

OPTIMUM LIFE PLANNER

A HUMAN POTENTIAL HANDBOOK-Exercise the power of choice vs. chance?

OPTIMUM LIFE PLANNER © 2005



Main Theme

CONCEPTS & ACTION PLANS FOR GOAL MAKING IN THE MAIN LIFE AREAS

NOTE: Classic 1953 Yale study -the 3% of graduates who wrote down their goals later earned more then the remaining 97% put together.

Prioritize your life areas (1's, 2's or 3's) for goal realization: () Personal () Social () Financial

Personal Potential

CONCEPTS--Goals + Prioritize + Commitment Action Plan =Results

LIFE PLAN (Action Plan)

- MAJOR GOALS-Take an objective look at what you want to do with the rest of your life? Ready to commit?
- LIFE PURPOSE-Print your life purpose on the bottom of the *One Page Life Manager*. Add meaning to struggle.
- STRATEGY FORMULAS Example--focus + identify needs + action commitment plan = goal realization.

One Page Life Manager-manage all your life areas on one page.

HUMAN POTENTIAL BIBLIOGRAPHY-enlist the wisdom of the great teachers & sages of all time.

Social Competence

CONCEPTS OF NETWORKING, INTERNET & COMMUNITY

- SOCIAL NEEDS & COMPETENCE-Identify your needs & develop skills for community, mate & friendship.
- TIPS on networking & community building & participation
- INTERNET-Basic Internet tips & strategies

ACTION PLAN-Put the Tips to an action commitment.

Financial Independence

CONCEPTS-meaningful work, bliss, semi-retirement, simple living.

ACTION PLAN-Net worth, Strategy, Required Semi-Retirement base

Effectiveness Coaching & Support Group

20yrs Coaching & Facilitation.

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