



Personal Strategy Map

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VALUES
What is most important to me in life? (lifetime)

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

GOALS
What do I want out of life? (3-5 years)

Be a great husband and father

Achieve and maintain health and wellness

Become a successful entrepreneur focused on happiness

Buy a home in Sonoma County

ACTIONS
How will I achieve my goals? (1-2 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

- Research change, growth, and happiness
- Refine, share, and test happiness framework
- Use social media to publish research/work

- Generate stable income
- Reduce personal debt
- Increase savings

HABITS
How will I stay on track? (daily)

- Be Proactive
- Begin with the end in mind
- Put first things first
- Think win/win
- Seek first to understand, then to be understood
- Synergize
- Sharpen the saw
- Find your voice and inspire others to find theirs