

## *Living Forward Life Plan Example*

# **Angela**

### *Outcomes*

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

- Grace: Being there when it mattered and loving her with every ounce of myself.
- Mom and Stepdad: Always doing what's right.
- Timothy: Putting Grace above our issues.
- Kate: Being there, having fun, and caring.
- My team at work: Being supportive and dependable.
- Frank: Being there when he needed me. Being a role model.

### *Eulogy*

Here lies Angela. She was loved by her daughter, Grace, and parents, June and David. She had a long successful career in mortgage lending. Starting at the early age of nineteen, she worked her way from an entry-level processor to a regional processing manager for all of Colorado. Her hard work and dedication was felt by all she supported at the bank. That same hard work and dedication was an anthem throughout Angela's life, and everything she did was with total determination.

Although you'd never know it, Angela always felt as though she had only a few friends. But she was always there for them and for many good times. She shared time camping, hiking, exercising, and drinking cocktails, as well as the occasional John Hiatt concert. She was the one person you could count on to be 100 percent honest and to always persevere. Any time she fell down (which happened a lot on stairs), she would pick herself right back up.

Her greatest love and accomplishment is her daughter, Grace. She always pushed her to be the best and taught her to be strong and independent, just like her mother. She is the legacy of her mother, and Angela was so proud of that Great Accomplishment. Grace, you were so loved!

### *Action Plans*

#### Account 1: Grace

Envisioned Future: Today we leave for Hawaii. Grace just graduated from college and we are celebrating her accomplishments. Going to our favorite spot. I'm so glad she has such a nice boyfriend who totally gets our Grace-Mom time and is okay with our being away a week. He totally appreciates her independent spirit. She starts her internship in a couple of weeks, so a relaxing time in Hawaii will be perfect. We will have so much fun snorkeling, shopping, and just hanging out by the pool. Oh, and don't forget hiking! It's so great we enjoy doing things together.

Purpose: To make sure Grace knows she is my priority and to enjoy our time spent together.

#### Specific Commitments:

1. Mommy and Grace day: One day a month where we only do stuff with just her and me.  
Frequency: Monthly.
2. Be on time: Be on time when picking her up or going to an event. Frequency: As needed.
3. Daily check-in: Check how day was, complete reading log, check homework, violin practice. Frequency: Daily.

#### Account 2: Health

Envisioned Future: We are super excited about this Hawaii trip! Today we are going on a full-day hike and then a swim when we get back. It's so nice to be almost fifty and look good in a bathing suit and have the energy to hike the falls. It's so beautiful to see the cascading waterfalls, towering bamboo, and huge rain forest. Heaven!

Purpose: To be physically fit enough to enjoy all life has to offer, especially the outdoors, and to feel good in whatever I choose to wear.

Specific Commitments:

1. Boot camp: Go to boot camp to exercise for one hour. Frequency: Five days a week.
2. Physical activity: Hiking, swimming, biking, or other outdoor activity. Frequency: Biweekly.
3. Nutrition: Eat healthier whole food, including fruits, veggies, and lean proteins. Be disciplined and plan ahead. Frequency: Daily.

Account 3: Finances

Purpose: To regularly save money to have financial reserves, as well as accomplish short-term goals.

Specific Commitments:

1. Save money. Put \$500 into accounts that are not used or readily accessible. Frequency: Monthly.
2. Increase 401(k). Make an increase in the amount of money put into my 401(k). Frequency: Monthly.
3. Curb spending. Be more deliberate about how and when I spend my money (and make lists when shopping). Frequency: Daily.

Account 4: Home

Purpose: To take more pride in my home and enjoy being there.

Specific Commitments:

1. Straighten up: Wash dishes and put away clutter that collects downstairs. Frequency: Every other day.

2. Clean bathrooms and floors: Clean bathtubs, toilets, sinks, and floors. Vacuum floors and mop. Frequency: Biweekly.
3. Laundry: Do one load of laundry. Wash, dry, and put away. Frequency: Daily.
4. Clean garage: Clean out garage, donate junk, and throw out trash. Frequency: Quarterly.

#### Account 5: Friends

Purpose: To forge stronger bonds with the friends I have and build new relationships.

Specific Commitments:

1. Reach out: Reach out to one to two friends by phone, email, or Facebook. Frequency: Daily.
2. Make plans: Make plans to visit with a friend for lunch, dinner, or other activity. Frequency: Biweekly.
3. Random act: Send or deliver a random act of kindness. Frequency: Monthly.

#### Account 6: Fun

Purpose: To get out and enjoy life as an adult, both with and without my child.

Specific Commitments:

1. Get outside: Go for a walk or hike for twenty to thirty minutes at least. Frequency: Weekly.
2. Try something new. Do an activity that I have never done (e.g., take a class or volunteer). Frequency: Quarterly.
3. Start a book club: Find a few people who would like to start a book club. Frequency: Monthly.
4. Camp: Take RV out to camp. Frequency: Monthly.
5. See #2 from Account 5.