



**LIFE MAPPED OUT:  
A LITTLE BIT OF PLANNING GOES A LONG, LONG WAY**

John turned up at the airport at 20 past 11 yesterday morning. He had his wallet and his little backpack with not much more than a book and a change of underwear. He asked for the next flight out of there and paid for the ticket on the spot. The flight was delayed 5 hours but he eventually stepped on board, quite excited at the prospect of the holiday. He sat back, dreaming of golden sands and palm trees only to be told that he was heading to Japan mid-winter! “But didn’t you know this plane goes to Japan?” the woman sitting adjacent asked him seeing the puzzlement on his face. “No”, said John. “Well, perhaps when you get to your hotel you can make some new arrangements. Which hotel are you staying at?” she asked. “I don’t know”, said John. “What sort of trip are you on?” she said. “A Mystery Tour?”

People plan their holidays in accordance with how they want to spend their free time. So, why then do people forget to plan their lives according to how they want to live them?!

Some people cruise along, going with the flow, allowing the day to control their actions and moods while others are planners. They have purpose and direction. They know what they would like to get done in their day and they set out to make it happen. Now, which one of the two do you think would have achieved more of what they wanted in their life? Which one of the two do you think you are? And which one do you want to be?

Most people sit somewhere between the two ends of this spectrum. But this next exercise is here to get you thinking about what you would like to achieve in your days. I am not asking you to plan spontaneity and surprise completely out of your life. But, by following this exercise and putting it into practice, you may be able to see more of what you dream become a reality, simply with a little planning.

The following table is divided into different sections of your life. If you like, you can change the headings down the side to reflect your own lifestyle and areas of importance. Now, it is well worth spending 10 minutes (if not more) a day for the next week (possibly while you are eating your breakfast each morning) thinking about what you want and then filling out the table.

By being aware of your life dreams, and the actual act of writing them down for you and others to see, is an important step to setting yourself a goal that you can achieve.

I would suggest that you address the first 2 columns (6 months and 1 year) as clearly this is the period in your life closest to you right now and so you are going to have to lay down plans straight away in order to make these short-term dreams happen.



By being aware and being constantly reminded of what it is you want, you are more likely to seek it out and make it happen. So don't be afraid to describe in detail what you want in each of these areas of your life. Be specific so that you know exactly what it is that you are after and you will know when you have achieved it. THEN print this chart up numerous times and hang it around your house or office in order that you have a constant reminder of where you are heading.

	6 months	1 year	2 years	5 years	10 years
Relationships: (Love, Family, Friends)					
Health: (Fitness, Weight, Exercise)					
Career:					
Finances:					
Personal Goals & Dreams: (Own a House or Travel the world)					
Personal Development & Education					
Others					

When you have completed the first two columns, start thinking about what you want further down the track (2 years, 5 years, 10 years, etc). Again, it is the foundations that you lay down now that will enable you to fulfil long-term goals. This is your life plan!

And a bit of planning can go a long, long way!