



Step 1: 7 Guiding Questions

Use these guiding questions to help you identify relationships, accomplishments and those things in life that matter most to you. Totally sell out to the conditions that are described in each question. They are designed to help shift your focus to what is important.

Who / What are your most important relationships right now?

Who / What relationships would you like to pursue right now if you had time?

What are the things you feel you “must” accomplish in life?

"In the journey of self-discovery, embracing the guiding questions unveils the treasures of meaningful relationships, profound achievements, and the essence of what truly matters."

What are the things that others are counting on you to accomplish in life?

If you only had 1 month to live, what are the things you would give your attention to?

If you only had 1 month to live, what are the things you would eliminate from your life that you currently have/do?

When your life is over, what are the things you want others to say about the difference you made in their life?

Step 2: What's most important? Actions to take!

After completing your 7 Guiding Questions, list up to 5 of the most important things you want in your life:

Definition of Action – the fact or process of doing something ...
typically to achieve a goal.

*If you don't achieve your action/s,
you will not achieve your "Why"*

Now list up to 5 actions that must happen in your life to accomplish the things listed above:

Step 3: Your “Why Statement”

Now that you have identified what is most important and what actions you must take to focus on those things, you can write your “Why Statement”.

Definition of “Why” – For what reason or purpose

Example of a “Why Statement”:

Action/s to take - I will create Geographical Freedom so I can:

Why’s:

- Spend more time with my grandkids.
- Travel more with my wife.
- Maintain my relationships and alignments.
- Help others succeed.

What is your “Why/s”?

What is the Action/s you must take to accomplish your “Why/s”?

“The ‘why’ of your life is the compass that guides your actions, the fuel that ignites your passion, and the purpose that give meaning to your existence.”

Step 4: Behaviors that must change

Definition of Behavior – the way in which one acts or conducts oneself

Now that you have created your “Why Statement”, it is time to revisit your Life Balance Assessment results and evaluate your behaviors. To achieve your “Why”, you must work on improving your life balance behaviors so that you put yourself in a position to achieve your “Why”. Your life balance behaviors are made up of routines – daily, weekly, monthly & yearly ... all those things that you give time to in your life. Now is the time to be open and honest with yourself. To do this, you must take the following steps:

- Review your Life Balance Assessment and identify those behaviors you must add, improve, and give more time to, so you can achieve your “Why”.
- Also, identify those behaviors you must spend less time on, or even eliminate, to achieve your “Why”.

[Fill out the spaces below]

Life balance behaviors you must add, improve, or give more time to, so you can achieve your “Why”. *(Keep in mind that other areas may need improved, however they aren’t vital to achieving your “Why”)*

Step 5: Create your Plan

Now is the time for you to create the plan that you will use to make the action/s happen so you can achieve your “Why”.

You will now list the “Action” that must happen, changes in behavior that must occur, and those routines & tasks (daily, weekly, monthly, and annually) you will have to ensure are in your life balance.

"The path to fulfillment is paved not just with action, but with discerning the right actions to take - for they are the steppingstones towards realizing your purpose."

(Use this format for every “Action”)

Action: _____

Behaviors to change/add/eliminate: _____

Routines & Tasks to add:

Daily

Weekly

Monthly

Annually

Step 6: The Plan

Now that you have:

1. Created your “Why” statement.
2. Identified the “Action/s” you must take to accomplish your “Why”
3. Determined what behavior changes must happen to achieve your “Actions”.
4. Defined the routines & tasks (daily, weekly, monthly, and annual) that you must add to your life balance.

You are now ready to take on the most important part of this process. You **MUST** create a Plan of follow-up so you can: complete your “Routines & Tasks”, change your “Behaviors”, complete the “Actions” and achieve your “Why”.

This will require discipline and a heavy investment of time and energy. Will this be hard? --- “Yes”. But keep this in mind....

“It is Hard to not achieve your Why in life, it is Hard to achieve your Why in life What Hard do you choose?”

On the following 52 pages, you will find planning sheets that can help you follow-up and achieve your “Why”.

Before you begin the planning process, take the time to write down your “Why Statement” again on the lines below.
