



Lead

Toolkit



Insight #12

Life Strategy

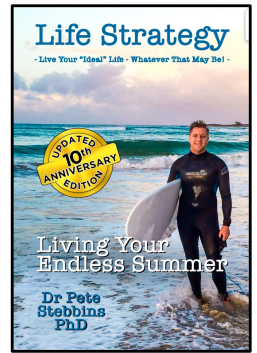
"Live by design, not by chance!"



Lead

Insight #12

Life Strategy (1/2)

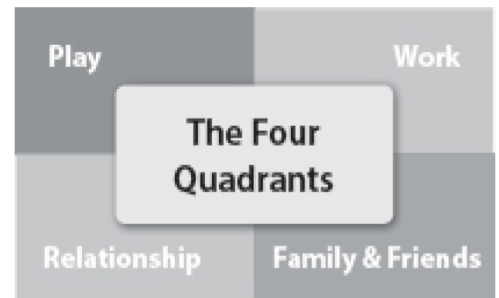


Extract from: *Life Strategy*,
by Pete Stebbins

THE STOCKTAKE: YOUR LIFE & THE 4 LIFE QUADRANTS

Four major quadrants or areas of our lives are Play, Work, Relationship, and Family & Friends. Why four areas? Why these four?

The four areas of Play, Work, Relationship, and Family & Friends provide a simple and comprehensive framework to help us think about our lives in a more holistic or complete way. These four areas overlap. There may be areas beyond these four quadrants for some people, such as spirituality and faith. For some other



Instructions: Let's complete a Stocktake for each of your 4 Life Quadrants. Reflect on the activities you like to do in each of the 4 Quadrants. Ask yourself how often do you get to engage in these activities at the moment.

WORK – THE THINGS I LIKE TO DO:

Dr Pete...

- *Interacting with clients*
- *Public speaking*
- *Writing books and articles*
- *Producing videos & training programs*
- *Website development*
- *Delivering training & workshops*
- *Providing mentoring & coaching*

WORK – THE THINGS I LIKE TO DO :

Me...

WORK CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – 2 – 1 Not Enough

WORK My CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – 2 – 1 Not Enough



PLAY – THE THINGS I LIKE TO DO:

Dr Pete...

- *Surfing & water sports (of course!)*
- *Trekking & mountaineering*
- *Running & triathlon*
- *Reading non-fiction*
- *Listening to music*
- *Meditation*
- *Playing games & travel with my kids*
- *Movies & restaurants*

PLAY CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – **2** – 1 Not Enough

PLAY – THE THINGS I LIKE TO DO :

Me...

PLAY My CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – 2 – 1 Not Enough

FAMILY & FRIENDS – THE THINGS I LIKE TO DO:

Dr Pete...

- *Sharing meals together – dinner parties, restaurants, or picnics*
- *Play – sports and exercise*
- *Travel and camping in coastal areas or in the mountains*
- *Get together with other families with similar-aged children*

FAMILY/ FRIENDS CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – **3** – 2 – 1 Not Enough

FAMILY & FRIENDS – THE THINGS I LIKE TO DO :

Me...

FAMILY/ FRIENDS My CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – 2 – 1 Not Enough

RELATIONSHIP – THE THINGS I LIKE TO DO:

Dr Pete...

- *Spending quality time*
- *Intimacy*
- *Sharing meals*
- *Going out to movies, dinners or cafes*
- *Walking or exercising together*
- *Travel and holidays*
- *Communication*
- *Sharing the challenges of parenting*

RELATIONSHIP CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – **2** – 1 Not Enough

RELATIONSHIP – THE THINGS I LIKE TO DO :

Me...

