

## Living Forward Life Plan Example

# Christopher

### *Outcomes*

How I want to be remembered by those closest to me:

- God: A humble, loving disciple, faithful husband, righteous father and friend who served others well and invested his talents wisely.
- My spouse: A loving, humble leader who was never afraid to do what was right, what was hard, and what was needed, regardless of the situation.
- My children: A heroic, loving, patient father who gave great memories, was approachable and wise, who instilled the fear of God and the importance of hard work and humility.
- My parents: A great parent whose kids can't be faulted. Unflappable and filled with integrity and humility with unwavering faith.
- My clients: A chosen resource for knowing where to go for answers. A reliable and consistent consultant. The guy to transform business for the better. Worthy of every recommendation. Humble and faithful to God.
- My friends: A faithful servant, hearty with encouragement. Fun to be around and always willing to help. Multifaceted and humble. Approachable, reliable, and wise.

### *My Values*

- Humility: Not holding myself in higher regard than others.
- Hard work: Willing to go the extra mile; put in the extra effort. Doing all things with excellence as the goal.
- Reliable: Knowing that people can come to me and can trust that I will get things done.
- Community: Being aware of others around me and treating others with respect as we serve each other.
- Serving: Looking to ensure others' needs are met as mine are.

- Faith: Trusting God will take care of me and trusting others are going to do the right thing.
- Freedom: Having the opportunity to do what I want to do, with whom I want to do it, when I want to do it.
- Conversation: Holding the belief that communicating with one another yields opportunity and better relationships.

### *Action Plans*

#### Account 1: My Faith

Envisioned future: I'm faithful and content spiritually, loving God and seeing him in all things and in all areas of my life. Reading out of excitement for the Word and topics that I long to learn and because it feeds my value for wisdom. My prayers are constant and faithful. My reliance on God is thorough and evident to all around me. I understand and see God's will working forcefully in my life, and I am joyful and content in all things. My ministry is filled with longing for the lost and on behalf of Christ.

Purpose statement: My purpose is to hear God say, "Well done, good and faithful servant," and to bring as many as possible with me.

Supporting verse: "That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong" (2 Corinthians 12:10).

Current reality:

- I know God is with me and guiding my life.
- My prayers need to be lively each and every day.
- I'm starting to see that by asking, "How do you make a Disciple? You need to know or you may not be one yourself," people are responding and wanting more.

Specific commitments:

- Get up with enough time to read the Scriptures each day.
- Pray outside every day.
- Get to bed before 11 p.m. every weekday.
- Pray for my evangelism and be thinking about how to save the lost.

### Account 2: My Health

Envisioned future: I am healthy and fit. My physique looks good and my clothes fit well. My regular checkups are simple and good. My cholesterol is low, my blood pressure is normal, and I can compete for three back-to-back randori in judo without being gassed. I am getting healthier rather than becoming more sedentary. I can eat what I want and am allergy and disease free and resistant to all illnesses. My ankle has been and I am more active in what I want to do without pain.

Purpose statement: My purpose is to take care of the temple God has given me and be in good serving shape for my family and friends.

Supporting verse: “Now then, just as the LORD promised, he has kept me alive for forty-five years since the time he said this to Moses, while Israel moved about in the wilderness. So here I am today, eighty-five years old! I am still as strong today as the day Moses sent me out; I’m just as vigorous to go out to battle now as I was then. Now give me this hill country that the LORD promised me that day” (Joshua 14:10–12).

Current reality:

- I’m twenty pounds overweight.
- I haven’t been getting to judo like I want.
- I feel good that I’m healthy overall.
- I tend to eat for pleasure and find I crave better foods when I’m working out.
- I’m looking better and noticing my slimmer profile.

Specific commitments:

- I will commit to proper portion sizes.
- I will choose healthier foods.
- I will remember my overall goal to avoid bingeing when out at sporting or work events.
- I will not be afraid to leave things on the plate.
- I will commit to judo a minimum of one time per week.
- I will do more bike riding for cardio conditioning.

### Account 3: My Work

Envisioned future: I'm recognized as an expert by my colleagues and the industry at large. I am seen as a thought leader in my expertise. My consulting brings in far more than I need financially, and I have a balance between working on my business and working in my business. I am trusted and am referred to their best people and other companies regularly.

Purpose statement: My purpose is to invest wisely the talents God has given me and use the blessings to be a wise ambassador for God to the people around me.

Supporting verse: "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving" (Colossians 3:23–24).

Current reality:

- I am called on for my experience.
- Things are starting to come together for getting clients.
- Still need about a year's supply of money from projects.
- My focus is getting clearer but still needs some work.
- Need to clear a path for how this business will look to have it passed off or sold.

Specific commitments:

- My core focus is to build between \$2,000 and \$5,000 each month in passive income.
- I will plan for twenty minutes each afternoon for the next day or more.

- Each Friday will be a day of learning—catching up on blogs, lessons needed, skills needed.
- I will read this plan every Friday afternoon when planning.
- Monthly, quarterly, annual planning is scheduled in.
- I will be diligent at keeping to the plan.
- The only time to get on social networks is if it's scheduled.

#### Account 4: My Rest

Envisioned future: I am well rested and have boundless energy. I can fall asleep in a minute and feel great when I wake up before my alarm. I have purpose and vision to get things done and can accomplish it. My weekends and evenings are balanced so I can get the downtime to race or read or sit back with Leanne to watch a movie. My weekends are open to get one-on-one time with the kids and time with friends. I have time through the week to study the Bible with people and have great rest when we have people over for dinner. I take breaks regularly throughout the day to step back, reflect, and recharge.

Purpose statement: My purpose is to be in a state of alert, creative awareness with energy to get done what needs to get done.

Supporting verse: “Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done” (Genesis 2:3).

Current reality:

- I have been letting my bedtimes slip too late for a great start.
- This is coming from thinking, “I’ll have enough time to fit \_\_\_ in before I have to get ready.”
- I’m not getting enough workout time to feel energetic.

Specific commitments:

- I will ensure I have at least two times a week where nothing needs to get done.

- I will get to bed before 11 p.m. every weeknight.
- I will work out times to keep my energy high.
- I will try napping.

### Account 5: My Relationship with Leanne

Envisioned future: I have an awesome relationship with my best friend, Leanne. We love to talk and can talk about anything without issue. We are spiritual and humble and work well together in every area. Leanne is faithful, is filled with insight, and isn't fazed by anything. We get out monthly for dates and have multiple babysitters we can call on. We have the ability to travel and get at least one vacation annually with just ourselves. We are fit and attractive to each other and still have an exciting romantic flame. Although our insights and ideas are different, we are unified and able to work through any concerns. Our relationship is one that others want to imitate, and our kids see our love and commitment and want to have a marriage like ours. We are respected and are patient elders helping lead in our church. Churches in town and around the globe call on us to speak and share our past and build their faith through marriage and parenting relationships. Our finances are abundant, and we can give and serve freely in any area. Our house is always open and friends feel welcome to stop by and visit and stay anytime they wish. We are the family house of our church.

Purpose statement: The purpose of my relationship with Leanne is to bring glory to God by leading his daughter and loving her the way Jesus loved the church.

Supporting verse: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" (1 Corinthians 13:4-8).

Current reality:

- Leanne is my best friend and we can talk about almost anything.

- It would help to hear from Leanne when I correct her that she understands and will work on it.
- Our reputation and trust from others is growing.
- We get dates but not often enough, and it's hard to get babysitting.
- Our romance is sporadic and needs reviving—partly me getting my head examined.

Specific commitments:

- I will fight to get a date every month.
- I will continue to build at work to have the flexibility we need in our budget.
- I will deepen my love and purity with Leanne every day.
- I will schedule gifts in my calendar to encourage Leanne.
- I will pray daily for Leanne and the kids and deepen the family's reverence and trust in God.
- I will build romance into my mind and schedule.

