



SEAN WILLARD

HAVE A LIFE ATTACK

ACTION PLAN
VISION BOARD
WORKSHOP

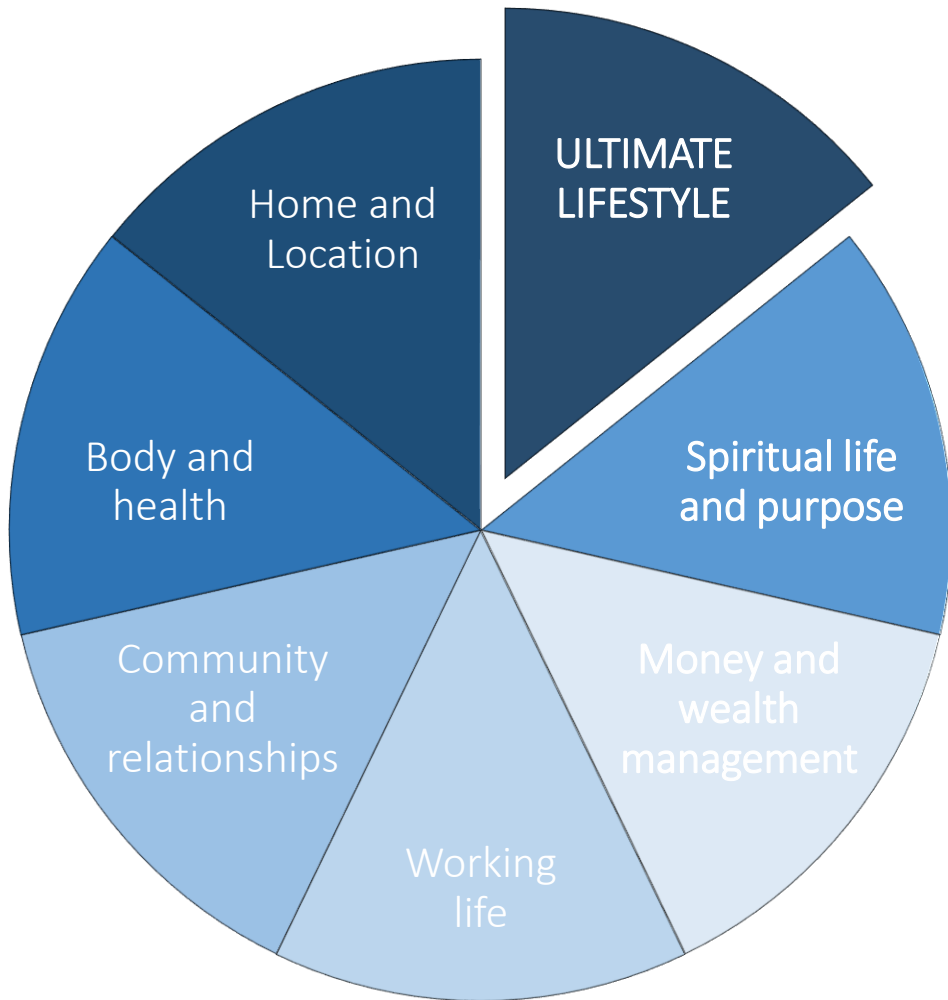
Module 3: Your Lifestyle Planner

*Please note this is NOT for resale or giveaway.



Complete this action plan and the accompanying exercises to create a Lifestyle Planner vision board that inspires you to action.

ACTION PLAN: DEFINE YOUR DREAM LIFE





DEFINE YOUR VISION

1. Brainstorm your perfect life. Explore each category,

HOME AND LOCATION	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	

BODY AND HEALTH	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	



COMMUNITY AND RELATIONSHIPS	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	

WORKING LIFE	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	



MONEY AND WEALTH MANAGEMENT	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	

SPIRITUAL LIFE AND PURPOSE	
Where I am now	
Where I want to be	
Important 'next steps' I need to take, to get there	



2. Determine where you are for each level of Maslow's Hierarchy of Needs

