

Living Intentional Planning Guide (EXAMPLE)

STEP 1: Reference the categories below to spark reflection and begin clarifying your life values and priorities. Keep the following questions in mind: What do you value most in life? What does living an intentional life look like to you? When you look back on your life, how do you want to be remembered and what impact do you want to make?

Category	Define Priority/Goal <i>(Use 5 whys to help clarify your life values/priorities – see pg. 4)</i>	Living in alignment w/priority? Yes/No/Prioritize More	What do I need to start/stop/continue to bring this priority/goal to life?
Legacy	My character will be my legacy. I believe my character strengths are: helping those in need, being brave, kind and striving to live a life of purpose. When living these traits, I feel I am being my authentic self, and following my heart, which should lead to living a life with little regret.	Yes, but would like to prioritize more	Stop: Start: Spending at least 10 minutes with each family member every day being fully present Continue: Connecting with and helping others who are suffering
Passions	Help others in need to make a positive impact on humanity and follow my heart's calling. Travel to create meaningful experiences and treasured memories. Also, to take a break, improve my mental health, and feel refreshed.	Yes, but would like to prioritize more	Stop: Overspending to have more money to travel Start: Planning local family outings once every other week Continue: Going to Lake Superior or a cabin every year
Dreams and goals	Write a book in the next five years that shares my personal health battles and how I overcame them. The goal would be to help others find the strength within to overcome their battles.	Yes	Stop: Start: Continue: Documenting my health journey
Relationships	Spend quality time with my family being present to strengthen our relationships and provide support when they need it. The purpose is to make sure they know how much they are loved and to not live with regret later on in life.	Yes, but would like to prioritize more	Stop: Focusing too much on to-do list and be present with family Start: Sunday family night with no electronic devices (e.g. games, table topics at dinner, do a creative activity together) Continue: Date nights once a month

The 5 Whys Tip: Use the 5 whys to get to the root of what's most important to you. After defining your priority at a high level, ask yourself "why" five times until you get to your final answer. See Appendix on page 4.



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STEP 1 Continued: Reference the categories below to spark reflection and begin clarifying your life values and priorities. Keep the following questions in mind: What do you value most in life? What does living an intentional life look like to you? When you look back on your life, how do you want to be remembered and what impact do you want to make?

Category	Define Priority/Goal <i>(Use 5 whys to help clarify your life values/priorities – see pg. 4)</i>	Living in alignment w/priority? Yes/No/Prioritize More	What do I need to start/stop/continue to bring this priority/goal to life?
Health	Exercise regularly to be healthy enough to take care of my children and grandchildren one day. Create positive memories now and for the future, including being able to travel thirty years from now.	No	<p>Stop: Being hard on myself for not being as strong as I was two years ago. I need to be patient; I will get there</p> <p>Start: Rebuilding my strength following my health challenge. Work with a physical therapist to begin a new exercise routine</p> <p>Continue: Eating healthy and making healthy meals for the family</p>
Religion / Spirituality	Keep Jesus, prayer and faith alive in our home. Let Jesus's ways be our compass. When I invest in my relationship with Jesus and follow Him, I grow stronger and naturally want to be more like him.	Yes, but want to prioritize more	<p>Stop:</p> <p>Start: Serving as a family once a year</p> <p>Continue: Going to church and keeping our faith and an open dialogue open in our daily home. Read devotionals at bedtime</p>
Career	Move from a business role to Human Resources because it better aligns with my passions and activities that give me energy. I also want to make an impact in my areas of interest on a broader scale.	Yes	<p>Stop:</p> <p>Start: Working on my Career Development Plan</p> <p>Continue: Having conversations with my manager about how I am progressing against my development goals and ask for ideas on how to continue to develop and reach my goals</p>
Finances / Financial Freedom	Build a retirement fund, so I can retire at 70. I would like to have enough money to take my children and grandchildren on a trip every three years to create more memories with my family.	No	<p>Stop: Cut back to eating out one or two days a week. We could save up to \$200 a month if our family ate at home more often</p> <p>Start: Researching healthy meals to eat at home during the week. Get a rough idea on how much we will need to retire by 70</p> <p>Continue:</p>



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STEP 2: Referencing your answers from Step 1 and 2, write the top three things you will commit to doing going forward to live more in alignment with your personal values, goals, and priorities.

I Will: Starting tomorrow, I will begin bedtime routines 15 minutes earlier, so I can spend quality time being present with each child.

I will ask the kids to help clean up after dinner, so we can begin bedtime routines sooner. We will spend time doing things such as daily devotionals, writing songs, or just be there for support.

I Will: Starting Monday, I work on a family budget and decide where we can cut back on spending to save money for family vacations and experiences.

I will have this completed by the end of the week with ideas to put into practice. I will monitor spending against this budget once a week.

I Will: Get a sitter once every other week for my husband and I to go on date nights. I will work on finding a few sitter options to ensure we can go regularly. Tomorrow, I will start looking for a sitter for next Friday.

Put a reminder on your calendar 90 days from now to check-in on your progress against your I Will statements above.

My check-in date is: June 4th, 2023



Living Intentional Planning Guide (Appendix)

The 5 Whys: Use the 5 why's to get to the root of what's most important to you. Once you define your priority on a surface level, ask yourself why five times until you get to your final answer.



1) Define Your Priority/Goal: Exercise more often

2) Ask the 5 Why's:

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X
A
M
P
L
E

❓ To be stronger

❓ To feed good

❓ Be able to take care of my children

❓ Create good memories for my children, and live a long, healthy life

❓ Take vacations when I'm older and take care of grandchildren one day

3) Final Priority/Goal Definition Statement:

Exercise regularly to be healthy enough to take care of my children and grandchildren one day. Create positive memories now, including being able to travel still in thirty years.

