



Worksheet

My Life Strategy

Use this document to help you summarize your ambitions and plans. Refer to the article “Use Strategic Thinking to Create the Life You Want,” by Rainer Strack, Susanne Dyrchs, and Allison Bailey, as a guide. If you’re filling this out digitally, use Adobe Acrobat for an optimal experience.

How do I define a great life? (list your priorities, e.g., relationships, achievement, etc.)

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

What is my life purpose? (list your strengths, values, what lights you up, worldly needs that you can address, and your purpose)

<p>Strengths (e.g., communication): _____</p> <p>Values (e.g., honesty): _____</p> <p>What lights me up (e.g., travel): _____</p> <p>Worldly needs (e.g., education): _____</p>		<p>Purpose (e.g., to bridge cultural divides):</p> <p>_____</p> <p>_____</p> <p>_____</p>
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What is my life vision? (write a phrase or bullet points, e.g., travel the world as a multilingual translator)

How do I assess my life portfolio? (list your high-priority strategic life units [SLUs], e.g., learning; or SLUs with too much time invested, e.g., career)

1 _____ 2 _____ 3 _____

4 _____ 5 _____ 6 _____

What portfolio choices can I make? (list the changes in your life you’re committing to, e.g., study French)

1	2	3	4	5
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How can I ensure a successful, sustained life change?

Objectives for making the changes from the previous step, with dates (e.g., obtain French A2 qualification by Nov. 30):

1	2	3	4	5
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Two to three key results, with dates, for each of the objectives (e.g., set up meeting with teacher by May 10):

1a	2a	3a	4a	5a
1b	2b	3b	4b	5b
1c	2c	3c	4c	5c

People I’m accountable to (e.g., good friend):	Rewards or consequences (e.g., take/don’t take trip to Paris):	Weekly self-check-in (e.g., Friday 8–8:15 AM):
_____	_____	_____