Account 6: My Kids

Envisioned future: Andrew, Stephen, and Rachel are mature, well-adjusted adults who contribute and are responsible in their lives. They are unflappable Christians and are confident in apologetics with anyone. They seek advice and are humble. They have married Christian spouses and work hard to raise their own God-fearing kids. They are close and we see them regularly and we are proud of them and confident in their ability to make it to heaven and help others. They all have found a passion that pays them well so they can give back to God and the people around them in abundance. They have many friends and are respected by all their peers, by our peers, and by God.

Purpose statement: My purpose is to teach and train my kids in the way they should go so they become excellent ambassadors for Christ.

Supporting verse: “Start children off on the way they should go, and even when they are old they will not turn from it” (Proverbs 22:6).

Current reality:

- Generally the kids work well together. They support and help one another outside the home.
- All have a soft heart.
- Overall, Andrew has come a long way and shows signs of maturing.
- Best when reading the Bible and praying.
- Andrew still needs to learn how to keep his head calm (Proverbs 12:16 needs to be a mantra).
- Andrew also needs to know how to stay inside the boundary and be better at “self-checking.”
- Stephen is still a very encouraging kid and great fun to be around and loves to snuggle.
- Stephen has been getting grumpy and unwilling to change his attitude.
- Stephen likes doing what his older brother is doing.
- Rachel is super talented and charismatic.
- Rachel has some fears about God and we need to encourage that relationship more.
- Rachel is still very headstrong and we need to help her think of others.

Specific commitments:

- I will get together with each of them for one-on-one time each week.
- We will work to get them in relevant activities.
- I need to increase my income to afford the different programs to develop their talents.
- I will get time with Leanne each week to go over their characters and align with her to improve them.
- At least twice a month we will do a family lesson.
- I will work with each of them on the Bible basics each week.

### Account 7: My Friends

Envisioned future: I have many great friends—ones that I can call on for anything and they can call on me for anything and we'll be there. We can call each other on deficiencies and have a

deep trust and accountability and celebrate our victories. These are guys I love to hang out with. We can go to movies, go hunting, go camping, or just sit and chat over a beer or BBQ. They accept me for who I am and I them. We have different strengths and weaknesses and are happy with each other. We can go on vacations together and our kids can get along well. Each of us is eager to get together with the others. We have strong spiritual relationships, and the eternity of that holds strong importance. I have many other friends through work, the kingdom, and Scouts as well.

Purpose statement: To help others get to heaven and be the best we can be before our God.

Supporting verse: “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching” (Hebrews 10:24–25).

Current reality:

- I have a few great friends.
- I’d like to see them more.
- Occasionally, I see the same reciprocal desire to get time together.

Specific commitments:

- I will serve without complaint.
- I will make every effort to drop what I’m doing to help out in proper priority.
- I will have enough income to not only carry myself and not be a burden, but I will be seen as generous and eager to give.
- I will not pull punches and will tell the truth to spur each of us on, and I will expect the same (“Wounds from a friend can be trusted” [Proverbs 27:6]).

### Account 8: Investing Talents Wisely

Envisioned future: God has blessed me with several talents. I consistently invest them and improve on them. These talents have also shown me what I love to do and where I can best help

others and be in circles of those who need the gospel. Sharing my story of “calm in the storm” is something that helps others and has exponentially grown the kingdom of God. I have been invited to sit on exceptional companies’ boards and serve with wisdom. These commitments take one meeting a month at most, and I’m paid at least \$1,000 a month for each session. I have also developed over 50,000 followers on my social networks and blogs once a week. My expertise and passions call me to speak professionally at sessions in other cities for at least \$10,000 per session, and I’m able to take Leanne and sometimes the kids with me to see the world. The residual income from my networks brings in over \$50,000 month and is always increasing.

Purpose statement: God has blessed me with challenges and a clear head so that I can share my faith with others to give them hope and faith through their challenges.

Supporting verse: “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ” (2 Peter 1:5–8).

Current reality:

- Have begun to be recognized as an expert.
- Have started a blog. Now I need more content.
- Am about to pour into a new business to get it up and active.

Specific commitments:

- I will finish reading *Millionaire Messenger* and do the homework throughout.
- I will get some specifics on things from my contact at the publishing house.
- I will continue to seek out opportunities to speak and share my story.
- I will outline my book and begin blogging each of the chapters.