

Living Forward Life Plan Example

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Outcomes

How do you want to be remembered by the following?

- God: “Well done good and faithful servant. Enter into the joy of your Master.” Placed my relationship with Jesus above all others. Focused on eternal things.
- My Husband: Loved and valued him, helped him walk faithfully with God. Treasured moments and adventures together; made him look good.
- My Children: Loved and accepted them for who they are, encouraged them to trust God, supported His dreams for them; did not play favorites, loved them as they needed to be loved. Wanted to be with them, yet pursued my own life in ways that made them proud. Loyal and generous.
- My Colleagues: A hard working servant with integrity and humility. Loyal, kind and encouraging; thankful for and amazed at the contribution I made; see me as having been a key contributor to their success. Consider me a friend.
- My Friends: Loyal, kind and encouraging; supportive in trials—there for them. Source of wisdom and perspective.

Priorities

What is most important to you?

1. God
2. Self—Rest, Growth and Health
3. My Husband
4. My Children
5. Friends
6. Career

7. Finances
8. Ministry

Action Plans

Account 1: God

Envisioned Future: Aware of His presence from morning till night. Priority to time with Him in Word and Prayer daily (“perfect moments”). Open to His direction in the events of my day/life. Growing depth until I enter His presence. See daily evidence of His love and care for me.

Purpose Statement: Hold my relationship with God as my highest treasure, governing all other aspects of my life.

Supporting Verse: “Whom have I in heaven but You, and there is nothing on earth I desire besides You. My heart and my flesh may fail, but God is the strength of my heart and my portion forever.” Ps.73:25-26

Current Reality:

- Some things working well—morning exercise used for word/prayer/input.
- In depth study of Hebrews.
- Prayer list begun and used most days.
- Starting and ending most days with Daily Light scripture devotional.
- Not the strength of spiritual disciplines I would like. Lost planning days/retreats/contemplative prayer.
- Somewhat distracted. Some mornings drift into email/Facebook too soon.
- Would like to try *1000 Gifts* and praying the hours.

Specific Commitments:

- Quiet time—Scripture/Audio book while exercising. *Daily Light* and prayer list. Hebrews study. No email/Facebook until breakfast.

- Evening—*Daily Light/1000 Gifts*.
- Do planning weekly (Sunday PM), quarterly, and a silent retreat once/year.

Account 2a: Self - Rest

Envisioned Future: Have sober judgment about what I can/cannot accomplish, leaving time in my day to be available to others, getting 7+ hours/night sleep, and holding my responsibilities with a relaxed grip.

Purpose Statement: Allow for enough down-time and rest in my life so I am energized for the things that are important to me.

Supporting Verse: Come to me all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me for I am gentle and lowly in heart, and you will find rest for your souls. Matt.11:28-30

Current Reality:

- Getting close to 7 hours, but up too late at night, cramping my morning time.
- Facebook/web browsing/email need to be tamed.
- Not doing regular planning and prioritizing.
- Too much TV—behind on what I want to be reading.

Specific Commitments:

- Upstairs by 10:15, in bed by 10:30, lights out by 11 (+1/2 hour on the weekend).
- Maintain sundown-to-sundown Sabbaths (walks w/My husband, reading).
- Drop TV one night per week for reading.
- Read Dr. Swenson's *Margins/In Search of Balance*.

Account 2b: Self - Growth

Envisioned Future: Growing in knowledge so to strengthen my relationships, career and ministry. Every year gaining ground in technology, productivity, music and Bible knowledge. Making me more effective in my service to others and enhancing my wonder of God.

Purpose Statement: To grow in knowledge and wisdom and skill to strengthen the areas of my life that are important to me, and to have something to offer others.

Supporting Verse: “Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Phil.4:8

Current Reality:

- Focus needed—learning much, but sporadic, undisciplined.
- Studying Hebrews (did Bibl.Theo. and Pentateuch courses), finish John work.
- Desire to improve guitar skills.
- Studying Hungarian half-heartedly.

Specific Commitments:

- List and prioritize areas I desire to grow in.
- Choose reading priorities to support these.
- Schedule study times at work (tech/productivity) and at home (music/lang.)
- Order guitar instruction and consider attending praise camp this summer.
- Schedule time for review of accumulated ideas.
- Bible course in the fall.

Account 2c: Self - Health

Envisioned Future: I have the strength and energy to do the things that are important to me, even into retirement years.

Purpose Statement: To maintain and care for the temple God has given me.

Supporting Verse: “Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1Cor.6:18-20

Current Reality:

- Feeling well, no major health issues, allergies under control (hearing issue), menopause not a problem.
- Reached target weight (3½ years ago); B/L going well, no solid plan for suppers.
- Improved exercise routine (daily 1st thing, aerobic and strength training, age appropriate).
- Physical check-ups each year, eyes every other year.

Specific Commitments:

- Schedule dentist visits twice a year.
- Have hearing tested.
- Get needed shots (tetanus/FSME).
- Schedule ½ day to plan use of recipes.
- Buy Leslie Sansone DVDs.

Account 3: My husband

Envisioned Future: Enjoy one another daily, taking time to experience life and relationships together, growing in intimacy and supporting one another in crisis. Caring for my husband in such a way that he is strengthened in his walk with the Lord.

Purpose Statement: To be a true companion and helpmate to my husband.

Supporting Verse: “An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life.” Prov.31:10-12

Current Reality:

- The Foundation is present, my husband and I are committed to one another and comfortable in our relationship.
- Lacking enough time for intimacy, distracted by my devices.
- Not sure of the long-term effect of my presence in the office.
- Intentionality tends to fall on me (need to ask/allow).

Specific Commitments:

- Walk together more.
- Date night once per week, scheduled times away.
- Planned shared time with our kids.
- Disciplined use of technology.

Account 4: My Children

Envisioned Future: My children know they are loved and accepted just as they are, and can come to us for practical help and encouragement always. They step in cheerfully to care for us when the roles reverse.

Purpose Statement: To be a loving and supportive presence in the lives of my children—be “home” to them.

Supporting Verse: “Her children rise up and call her blessed.” Prov.31:28

Current Reality:

- This is happening—the boys do come to us for help and wisdom, and are appreciative.
- Time zone issues make it a challenge sometimes to talk to connect regularly.
- Need still to develop closer ties with my daughters-in-law.

Specific Commitments:

- Phone/Skype all three each week (couples 1/month, girls 1/month).
- Time in person—the whole group once per year (May and Christmas 2012)

- Individually one other time

Account 5: Friends

Envisioned Future: I have 3-5 women I can pull aside and be real with, people who welcome, value and encourage me. Every encounter is a perfect moment—an experience when time stands still, full of the present. Distractions consciously excluded, focused attention and heightened awareness, hearts wide open.

Purpose Statement: To befriend and love a few people well who will in turn love, challenge and hold me accountable.

Supporting Verse: “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.” Eccl.4:9-12

Current Reality:

- I have several close friends who value and encourage me, both here and abroad.
- They tend to be independent of each other—our lives don’t intersect in the same places.
- Time with them tends to be catch-as-catch-can and not intentional.

Specific Commitments:

- Once per week schedule a time with a friend or couple.
- Once per month Skype a close friend not in Budapest.
- Ask some friends about a “dream support group” to build a network of supportive relationships.
- Consider vacationing with a couple (Spring break? Summer?)

Account 6: Career

Envisioned Future: Have an established role on a leadership team, giving my unique contribution. Seen as a valuable resource for improving current ways of doing things so the ministry accomplishes more. Discovering and sharing better ways of doing things. Strengthening the warmth and unity of the team.

Purpose Statement: To make a key contribution to the furthering of the gospel using my gifts of administration and service.

Supporting Verse: “Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

Current Reality:

- Foot in two worlds—teaching at school, working in the mission office. Not seen as a “local expert” in either.
- Moderate success organizing the Media Team, need to move into project management.
- Helping women with technology being well received—not sure how to move forward (what will my role look like?)
- Unexpectedly on the Operations Leadership Team—potential for a good fit.
- Need to organize my work day to use my time more efficiently.

Specific Commitments:

- Make the break with the school (debrief with school leadership).
- Try task management (20min/5min/20min/break, repeat)
- Schedule learning times to read up on skills.
- Master Project management, apply to office resource project.
- Plan out tech-help emails and meetings.

Account 7: Finances

Envisioned Future: Debt-free. Have enough money to meet our obligations and be generous, while still having enough to share with our children. Never worried about money. Up-to-date financial plan and will.

Purpose Statement: To be a good and faithful steward of the resources God has placed at my disposal.

Supporting Verse: “But lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Matt.6:20-21

Current Reality:

- We have more than enough money, though it’s not well managed.
- Support level is not as high as it needs to be.
- Draining the trust fund for college expenses drawing down, but they still needing help through the summer.
- Plenty of giving, but no overall plan for expanding.

Specific Commitments:

- Talk with My husband about finances once a month (lunch date)—support, investments (better protection against market dips?), travel/vacation, giving.
- Revise will.
- Put together a spreadsheet for trust fund expenditures.

Account 8: Ministry

Envisioned Future: Encouraging and serving the body through my involvement on the worship team; being a connection between the Christian community and the local community through

choir involvement—lives genuinely touched. People encouraged in their walk with God by their relationship with me.

Purpose Statement: To be encouragement to my brothers and sisters in Christ and to be salt and light to the unbelievers God places in my life.

Supporting Verse: Romans 12

Current Reality:

- Welcomed beyond expectation at our church, included in the worship team at a level I was not expecting—being stretched.
- Good connections with women in choir (weak Hungarian), but could be bolder.
- Key contributor in the Hebrews study.

Specific Commitments:

- Improve guitar playing to maximize contribution
- Keep up Hungarian study, do homework (add a lesson?)
- Schedule time to talk about faith issues with my choir friends.
- Seek to encourage and invest in women coworkers' lives.