RELATIONSHIP My CURRENT STATUS

I get to do these things:

Too Much 5 – 4 – 3 – 2 – 1 Not Enough

Part 1. The Big Picture

Area & Legacy	Life Dreams	Goals (S=Stretch)
1. Play He loved the outdoors and went on many great adventures!	<ul style="list-style-type: none"> To travel the world, climb mountains and surf the oceans with family and friends 	<ul style="list-style-type: none"> Several weeks in Europe with family (5) Climb Mt Kilimanjaro, Kinabalu and Mt Kosciusko in one year (5) Complete Half Iron Man Triathlon (5) Weekend surf trips with family
2. Work He was inspiring and challenged people to be their best!	<ul style="list-style-type: none"> To be a part of an enduring company that helps others 	<ul style="list-style-type: none"> Join a company with aligned values Help build and grow the business Be a partner or owner (5)
3. Relationship He loved his partner passionately and completely!	<ul style="list-style-type: none"> Be in a wonderful loving relationship for the rest of my life 	<ul style="list-style-type: none"> Learn from past and profile my strengths and weaknesses Begin dating again Practice good boundaries and communication
4. Friends & Family He was generous, supportive and available!	<ul style="list-style-type: none"> Be a super cool dad to my children and have great adventure buddies and close family ties 	<ul style="list-style-type: none"> Work routine that gives me time with children after school and weekends Build a network of 5-7 close friends with outdoor interests Weekly dinners with extended family

Part II - Making It Happen!

Life Quadrant	Specific Goals	Strategies	Resources	Timeline	Support Networks	Setback Plans
1. Play	Climb the 'K' Mountains across the World (S)	<ul style="list-style-type: none"> Fitness - start weekly training program; Research - best seasons to go and local guides; Recruit - friends to come along and share the experience. 	<ul style="list-style-type: none"> Money - Total budget \$30K Time - Book leave from work; Check travel, Visa and health insurances. 	<ul style="list-style-type: none"> 12 months; Kosciusko in Feb; Kilimanjaro in May; Kinabalu in Oct. Due dates for Visas, injections. 	<ul style="list-style-type: none"> Friends to train and go on adventures; Professional Guides for mountains; Travel agent for booking & permit; Mentors who know training and preparation 	<ul style="list-style-type: none"> Have travel insurance Medications for altitude sickness / acclimatize; Injuries - Avoid high risk sports prior; Money - have spare available if needed.
2. Work	Becoming a Partner in the Company (S)	<ul style="list-style-type: none"> Attend 95% of network meetings; Bring in 2 new jobs each month Complete KPI's; Get promoted to Senior Associate. 	<ul style="list-style-type: none"> Manage Time; Manage Diary; Industry updates; Referrer details; KPI work plan. 	<ul style="list-style-type: none"> Assess progress monthly; Complete KPIs within 6 months; Next promotion in 12 months. 	<ul style="list-style-type: none"> Talk to friends about how to succeed at work; Use mentors in the company to grow business Professional coach to refine skills and business acumen. 	<ul style="list-style-type: none"> Learn to manage time Use professional approach
3. Relationship	Begin dating again	<ul style="list-style-type: none"> Seek advice from 5 friends on dating; Sign up to a dating website; Go on 3 coffee dates. 	<ul style="list-style-type: none"> Time; Internet; \$50 for dates. 	<ul style="list-style-type: none"> 2 weeks; 1 week; 1 month. 	<ul style="list-style-type: none"> Talk to friends about experiences to help find the right people; Life coach to review strengths and weaknesses and give feedback. 	
4. Family & Friends	Weekly dinners with extended family	<ul style="list-style-type: none"> Talk to parents to organise a suitable weekday; Pre-book dates Start weekly dinners. 	<ul style="list-style-type: none"> Time; Diary; Meal plan; \$50 for meal. 	<ul style="list-style-type: none"> 1 week; 1 week 2 weeks. 	<ul style="list-style-type: none"> Friends and mentors to share recipe and tips for holding good dinner parties. 	<ul style="list-style-type: none"> Scheduling doesn't work and people can't make it regularly - broaden the list of people invited to include close family friends

Life Strategy
1 Page Plan
EXAMPLE