



FRAN FISHER
MASTER CERTIFIED COACH

COACHING & CONSULTING



LifePlan Design

 UNCOVER YOUR ESSENCE  CREATE YOUR VISION  UNLEASH YOUR POSSIBILITIES 

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My LifePlan Template

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.

—Henry David Thoreau

Vision = Who you are; essence of your BEING; I Am

Purpose = What you DO that empowers you to BE your essential self

Symbol = Symbol of your essential self

Examples:

Vision: I AM an empowering leader, wise, caring, and reliable.

My purpose is to provide an environment of integrity for learning, creativity, growth, and joy.

My Symbol is a soaring eagle

Intentions = overarching life-long intentions/desires for what you want to experience in this key area of your life

Examples:

Self – I am thriving with optimal physical, mental, emotional, and spiritual well-being.

Relationships – I am relishing loving, open, and honest relationships.

Prosperity – I am enjoying peace and security in my abundant lifestyle.

Choices/goals = heart-centered targets for achievement or areas of concentration for each intention

Examples:

Choices for Self: I am strengthening my body tone by 50%;
I am achieving and sustaining my ideal body weight; I am enjoying my evenings and weekends in leisure activities

For your questions or assistance with designing your LifePlan, call Fran Fisher 253-220-8782 or email fran@franfishercoach.com.

My Guiding Statements

Symbol:	
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Vision Statement	I AM
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Purpose Statement	My Purpose is to
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Personal Values	<ul style="list-style-type: none">•••••
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Guiding Principles	<ul style="list-style-type: none">•••••
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Key Area
Intention Statements

Self	I am <i>(what you want and how you will feel when you have it)</i>
Relationships	I am
Creativity	I am
Helpful People/Support	I am
Career	I am
Wisdom/ Growth	I am
Family	I am
Wealth/Prosperity	I am
Legacy	I am

My LifePlan Template

Name

Date

SELF

(well-being, health, nutrition, conditioning, balance, sexuality, grooming, recreation)

SELF INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

My LifePlan Template

Name

Date

FAMILY

(children, grandchildren, parents, grandparents, other relatives)

FAMILY INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CAREER

(leadership, business, job, projects, success, passion, livelihood)

CAREER INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

RELATIONSHIP

(partnership, friends, colleagues, associations, organizations, groups)

RELATIONSHIP INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

My LifePlan Template

Name

Date

HELPFUL PEOPLE/SUPPORT

(community, mentors, support services, spiritual community, support groups, coach)

HELPFUL PEOPLE INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

My LifePlan Template

Name

Date

WISDOM/GROWTH

(peace of mind, self-awareness, personal growth, learning, vision)

WISDOM/GROWTH INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CREATIVITY

(creative pursuits, passion, learning, projects, self-expression)

CREATIVITY INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

My LifePlan Template

Name

Date

WEALTH/PROSPERITY

(income, expenditures, contributions, savings, investments, gratitude, manifesting)

WEALTH/PROSPERITY INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

My LifePlan Template

Name

Date

LEGACY

(giving, receiving, making a difference, what I am known for, gifts)

LEGACY INTENTION:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS:

CHOICE/Goal:

ACTIONS: