



# Quarterly Life Planner

*<Inspirational Quote>*

**<Name>**

<TIME>

<Location>



## **Start with why**

What is your mission statement?

What brings you joy in life? Then rank them from big to small.

What are your values? Have you discovered anything new that is important to you lately?  
Implications?

*Resource: Appendix A*

What are your guiding principles? How are they guiding you to live out your values?



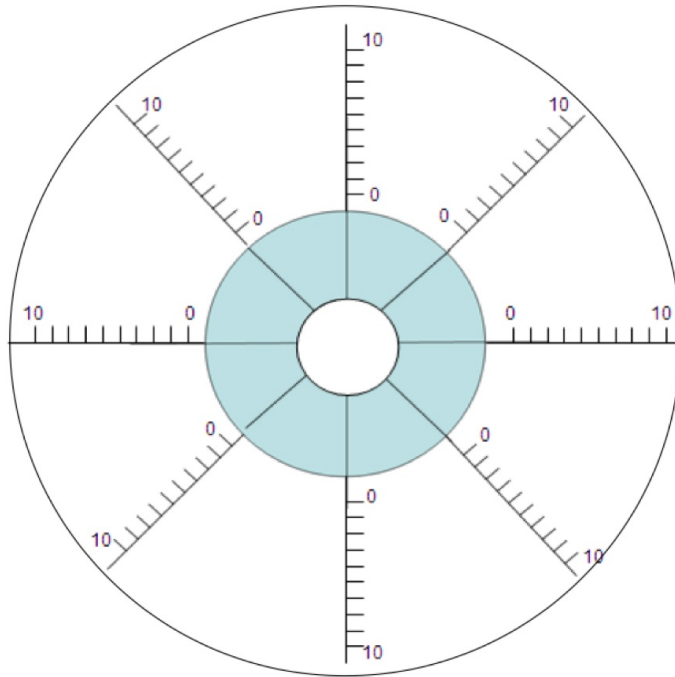
## Reflect on your wheel of life

How are you doing in different areas of your life?

*Step 1: Identity, categorize and name the important areas of life to you. Write down the areas besides the 'spokes' of the wheel. (Example: Health, Work, Spirituality, Friendship, Personal Growth, Family, Finance, Community, Fun)*

*Step 2: Rate your effectiveness/satisfaction from 0-10.*

*Step 3: Feel free to write down your notes explaining your rating.*



What insights have you got from that exercise?

*A few guiding questions to start with...*

- 1. What areas have I relapsed/improved in the past 3 months? What are the causes?*
- 2. What is your biggest area of growth in the past 3 months? Which area do you want to be your top priority in the next 3 months?*
- 3. What are some potential steps/actions that I can take to make progress in each area or areas of priority?*

Revisit your wheel of life, and formulate one necessary change that will help you improve in each area.



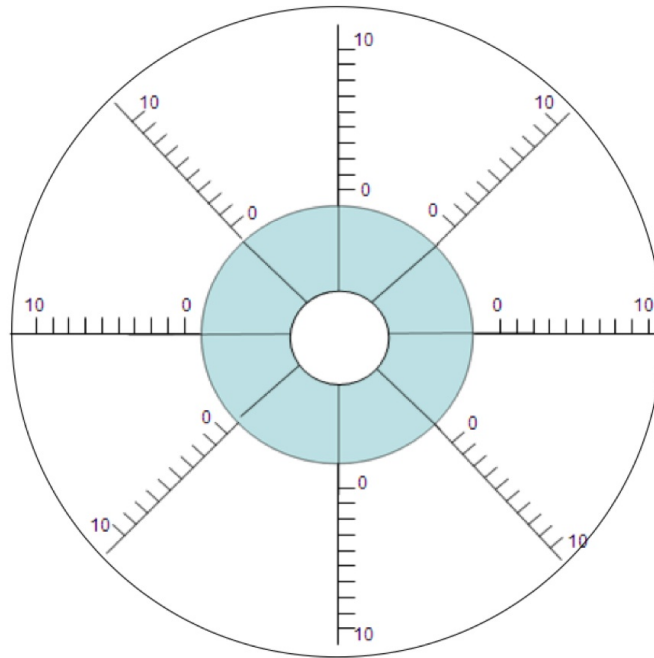
## Reflect on your wheel of relationships

What are the roles you are taking on at work and in your personal life?

