



# Personal Strategy Map

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**VALUES**  
What is most important to me in life

**MY PEOPLE**  
Stable and Happy  
Great Marriage, Loving Family, Strong Friendships

**MYSELF**  
Sound Mind and Body  
Happy, Healthy, Engaged

**MY WORK**  
Successful Professional  
Talent Aligned with Passion, Purpose Before Profit

**MY MONEY**  
Financially Independent  
High Net Worth, Low Debt

**WANTS**  
Goals I would like to achieve based on my VALUES (3-5 years)

Be a great husband and father

Achieve and maintain health and wellness

Help others improve their quality of life

Become a successful entrepreneur

Buy a home in Sonoma County

**ACTIONS**  
Activities that will help me achieve my WANTS (1-3 years)

- Spend quality time with Ash
- Help with household chores
- Dedicate time to family
- Plan family trips/vacations

- Eat healthy foods
- Exercise regularly
- Preventative doctor visits

- Continue to research change, growth, and happiness
- Blog and share experiences from personal experiments

- Refine, share, and test happiness framework
- Create business plan
- Find people who can help

- Generate stable income
- Reduce personal debt
- Increase savings

**NEEDS**  
Personal growth objectives I must do to support my ACTIONS (now)

**LEISURE**

- Enjoy the natural beauty Northern California has to offer
- Find relaxation in landscaping and gardening chores
- Plan specific time to rest and recharge

**IMPROVEMENT**

- Identify how to measure strategy
- Monitor results and adapt as needed
- Create recurring checkpoints to validate strategy