



LIFE COACHING

CERTIFICATION
PROGRAMME

*The Express
Planning Model*

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THE EXPRESS PLANNING MODEL

There is one primary factor that determines the overall quality of the lifestyles that people lead, and this is the willingness to take hold of a vision (for one's life) and turn it into a reality. Historically, those who live the most inspiringly successful lives are just those who have found an effective way to utilise their resources, manage their time, strengthen their relationships and embrace the main lessons that they've learned throughout life.

When it comes to living a fruitfully effective life, the only real problem that people will ever face is an emotional response to something that either has or hasn't happened (yet). If you think about it; there are countless people all around the world, who live in a happy marriage, have money in the bank, a good job (or a sustainable business) but yet still exist in a constant state of anger, anxiety, fear or stress.

Most people spend their whole lives focusing on what they don't have rather than on what they do. If you're guilty of this (worrying about what you don't have rather than appreciating the things that you do), you stand at risk of living a highly stressed life in a constant mode of striving, busyness and stress (like a pressure pot that's waiting to explode).

However ... if you've ever achieved anything significant in life, then you'll already understand how to be completely focused (and clear) about what it was that you specifically wanted. The greater degree of clarity you have about what it is you DO want from your life, the easier it will become for you to achieve and accomplish these goals.

Today, there are so many countless demands that are clambering for your time, attention and focus. If you don't become clear on what you want in your own life, you might end up trapped, working for peanuts (or for a minimal salary) or helping somebody else to accomplish all of the goals, dreams and visions that they have for theirs. The imperative first step that we can take towards taking control of our lives, regaining our focus and achieving visions that we have, is to ask ourselves the following three questions. And just to note, that the sequence in which we answer these questions is essential to us actually getting what we want - so just go with the process here

Why not use the following exercise as a framework for breaking down every goal that you set from this day forward & for the rest of your life ... because it works!

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Answer the following three questions, which make up 'The Express Planning Model' - you can use this exercise as many times as required to define the initial steps that you need to take in order to begin fulfilling any of your goals (perhaps those that you defined throughout the Mind Mapping exercise).

1) What is a specific outcome that I want? (e.g. There's a big difference between "I want to lose some weight" and "I'm going to lose 20 pounds.")

2) What are the main reasons why I want to accomplish this goal (in relation to my greatest life vision)? (e.g. Will achieving this goal get you closer towards fulfilling your greatest life vision?)

3) What are the steps that I need to take that'll enable me to accomplish this specific outcome that I want? (Perhaps you could consider all the ideas you noted in one area of the Mind Mapping exercise and choose the most important ones to focus on first: write these steps in a relevant order).

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8: