

The One-Page Life-Plan

	Health	Financial	Relationships	Achievement	Happiness
Long-Term Vision: What do you want 5, 10, 20 years from now?					
One-Year Goals: What is your goal for the upcoming year?					
Add: What do you need to add or start doing to achieve your goal?					
Increase: What do you need to continue or do more of to achieve your goal?					
Minimize: What do you need to do less of or eliminate to achieve your goal?					