

Plan your *life* like you plan your business

with MARC ROUSSO

THE ORIENTATION EXERCISE

WELCOME TO THE LIFE BUSINESS PLAN ORIENTATION, A NEW CHAPTER IN **DESIGNING YOUR LIFE WITH INTENTION.**

Building a business takes focus, discipline and drive. You already have those skills. Transformation is what happens when you point them at everything else.

You already know how to do this. You set a vision. You write the plan. You review the numbers, you take counsel before you commit, and you sit down regularly to see where each division of the business actually is. Your life has divisions too.

This exercise is that same review, and it points the compass in the right direction. You finish knowing where you stand, with one area chosen and one conversation to have.

The Eight Life Areas

● Family	Your kids, your parents, your siblings. The people you'd drop everything for.
● Physical	Your health and your energy.
● Financial	Your own security and freedom, separate from the business.
● Mental	How you're growing and what you're learning.
● Spiritual	Meaning, purpose and what you give back.
● Social	Friendships. The people who knew you before, and the ones who'd call for no reason.
● Career	The work and the impact it has.
● Relationship	Your spouse or partner.

1. Print it and write by hand. It slows you down enough to be useful.
2. Start with what's going well. Write down what's good in that area. Most of us move past the good parts without stopping, and you'll assess the area far more accurately once you've looked at them properly.
3. Then score it. The number you land on in a few seconds is usually the real one.
4. Do all eight. Including the ones you'd rather skip.
5. Then pick one. One area for the year. Two or three hours a day for a year is a thousand hours, and a thousand hours will change almost anything.
6. Then read it once a week. Same time, thirty minutes. I've done that for thirty years and it's the only reason any of it happened.

WHERE I STAND TODAY

DATE _____ NEXT REVIEW _____

Score each area from 1 (low) to 10 (high).

Family

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Financial

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Spiritual

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Career

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Physical

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Mental

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Social

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

Relationship

SCORE

What's going well

What I'm most dissatisfied with

If this area were perfect, what would it look like

Why this matters to me

WHAT I DO NEXT

The area I'm focusing on this year

Who could be of support