

# ManPlan 2017

*Succeeding in What Matters Most*



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# Why Life Planning?

## What is life planning all about?

- *Life planning is about determining what things are most important to you in life and then putting a plan in place to carry these things out.*
- *Life Planning is about assessing where you are in life, identifying what is important to you, and then writing out a plan to get there.*

- 1. A life plan will help you clarify your most important priorities.** Are you clear on what is important to you in life? What is important to you? Have you written these things down?
- 2. A life plan will enable you to maintain balance.** People often sacrifice marriages, health, or relationships for their careers. It's possible to have all of these things - if you have a plan.
- 3. A life plan will provide a filter by which you can say "no" to lesser things.** Once you have said "yes" to what matters most, you are in a great position to say "no" to those activities that matter less. Suddenly you have the clarity—and the courage—to manage your opportunities rather than to be managed by them.
- 4. A life plan will empower you to identify and address your current realities.** You can't get where you want to go unless you start with where you are. What are the most brutal realities of your life? Where are you falling short? Where do you know you need to improve?
- 5. A life plan will equip you to envision a better future.** You need to acknowledge where you are, but you also need to see clearly where you are going. What do you want in each of the major categories of your life? What would they look like in their ideal state?
- 6. A life plan will serve as a road map for accomplishing what matters most.** Once you know where you are and where you are going, you are in a position to create an action plan for getting there. It doesn't have to be complicated, but you do have to identify the mile-markers and waypoints along the journey. A life plan does that.
- 7. A life plan will help ensure that you don't finish life with regrets.** For many people, life is not turning out like they had hoped. They are disappointed, confused, and discouraged. But it doesn't have to be this way. While you can't control everything, you can live your life with a plan and dramatically improve your chances of ending up at a destination you choose.

# Steps in Life Planning:

## Step 1: What's important to you?

Assess where you are in life right now and determine what is important to you.

- **How am I doing?** Rate each of these life priorities on a scale of 1-10 in terms of how satisfied you are in each of these areas.
- **Priority:** Number each of these life priorities from one 1-12 in order of what you believe to be most important for you focus on over the course of the next year. *(Each number is only used once in this box)*

	How am I doing?	Priority
Relationship with God		
Finances		
Family (Parents, Siblings, In-laws)		
Self Development		
Marriage		
Health		
Recreation/Hobbies		
Children		
Friendships		
Career		
Other		
Other		



## Step 2: Write a Vision Statement for each Priority.

- Write your envision future in the Present Tense.
- Define exactly who you want to be in each life priority. What do you hope to see when you look into your own future?
- **Example of a health vision statement** *"I am a physically healthy person who eats well, prioritizes physical exercise, maintains a healthy weight, and gets regular rest. The result of this is that I feel better, have more energy, and am doing what is in my power to not be sick, depressed, and have an unhappy life.*
- **Example of a marriage vision statement** *"I am a man who loves and leads my wife. My marriage is the number one priority human relationship in my life and my wife can clearly see that this is the case. She respects me, sees me as a godly and loving leader in our marriage. My wife sees me as a man who puts her interests before mine and lives out love as defined in 1 Corinthians 13."*
- **Example of a God vision statement** *"I am a man who lives his life with a passion to honor and glorify God, my creator. I live a gospel-centered life in light of my salvation through the person and work of Jesus Christ. I consistently am devoted to communicating with God in prayer and daily spend time in the Scriptures so that I can learn about him and how I can glorify him. The result of this is that my I am a holy and godly human being who loves and honors God."*

## Step 3: Assess your Current Reality

- Write down where you really are right now in each account.
- Be honest and in your self assessment.
- **Example of health current reality:** *I currently weigh 215 when I should weigh 185. I haven't been consistent with physical activity and have also not been eating well. I am not in horrible shape, but definitely could make some improvements in this area.*
- **Example of kids current reality:** *Right now I'm doing a mediocre job of prioritizing my relationship with Rachel. I have been away more than I would like to be and not spending as much time with her as I would like.*
- **Example of God current reality:** *My relationship with God has not been what I would like for it to be. It has been quite a while since I have had any sort of time with God. I used to open the Scripture but have not much lately. I still go to church, but honestly feel like I have let this whole relationship slip. I have a lot to think about here.*



## Step 4: Make a plan for Growth using specific commitments

- The key question that you are answering here is **What am I going to do in order to be?**
- Identify 3-5 strategies/action steps that will help you grow in each area.
- These should be written down as specific commitments that are measurable and that can be completed:

### **Examples:**

- I will run for 30 minutes four times per week.
- I will get to a weight of 185 pounds by August 1.
- I will eat no more than 2200 calories per day until I reach 185 pounds. (With one free day per week)
- I will get 7 hours per night of sleep - 5 nights per week
- I will take a day away from all people monthly
- I will take each of my kids on an individual outing once per month
- I will be home 5 nights per week
- I will go to the gym four days a week
- I will run a half marathon this year
- I will take my wife out to a romantic dinner once a week
- I will leave the office by 6 PM
- I will read a chapter of the Bible every day
- I will memorize one bible verse per week

## Example of One Completed Account

### **Vision**

I am a man who lives his life with a passion to honor and glorify God, my creator. I live a gospel-centered life in light of my salvation through the person and work of Jesus Christ. I consistently am devoted to communicating with God in prayer and daily spend time in the Scriptures so that I can learn about him and how I can glorify him. The result of this is that my I am a holy and godly human being who loves and honors God.

### **Key Scripture:**

2 Timothy 2:22 "So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart."

### **Current Reality**

My relationship with God has not been what I would like for it to be. It has been quite a while since I have had any sort of time with God. I used to open the Scripture but have not much lately. I still go to church, but honestly feel like I have let this whole relationship slip. I have a lot to think about here.

### **Specific Commitments:**

1. I will read 1 chapter of the Bible every day and think about it throughout the day.
2. I will continue on until I have read the whole Bible
3. I will keep a weekly Sabbath day from work.
4. I will spend 15 minutes every day in silence, solitude and prayer



# Life Planning Template

## **Account 1 :**

Envisioned Future:

Key Scripture:

Current Reality:

Specific Commitments:

## **Account 2:**

Envisioned Future:

Key Scripture:

Current Reality:

Specific Commitments:

## After You have a completed plan

### Step 5: Calendar your Action Plans

- Record your action plans in your calendar as commitments.
- Remember they are your life priorities.
- If you can't enter these activities into your calendar, spend more time on this step. You need to be able schedule and track your progress and success. Each action plan must be quantifiable and measurable.

### Step 6: Review Weekly

- Read your life plan weekly to assess where you are.
- Record this in your calendar weekly as an appointment
- Plan each week based on your priorities.

### Step 7: Establish Accountability

- Find a partner who will hold you accountable in these areas of your life, so that you can reach the goals you have set for yourself.
- Or hire a coach
- Meet monthly to review together