*Step 1: Write down your roles besides the 'spokes' of the wheel.*

*Step 2: Rate your effectiveness/satisfaction from 0-10.*

*Step 3: Feel free to write down your notes explaining your rating.*



What insights have you got from that exercise?

Revisit your wheel of relationships, and formulate one necessary change that will help you improve in each role.



## **Celebrate your achievements**

What are my best moments in the past 3 months?

What life lessons/wisdom have I learned?

What are the biggest accomplishments in the past 3 months?

What were your goals in the past 3 months? How well have you achieved those goals? How do you usually measure your success? Any changes you want to make?



## Envision your ideal future in 3 years from today

*Teach us to number our days, that we may gain a heart of wisdom. (Psalms 90:12)*

*Write down the milestones you hope for by the end of each year. If you are facing possible life path changes, feel free to write down more than one plan.*

| Possible paths | Description | Year 1<br>(___Years old) | Year 2<br>(___Years old) | Year 3<br>(___Years old) |
|----------------|-------------|--------------------------|--------------------------|--------------------------|
| Plan A         |             |                          |                          |                          |
| Plan B         |             |                          |                          |                          |
| Plan C         |             |                          |                          |                          |
| ...            |             |                          |                          |                          |

*Any insights gained after this exercise?*



## Moving forward...

Envision your future self in 3 months using a quick sketch.

What are good habits should I keep doing? What are the new habits I want to try? How can I hold myself accountable?

What are some changes that you want to make in the next 3 months? How could you execute the changes?  
*What are my motivations for focusing on these areas of my life?*



## Building my healthy support environment

Who are currently in your personal relationship circle? Feel free to illustrate through drawings (e.g., with circles/squares).

Any additional support that you should reach out to and reconnect with? How? Any “connection rituals” you hope to build?

What are the growing, nurturing, and supportive relationships? Why and how? What actions can you take to protect and develop these relationships?

What relationships are unhealthy (e.g., damaging/draining/hurting/distracting/manipulative/controlling), uncomfortable, or can be in a healthier state? Why?

Last but not the least, what are some home/office environment improvement projects you want to get started to help you stay more productive?

Removal:

Decoration:

Reorganization:

Inspiration:



## Appendix A List of Values as an example

|                  |                |                     |
|------------------|----------------|---------------------|
| Accountability   | Creativity     | Fairness            |
| Accuracy         | Curiosity      | Faith               |
| Achievement      | Decisiveness   | Family-orientedness |
| Adventurousness  | Democraticness | Fidelity            |
| Altruism         | Dependability  | Fitness             |
| Ambition         | Determination  | Focus               |
| Assertiveness    | Devoutness     | Freedom             |
| Balance          | Diligence      | Fun                 |
| Belonging        | Discipline     | Generosity          |
| Boldness         | Discretion     | Grace               |
| Calmness         | Diversity      | Growth              |
| Carefulness      | Dynamism       | Happiness           |
| Challenge        | Economy        | Hard Work           |
| Cheerfulness     | Effectiveness  | Health              |
| Clear-mindedness | Efficiency     | Helping Society     |
| Commitment       | Elegance       | Holiness            |
| Community        | Empathy        | Honesty             |
| Compassion       | Enjoyment      | Honour              |
| Competitiveness  | Enthusiasm     | Humility            |
| Consistency      | Equality       | Independence        |
| Contentment      | Excellence     | Ingenuity           |
| Contribution     | Excitement     | Inner Harmony       |
| Control          | Expertise      | Inquisitiveness     |
| Cooperation      | Exploration    | Insightfulness      |



Intelligence

Intellectual Status

Intuition

Joy

Justice

Leadership

Legacy

Love

Loyalty

Mastery

Merit

Obedience

Openness

Order

Originality

Perfection

Piety

Positivity

Practicality

Preparedness

Professionalism

Prudence

Quality-orientation

Reliability

Resourcefulness

Restraint

Results-oriented

Rigour

Security

Self-actualization

Self-control

Selflessness

Self-reliance

Sensitivity

Serenity

Service

Shrewdness

Simplicity

Soundness

Speed

Spontaneity

Stability

Strategic

Strength

Structure

Success

Support

Teamwork

Temperance

Thankfulness

Thoroughness

Thoughtfulness

Timeliness

Tolerance

Traditionalism

Trustworthiness

Truth-seeking

Understanding

Uniqueness

Unity

Usefulness

Vision

Vitality