent focus on what makes MY life both more simple and more satisfying. You can work the tools in four easy steps, described below.

- 1) Determine the relative importance for each component within the road map.
- 2) Evaluate what worked well and what could have been improved in the prior year.
- 3) Establish goals for the new year. Goals should be both measurable and detail a path for getting there.
- 4) Maintain a system for monitoring progress of those goals.

### The Categories

While the components of a happy, balanced life vary slightly by source, the topics below are often mentioned and ones that I find contribute personally to my overall level of satisfaction in life. They form the foundation of my Road Map. The chart depicted shows all areas weighted somewhat evenly. I did this for simplicity but in reality, my satisfaction comes most significantly from health, personal fulfillment, feeling financially secure and friends/family. As you go through the road map, you'll have the chance to prioritize categories in a way that is most meaningful to YOU!

#### ***Health***

Without health, you've got nothing else! In this category I include goals for things like annual doctor visits, physical fitness, mental well-being, a healthy diet, time for relaxation, etc.

#### ***Family***

Goals here focus on regular communication and visits with a variety of family members.

#### ***Friends***

Just as with family, above, goals here focus on regular communication and time spent with friends.

#### ***Finances***

Financial goals may include paying down debt, cutting back on spending, investing more, etc. This is also the ideal place for goals like a vacation home or early retirement.

#### ***Career***

The career goals category is where you will outline goals for a promotion or job change, etc. You may also want to include goals for specific metrics within your job, particularly if you're in a sales position.

***Personal Development***

Want to learn a new language? Start meditating? Take some other class? All those personal development goals go here.

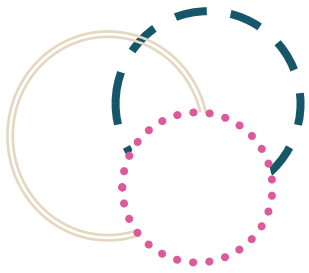
***Civic***

Goals in this category include things like volunteerism and philanthropy as well as a few nice neighborly deeds or random acts of kindness. Basically I consider it to be the things you do as a good citizen.

***Spiritual***

A lot of times when people hear spirituality, they think religion. To me, spirituality represents a connected-ness to the world. My efforts here usually focus on nature, mindfulness and gratitude. For those of a more traditional faith, goals for a certain amount of participation at church or time spent in daily prayer may be more appropriate.

Remember, it's never too late to start cultivating a more satisfying life. Little bits of progress each day add up to big results! Go get what's yours!



# Planning for Success

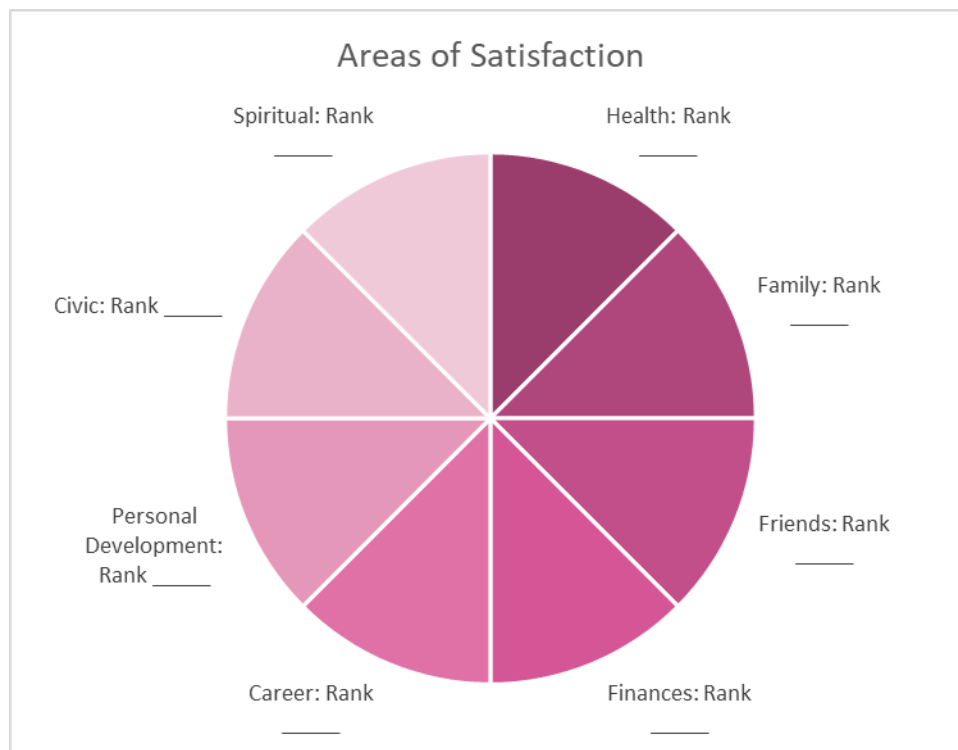
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## Life Satisfaction Evaluation Tool

First, prioritize the areas below based on how important they are to **YOU!** The total should add up to 100%.

Area	Relative Value
Health	
Family	
Friends	
Finances	
Career	
Personal Development	
Civic	
Spiritual	
	<b>100%</b>

Once you've established relative values for each area, fill in the rank on the chart below in **BIG NUMBERS**. This will visually help you focus on what is most important to **YOUR** life. It's especially useful for keeping focus during times of overwhelm!



Next, for each area of satisfaction, jot down what **worked well** and what **could have been improved** in the prior year.

<b>Area</b>	<b>Worked Well</b>	<b>Needs Improvement</b>
<b>Health</b>		
<b>Family</b>		
<b>Friends</b>		
<b>Finances</b>		

<b>Area</b>	<b>Worked Well</b>	<b>Needs Improvement</b>
<b>Career</b>		
<b>Personal Development</b>		
<b>Civic</b>		
<b>Spiritual</b>		

Lastly, set goals for each area for the coming year. Goals should be specific and measurable.

For instance:

- Volunteer at least 2 hours once per month
- Exercise 5 days per week for 80% of the year (or 42 weeks)
- Make and keep all standard medical appointments (1 PCP, 2 Dental, 1 Vision, etc.)
- Pay an extra \$50 towards credit card debt each month

<b>Area</b>	<b>Goals</b>
<b>Health</b>	
<b>Family</b>	
<b>Friends</b>	
<b>Finances</b>	

<b>Area</b>	<b>Goals</b>
<b>Career</b>	
<b>Personal Development</b>	
<b>Civic</b>	
<b>Spiritual</b>	

Now you've got a solid roadmap to a more satisfying life in place. At the end of the year, re-print this form and evaluate again!