

# My Life Design

## PLANNER



Jessica  Lewis

# My Life Design

with Jessica  Lewis

My Life Vision:

My Passions, Interests & Skills

My Priorities:

My Values:

Assessment: What is working? What is not working?

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Family & Relationship Goals:

Professional Goals:

Financial Goals:

Health & Wellness Goals:

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The SMART Strategy - this is HOW you reach your objectives. SMART is an acronym for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime.

For example, you'll be able to come up with an actionable plan such as: I will fit back into my pants by losing 5 lbs in four weeks by cutting out sugar after 2pm.

Specific:

Measurable:

Achievable:

Realistic:

Time Frame: