

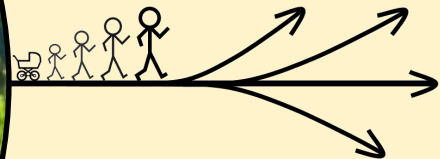
# Strategy For Your Life™

The Pathways You Choose To Walk Today  
Shape The Life Story You Live Tomorrow



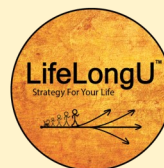
## Quickstart Guide

What Pathways  
Are You Walking?



- Lifestyle
- Career
- Spiritual
- Relationships
- Financial
- Philanthropy

**LifeLongU™**  
Strategy For Your Life



**BETA TEST VERSION**



Welcome!

If you are reading this, chances are high that you are like thousands of others and would like your life story to go a little more in the direction you want it to go. But to do that successfully, you need to know what direction that is and what you really want in life and then have a path to follow to get there. This Quick-Start Guide can be the first step in helping you determining a Strategy For Your Life™. A strategy that covers specific areas of your life. This guide will quickly help you determine your status on some key fundamental categories in your life that if you focus on them and improve those areas, you can make better life choices about the pathways you choose to go down today that will ultimately benefit you in your future so you can live a better life story.

LifeLongU™ was started by its founder and author of this guide, Gary J. Kiecker, to help individuals like you, explore your life options available today, learn from your past experiences and develop a life strategy to be used as your personal map and guide to make better life choices that will mold you and help you create a better life story in your future.

The pathways Mr. Kiecker traveled himself have led him to believe we all can benefit from a program like this. A program that will quickly show us a fundamental approach to making better decisions which do affect our future life. As we live our life and thereby create our life story, adding to it each day, we are presented with life challenges and choices to make. Exploring our many options and determining the best solution to choose is what we need to manage for us to improve our future life story and making the right choice is not always easy.



Founder of LifeLongU™  
Gary J. Kiecker

Mr. Kiecker is a man with a strong spiritual faith in God and what the Bible teaches. He believes we are each blessed with a set of different gifts to use and should use them to the best of our ability and give back to others in the unique ways we can help. How best to use those gifts when dealing with a life story requires us to develop a plan. We should be aware of our options and choose a strategy to follow which will help us create and attain goals in many areas of life adding to the life story we see ourselves living, and thereby being in a better position to also help others.

LifeLongU™ wants to help you be aware of your life options, to choose good pathways to travel, to know what to expect down each path before you decide to travel it. To help you reach your intended destinations by choice if it is within your control, and to enjoy the best life story possible. We know life can be hard and we can all use help from time-to-time. Our mission is to be able to help you design a Strategy For Your Life™, follow it and live the best life story possible.

Thank you!

**LifeLongU™**  
Strategy For Your Life

**Instructions On How Best To Complete This Guide:**

The goal of this guide is to provide you with direction on how to quickly develop a Strategy For Your Life™ in the life category areas you believe you might need the most help in, and choose pathways which would make impactful changes to your future life story.

We all know if we first determine and explore our life's options, make good decisions about the pathways we choose, select and follow a good strategy, we will change ourselves and our lives in the future. By practicing good discipline and follow through, we will arrive at our chosen destination and be able to live a better life story.

This guide begins with a welcome letter from Gary J. Kiecker, the founder of LifeLongU™ and author of this guide, as well as a little background on himself, the company and it's philosophy on helping others build a better life story.

The guide continues with brief explanation on the Quickstart Guide itself, how Strategy For Your Life™ uses the concept of the Steering Wheel of Life™, also developed by the author and then goes on to explain what a Life Story Timeline™ is and how it works. Here is where you begin with your first exercise and develop your own Life Story Timeline™.

You then move on to complete each of the six life category sections, which each having 13 pathway tasks for you to complete at your leisure. Each section is laid out the same except for the different pathway tasks listed within each unique life category.

Start each section by reading the "Life Category Overview" page first. Then move on to "Clarify Your Pathways" by reading the 13 individual pathway task descriptions listed within the section. Each pathway task is numbered with the preceding letter of the life category you are working through so you can easily map it to your answer worksheet. (L=Lifestyle, C=Career, S=Spiritual, R=Relationships, F=Financial, P=Philanthropy)

Read through all 13 pathway tasks and complete the "Life Category Priority List" for that category at the end of each section. Here you will rate each pathway task and prioritize it in order of 1 to 13 on which you believe you should undertake first. This will give a clear starting point to begin developing the Strategy For Your Life™ so you can begin working to build a better life story.

**Welcome Letter** (Page 2)

**Quickstart Guide** (Page 4)

**Strategy For Your Life™** (Page 4)

**Life Story Timeline™** (Pages 5-7)

1-10) Go to pages 6-7 and follow the instructions 1-10 on the bottom of those pages before proceeding.

**Life Category: Lifestyle** (Pages 8-10)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

L1 to L13

Life Category Priority List

**Life Category: Career** (Pages 11-13)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

C1 to C13

Life Category Priority List

**Life Category: Spiritual** (Page 14-16)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

S1 to S13

Life Category Priority List

**Life Category: Relationships** (Pages 17-19)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

R1 to R13

Life Category Priority List

**Life Category: Financial** (Pages 20-22)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

F1 to F13

Life Category Priority List

**Life Category: Philanthropy** (Pages 23-25)

Life Category Overview

Pathway Tasks

Clarify Your Pathways

P1 to P13

Life Category Priority List

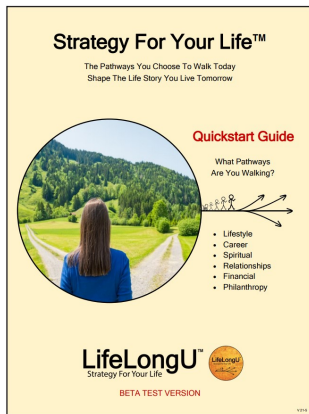
**ZOOM: Review Quickstart Guide** (Page 26)

Join us on a weekly Zoom meeting to review the Strategy For Your Life™ Quickstart Guide and learn more about what your next steps might be

**Survey: Free Gift** (Page 27)

FREE GIFT: Scheduling a 30 minute consultation of your Strategy For Your Life™ Quickstart Guide and discuss our main program, Life Story Profile™ and get a free gift.

**This guide is a beta test version**



**Quickstart Guide:** Throughout a person's life there are many decisions we must make and the choices we go with have consequences for us in our future life story, some very long-term. Making a bad decision, choosing an easier pathway or not taking proper action when it is needed can drastically alter where you end up in your life story.

How do you know if you are making wise decisions about the pathways you are traveling throughout your life? Very good question. This guide can provide some answers for you. We may feel at times that we were not really given much of a chance to make a decision, that whatever happened to us, just happened, and that might be true in some cases. However, we do have the opportunity to react to what happened to us in our lives. Just how you do react is actually you choosing a pathway to follow. It is you making a decision and we want to heighten your

awareness of this fact so you will make better future choices. Choices based on a life strategy developed by you to weigh your decisions against, guiding you down your chosen path, ultimately to a better life story.

In this Quickstart Guide, we look at six main fundamental life category's or areas of your life to help you determine where you are at and what future pathways might be good options for you to follow in your future. We know all of our life stories are different. The fact is that we are all unique individuals and need our own customized strategy for life to help us reach a much higher potential, if that is our desire. We also know that there are many other aspects of our unique life that we might want to explore and grow to become more fulfilled and this guide will help you discover some.

**Strategy For Your Life™:** To determine a Strategy For Your Life™ we begin by breaking your life down using the Steering Wheel of Life™. The wheel was created to help us categorize our life while providing focus and direction. It shows our LIFE (made up of our Mind, Body & Soul) as six main life categories: Lifestyle, Career, Spiritual, Relationships, Financial, and Philanthropy. It further shows six different handles of actions to consider taking within each of the different life categories: Have, Feel, See, Know, Do and Be. Each of these life categories provide opportunity for you to grow and develop in many different ways. There are many pathways to choose from so we listed 13 tasks in each different life category within this guide, to help you quickly see if its one you might want to complete in your near future.

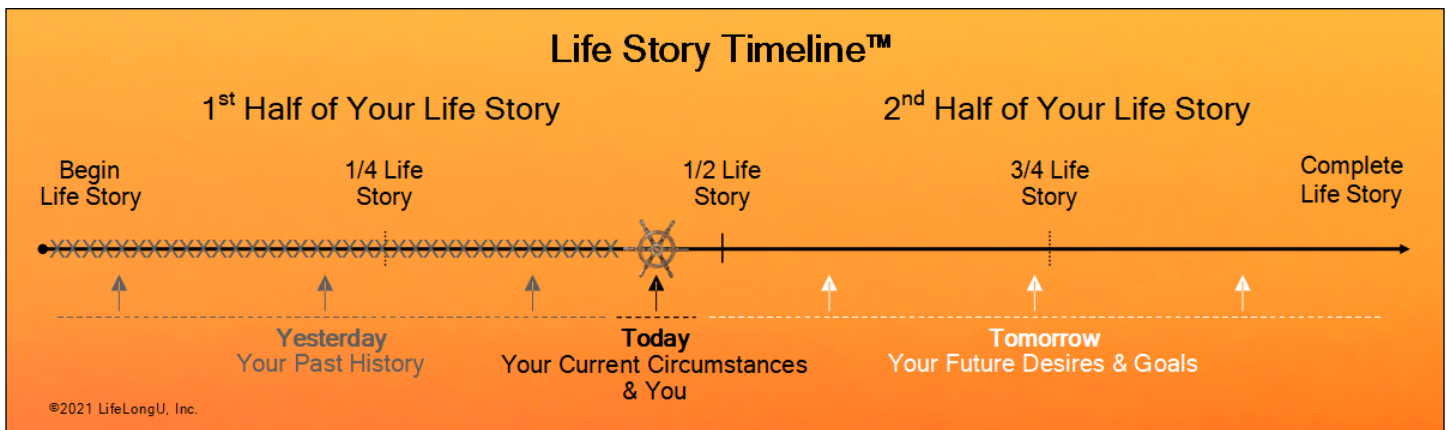
Deciding to complete any of these tasks will provide either some direct benefit to your life story now or clarify a direction you may want to follow in your future. Then you can begin actively working to develop a Strategy For Your Life™, acquire the necessary knowledge your need following your strategy and live the life story you want to live.

Things do now always go to plan so its important to be flexible, adapt and get used to exploring your options on big life choices. Seek out further guides, coaches and mentors with experience in the field you want help with and you will have greater success in accomplishing your goals.



**Life Story Timeline™:** When you hear the phrase “Life Story” a certain image or overall profile summary may come to mind about what exactly that might look like as it applies to your own life. Your thoughts might combine your past history of all your yesterdays, it may include your today's current situation or circumstances and it most likely would include whatever future tomorrows you may live and add to what you imagine your life story should look like. In fact, a life story can include everything that did, is and will ever happen directly to you, around where you are now and anything that may ever affect you indirectly.

Most of us are aware of the things that physically happen to us on a daily basis and may not give them much thought. However, when you add up all the things that happen to you or around you every day and look at them from the context of how they affected your life story up to now you may be more interested in making sure that more of the right things are happening to you on a daily basis from now on. You may begin to see that having a Strategy For Your Life™ and following it can be much more beneficial to completing the life story you see yourself having. Focusing on a planned strategy can provide much more success in your life than simply taking one day at a time and seeing how it goes and where you might end up.



To help us accomplish this new view of our lives, we developed the Life Story Timeline™ (pictured above). Everyone of us are born (life story begins) and we will die and move on (life story completes). Everything between those two points will total up to be our life story. What does yours look like so far and what will it look like in 20 years? You do have choices, not making a choice is also one of those choices. Proactively contributing to crafting your life story can make it a much better story. Look at the movies and think how you would want a movie of your life to look like and end? You are the main character in your own life story, however, you are not the only character, and you can create a better ending if you choose to.

The Life Story Timeline™ will help you see your life from three different views:

**Yesterday** deals with your past history of your acquired knowledge and experiences (mainly made up of emotions & memories) which adds up to your current beliefs, and have made you into who you are today. When you look at this over your lifetime it is your total Lifetime Intelligence™, which can be changed and improved by following a good strategy.

The Lifetime Intelligence™ Equation:

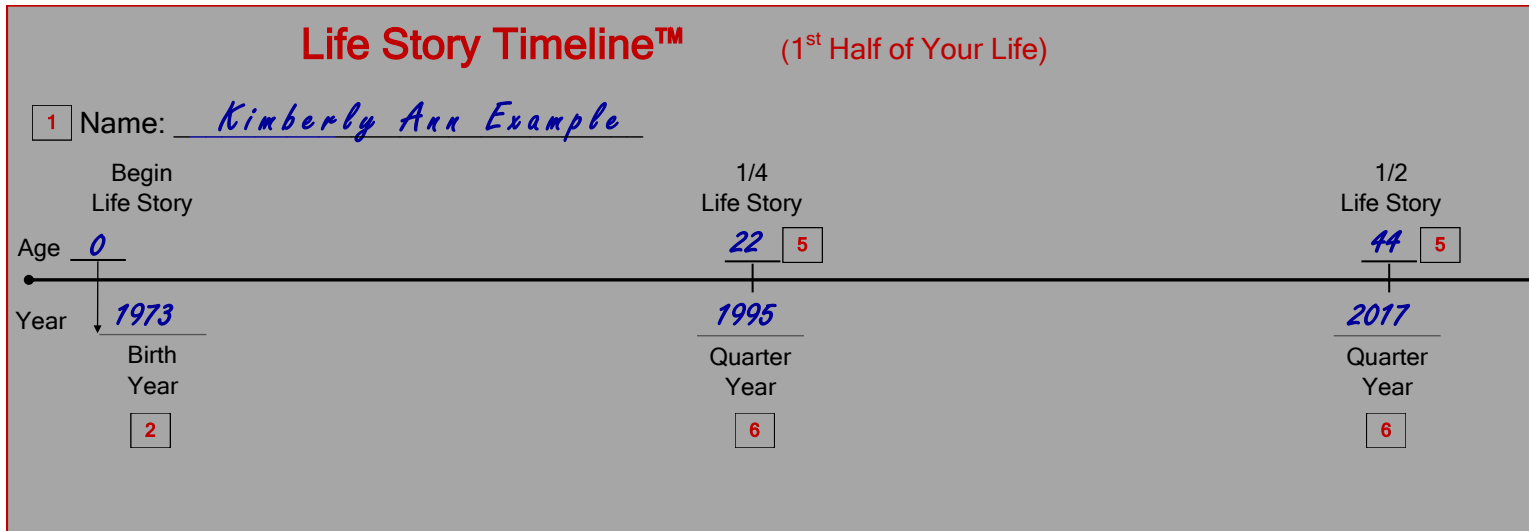
$$\frac{\text{Acquired Knowledge + Experiences (Emotions \& Memories)}}{\text{Begin Life Story \to Complete Life Story}} = \text{Lifetime Intelligence™}$$

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**Today** deals with your current circumstances, obligations, commitments and responsibilities you are dealing with today in your life as well as who you actually are at this moment. As you live your life story each new day you gain new knowledge and experiences and your lifetime intelligence™ changes. This may alter your perspectives on what you believe. Making good decisions today, affects who you become tomorrow.

**Tomorrow** deals with your future desires & goals of what will make up your life story from this very moment on until you complete it. Developing a Strategy For Your Life™ in different areas of your life will help you accomplish those things you want to improve and hopefully end with a better life story, one that you have fully experienced, lived and hopefully, enjoyed. What strategy are you following?

## Example



To complete this unique section, please follow the instructions listed below, 1 - 10.

**Life Story Timeline™** (1<sup>st</sup> Half of Your Life)

1 Name: \_\_\_\_\_

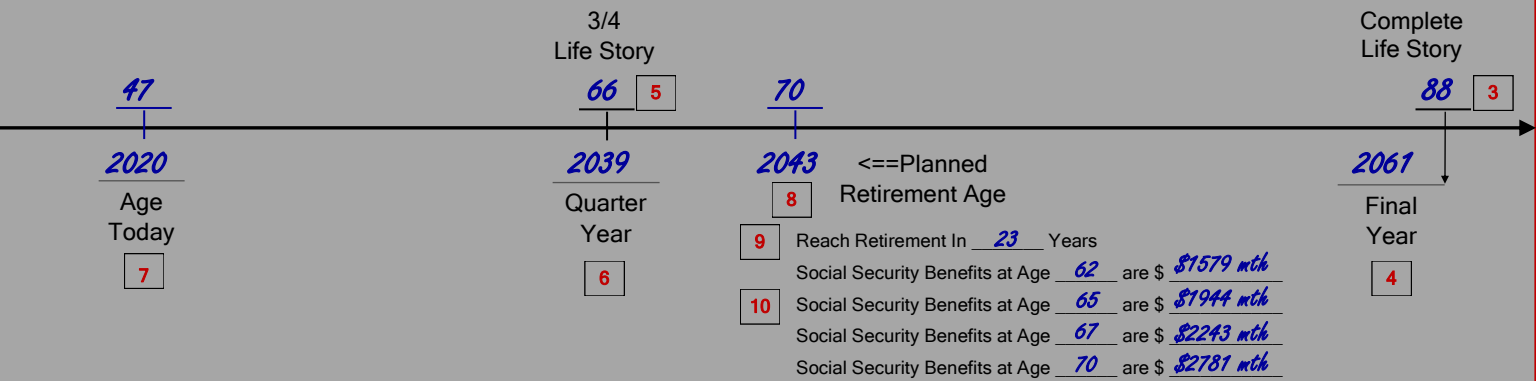
| Begin Life Story   | 1/4 Life Story   | 1/2 Life Story   |
|--|--|--|
| Age <u>0</u>   | Age _____ <span style="border: 1px solid black; padding: 2px;">5</span>    | Age _____ <span style="border: 1px solid black; padding: 2px;">5</span>    |
| Year _____   | Year _____   | Year _____   |
| Birth Year <span style="border: 1px solid black; padding: 2px;">2</span> | Quarter Year <span style="border: 1px solid black; padding: 2px;">6</span> | Quarter Year <span style="border: 1px solid black; padding: 2px;">6</span> |

### Life Story Timeline™ Instructions:

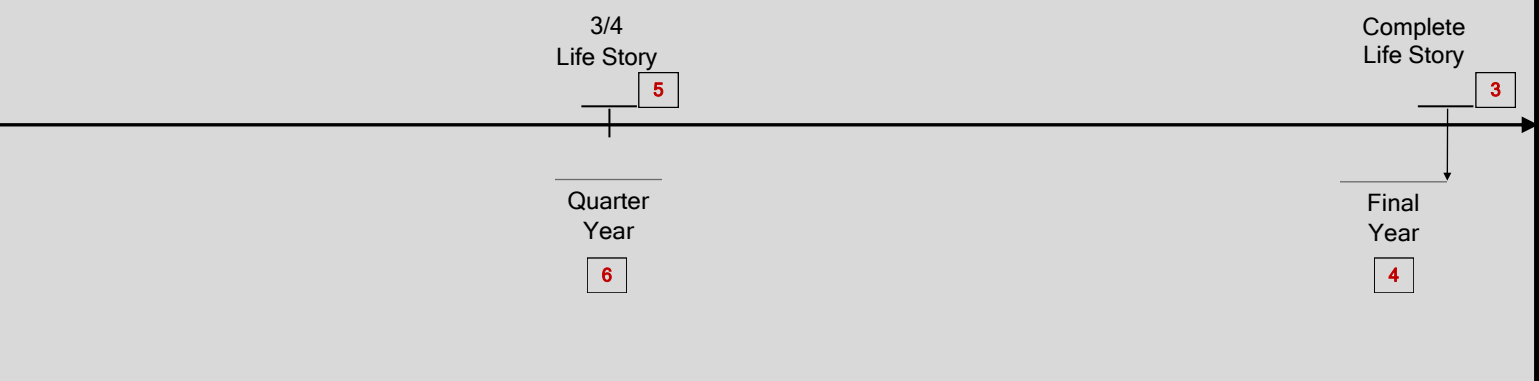
*(Complete the following)*

- 1) Add your name above
- 2) Add your birth year
- 3) What age do you expect to reach for you to complete your life story
- 4) In what year will you reach final age
- 5) Add the age you reach each quarter of your life story
- 6) Add the quarter year you reach that age
- 7) At what age are you today, add it to the timeline and enter the year below (You must add this to the timeline)
- 8) At what year do you expect to retire, add it and the year to the timeline (You must add this to the timeline)

## Life Story Timeline™ (2<sup>nd</sup> Half of Your Life)



## Life Story Timeline™ (2<sup>nd</sup> Half of Your Life)



**Life Story Timeline™ Instructions Continued:**

*(Complete the following)*

9) How many years is it until you reach your retirement year

9 Reach Retirement In \_\_\_\_\_ Years (This is a major decision and takes a lot of planning)

10) Look up your monthly retirement benefit from Social Security at age you plan to retire at <https://www.ssa.gov/myaccount/> (you may have to create an account if you have not already done so);

10 Social Security Benefits at Age \_\_\_\_\_ are \$ \_\_\_\_\_  
 Social Security Benefits at Age \_\_\_\_\_ are \$ \_\_\_\_\_  
 Social Security Benefits at Age \_\_\_\_\_ are \$ \_\_\_\_\_  
 Social Security Benefits at Age \_\_\_\_\_ are \$ \_\_\_\_\_

Which of these social security benefits you will receive depends at what age you do actually retire at. Additionally, add your personal investments, income or proceeds from a sale of any real estate holdings, income or proceeds from the sale of any ongoing business concerns. Any shortfalls will have to be covered by the ongoing work at a job.

This is a first step and glimpse at building your life story and as Stephen Covey said in his book, *The 7 Habits of Highly Effective People*, "Begin with the end in mind".

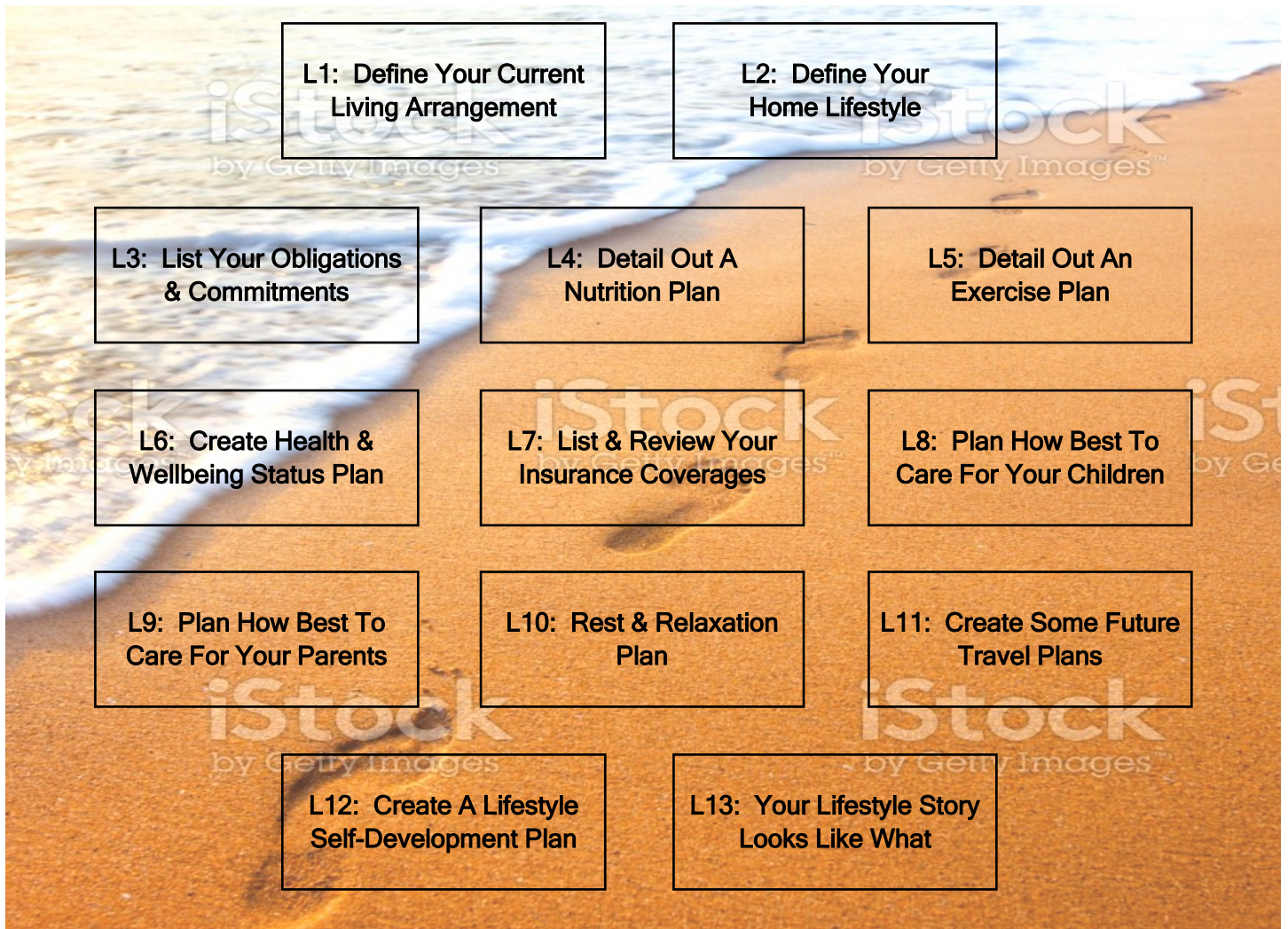


## Life Category Overview: Lifestyle

The lifestyle life category is defined as the way you live your life and those things around you, your environment. It can cover a lot of area and span a long length of time. It would include your home environment, health, nutrition, exercise, rest, relaxation, travel and caring for others. It can include fun things and some not so fun things. It may include things you choose to do as well as some things you need to do.

Below is a grouping of tasks that when completed can help you better understand your own lifestyle life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

Choose from these lifestyle pathways and begin to improve your life story





## Clarify Your Pathways: Lifestyle

### L1) Define Your Current Living Arrangement:

Explain where you currently live. Is this the place you enjoy calling home, if so, fine. If not, then figure out why you live where you do. If you want to change your address, then where would you like to live, what type of house, what characteristics would you like your home to have and what is your budget. Owning your own home does provide a lot of benefits, but also many responsibilities. Building your life story, certainly includes choosing a place to live that is in alignment with you and how you see yourself in your future. This is your home, wherever it is, make it a good one.

### L2) Define Your Home Lifestyle:

Simply explain how you live at home. What you have around you, people, plants, pets, furniture etc., What you like to spend your time doing at home and how you choose to do it. Are you a yard, gardener, sports, health, fitness enthusiast. What are your hobbies, what cars and other toys do you have. How do you decorate, arrange, organize and clean your home. Write this all down to get a picture of your home lifestyle. Design one that you enjoy.

### L3) List Your Obligations & Commitments:

Detail out your different obligations, commitment's and responsibilities that occupy your time. You may or may not have chosen them, but they are your responsibility to carry out and fulfill. Your jobs, your children, parents, animals, mowing the lawn, cleaning the house, etc. List what you must or you need to do, because you committed to doing it.

### L4) Detail Out A Nutrition Plan: (At Home / Away from Home)

Creating a nutrition plan or meal plan (used somewhat interchangeably) can be a fun if you like to explore cooking and creating meals. There are many different types of nutrition plans available for download or purchase. To start, simple download one that fits with your goals and adapt it as you use it. The goal here is to create and follow one. You might consider scheduling a visit with a nutritionist.

### L5) Detail Out An Exercise Plan: (At Home / Away from Home)

Starting an exercise plan is very easy, following it is the hard part. Ask yourself what are your fitness goals, what do you want to change; build muscle, lose weight, change your shape, gain endurance? So many different choices, but you need to start. Like many things one day of activity compounds or builds on the next day and results happen over time. But you need to detail your plan out and begin.

### L6) Create Health & Wellbeing Status Plan:

This task is about creating a general plan of what your current status or state is concerning your health and overall wellbeing. Are you a healthy person, do you have any known physical or mental challenges or issues you are dealing with. Keep a journal to document your health, your illnesses, medications and therapy you have taken. Is there any family history of diseases you should be watching out for and trying to avoid. This plan would tie into your nutrition & exercise plan; please see your doctors before beginning.

### L7) List & Review Your Insurance Coverages:

Document a listing of all your insurance coverages (health, dental, eye, disability, life etc.) to fully see what they cost you per month/year as well as what your coverages actually are. Check you payroll deductions on your check to see the different types of insurance you are paying for. Understand your deductibles, co-pays and pre-tax benefits if any. Benefits & costs change very often and its easy to overpay for something you don't need. Also, watch your double coverages for husband and wife situations. Call your insurance agent or HR Director at work and discuss it with them.

### L8) Plan How Best To Care For Your Children:

Few of us want to be told how to raise our children so its up to each of us to do the best job we know how to do. We add this task to give you a chance to really think about how you want to raise your kids. Two parents might have different ideas. There are many approaches to this task, its worth spending some time on. It's a big responsibility.

### L9) Plan How Best To Care For Your Parents:

Our lives are typically affected by the events that happen to us, our children and our parents. When our parents age or pass away it can be a major change to our lives. Explore your options before that happens. Listen to your parents, discuss & document their desires and frame up the general idea of what to do in a variety of scenarios. It will help.

## Clarify Your Pathways: Lifestyle

**L10) Rest & Relaxation Plan:** (At Home / Away from Home)

We live in a very active and busy world filled with noise; noise is those things bombarding us that we did not ask for (advertisements, social media, email, videos, etc.). Where do you go for peace and quiet? What plans do you have to simply relax? Mountain hike, walk on a beach, stroll through a forest, sit by the campfire and just think. R&R plan is?

**L11) Create Some Future Travel Plans:**

The world is a very big place filled with wonders that will truly amaze us all. Making plans to see as much as you can or feel comfortable seeing should be on everyone's "to do" list. Where have you been already or where would you like to go? When, how often? Are you keeping track of these things? Create a travel log / journal and use it.

**L12) Create A Lifestyle Self-Development Plan:**

What do you need to learn in the lifestyle life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your lifestyle development library increasing your knowledge and move down the path to building a better lifestyle life story.

**L13) Your Lifestyle Story Looks Like What:**

Every minute from this point on is your future. What do you want your future lifestyle life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

| Life Category Priority List:<br>Lifestyle      | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathways Below |
|--|-----------------------------|---|---|-------------------------------------|
| L1: Define Your Home Lifestyle:                | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L2: List Your Obligations & Commitments:       | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L3: Create Health & Wellbeing Status Plan:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L4: Detail Out A Nutrition Plan:               | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L5: Detail Out An Exercise Plan:               | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L6: List Medication, Rehabilitation & Therapy: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L7: List & Review Your Insurance Coverages:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L8: Plan How Best To Care For Your Children:   | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L9: Plan How Best To Care For Your Parents:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L10: Rest & Relaxation Plan:                   | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L11: Create Some Future Travel Plans:          | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L12: Create A Lifestyle Self-Development Plan: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |
| L13: Your Lifestyle Story Looks Like What:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____                               |

List other tasks to explore in the Lifestyle life category:

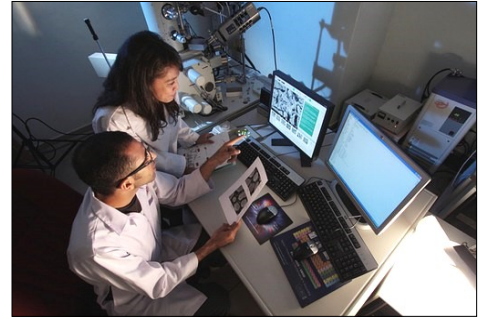
Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Life Category Overview: Career

The career life category is defined as how you work to either earn a wage or help in areas you strongly believe in which can cover many different disciplines throughout your life, even after you decide to retire. Being able to do something that you enjoy, naturally do well at and offers you satisfaction or high wage potential is ideal. However, that scenario is not always available, and you may need to calculate the

best opportunity for you based off what you have to offer an employer in your given location.

Below is a grouping of tasks that when completed can help you better understand your own career life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

————— Choose from these career pathways and begin to improve your life story —————



## Clarify Your Pathways: Career

### **C1) Take Career Assessments:** (Which have you taken)

An career assessment generally is an estimation of ability in a given area. We all have many abilities, skills and talents that can lead to a wide variety of careers. What is best for you is something you must determine. A career assessment can help with that decision. Start with this O\*NET site: [www.mynextmove.org](http://www.mynextmove.org) sponsored by the US Department of Labor / Employment & Training Administration (USDOL/ETA). It can provide a good deal of information.

### **C2) Document Your Future Career Path:**

To be successful in most careers, generally you need the required education, training and experience to be able to offer an employer the most value. How you gain each of these in your chosen career can be mapped out and a path laid out for you to follow. Besides these, finding and networking with others within your field and ask them for advice. Now, begin to build a map of the steps you need to take.

### **C3) Update Your Resume:**

Your resume is your advertisement to a prospective employer. It contains all your personal data, your educational background, training, work experience, qualifications and achievements. It should show an employer how your unique skills and abilities will work well for the position you are applying for. Crafting resumes (have more than one) can be an art form. Begin by listing out all relevant information mentioned above, then look online for “how to” sites.

### **C4) Create A List Of Your Skills, Talents & Abilities:**

Our own skills, talents & abilities are unique to us, but unfortunately, when applying for a position, others with those same skills might also be applying. Take the time and list them all out and even mark them as to how well you do it. With a little research online within your field, career or job description, you can get a good list created. This list will be for your own use only and will be used on your resume in the appropriate places. Build your list before your resume.

### **C5) Develop A Plan On How To Market Yourself:**

There are many ways of marketing yourself and your plans should include many of them. You may not use them all, but you want them detailed out as a reminder. Again search online and educate yourself on the different ways. Your resume is your first impression and you should always tweak it to include specific items your potential employer is looking for. Make sure it is true and accurate. Make sure you list your strengths, as they pertain to the position. At an interview, make sure to dress the part (suit - dress - jeans etc.) and research the company and who you will be interviewing with. These facts can greatly improve your interview.

### **C6) Join & Participate In Networking Groups:**

Meeting new people who are like-minded individuals, gives you access to a shared knowledge base where you can grow in a field of interest, whether its in a career, industry, business or life and can help provide you with some good relationships, conversations and maybe create better opportunities later on.

### **C7) Visit Headhunters & List On Main Job Sites:**

The main point we what to stress here is to make connections in the areas of work you are interested in. That includes talking with headhunters, recruiters and listing on multiple job sites. Some of the larger sites include, [Indeed](http://Indeed.com), [Monster](http://Monster.com) & [CareerBuilder](http://CareerBuilder.com). Also try your states job sites. In MN [www.minnestoaworks.net](http://www.minnestoaworks.net). Get your resume uploaded.

### **C8) Plan For You To Change Careers:**

It is good to have multiple career paths developed with so many changes going on in the world. If you had to change careers, which would make good sense for you and your future? Spend some time to rethink your current career path and map out a new one or two. It could lead you to a whole new level of enjoyment.

### **C9) Define Your Career Plan After Retirement:**

Retirement may also allow you to start a new career. Retirement is not an ending, but a change in what you do with some of your time. What else would you enjoy doing after you retire? Detail out some different pathways you could and would want to take and make some plans before retirement so you are ready.

## Clarify Your Pathways: Career

**C10) Plan To Start Your Own Business:**

Starting a business can be one of the more satisfying career moves a person can make. Being your own person (boss) provides a lot of freedom and needs a lot of discipline. There are many startups and failures in business and it is not for everyone. Having a little business on the side can add a lot of fulfillment as well as adding some security.

**C11) Detail Out The Things You Like To Do:**

If you have never taken the time to actually write down the things you like and do not like to do, this is your chance. Creating a simple list in two columns will help you define what type of job or career you might like to do, if given the chance. Knowing this about yourself can help you find the right career paths to travel in your future.

**C12) Create A Career Self-Development Plan:**

What do you need to learn in the career life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your career development library increasing your knowledge and move down the path to building a better career life story.

**C13) Your Career Story Looks Like What:**

Every minute from this point on is your future. What do you want your future career life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

| Life Category Priority List:<br>Career                 | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathway<br><small>(1 - 13)</small> |
|--|-----------------------------|---|---|---|
| C1: Take Career Assessments:                           | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C2: Document Your Future Career Path:                  | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C3: Update Your Resume:                                | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C4: Create A List Of Your Skills, Talents & Abilities: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C5: Develop A Plan On How To Market Yourself:          | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C6: Join & Participate In Networking Groups:           | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C7: Visit Headhunters & List On Main Job Sites:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C8: Plan For You To Change Careers:                    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C9: Define Your Career Plan After Retirement:          | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C10: Plan To Start Your Own Business:                  | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C11: Detail Out The Things You Like To Do:             | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C12: Create A Career Self-Development Plan:            | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| C13: Your Career Story Looks Like What:                | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |

List other tasks to explore in the Career life category:

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Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

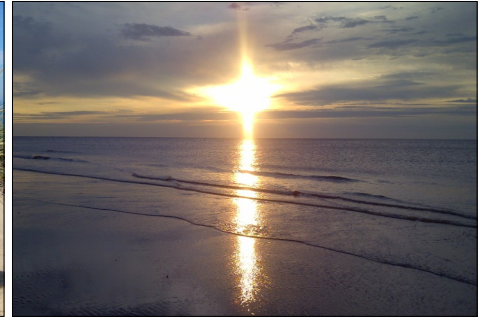
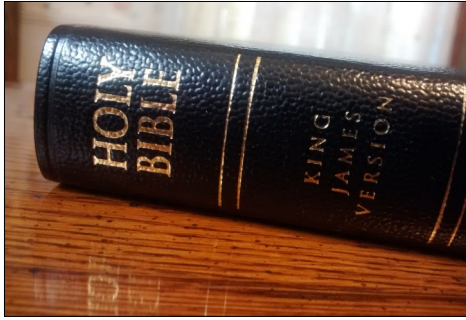
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## Life Category Overview: Spiritual

The spiritual life category is defined as your inner beliefs in a higher power and how you choose to interact with it as well as how you act in life because of those beliefs. The higher power we speak of here is God, more specifically, the Triune God (God the Father, God the Son & God the Holy Spirit). This life category is very personal and goes beyond the completion of your earthly life story. To advance in this life category, you need to read the Bible. It is after all,

one of the number one selling books of all times and it is a must read.

Below is a grouping of tasks that when completed can help you better understand your own spiritual life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

————— Choose from these spiritual pathways and begin to improve your life story —————

- S1: Know Who The Trinity Is
- S2: Learn About The Gospel Of Jesus Christ
- S3: Accept Jesus Christ As Your Savior
- S4: Read & Study The Books Of the Bible
- S5: Pray & Talk To Our Heavenly Father
- S6: Live A Christian Life
- S7: Be A Good Steward
- S8: Practice Meditation
- S9: Learn To Be Content
- S10: Work On Your Discernment
- S11: Know God's Wisdom vs. Worldly Wisdom
- S12: Create A Spiritual Self-Development Plan
- S13: Your Spiritual Story Looks Like What

## Clarify Your Pathways: Spiritual

### S1) Know Who The Trinity Is: (Father, Son & Holy Spirit)

The Trinity is one God who exists in three persons: the Father, the Son and the Holy Spirit; these three are co-equal and co-eternal and should be worshipped and glorified. To better understand this, get a “study Bible” that also provides insight on each verse, as well as the Bible verse itself. To begin learning about the Trinity, start by looking up these Bible verses: [Matthew 3:16-17](#); [Matthew 28:19](#); [Mark 12:29](#); [John 1:14](#); [Acts 5:3](#).

### S2) Learn About The Gospel Of Jesus Christ:

The word Gospel means good news and the good news is God provided the way for all to be freed from the penalty of sin. We all die physically, but anyone that believes in Jesus Christ is the only Son of God, and that He came down from Heaven, died for our sins, rose again and ascended back into heaven is their Savior, will be saved and have eternal life with Him in Heaven. Learn more with these Bible verses: [John 3:16](#); [John 11:23-26](#); [Matthew 5-7](#).

### S3) Accept Jesus Christ As Your Savior:

We cannot earn our way into Heaven by doing good works, but we should be doing them as believers in Christ [Ecclesiastes 12:14](#). The only way into Heaven is by accepting and believing in Jesus Christ as our Savior and through prayer, ask forgiveness for your sins, invite Jesus into your heart to become your personal Lord and Savior [Romans 10:12-13](#) and then be baptized [Mark 16:16](#). Learn more with these Bible verses: [John 14:6](#); [Acts 4:12](#); [Romans 6:23](#).

### S4) Read & Study The Books Of The Bible:

To study the books of the Bible, is to study the Bible which is God’s word. The reasons for doing this are to learn about God getting to know Him better and recognize His voice in our everyday lives; to gain Godly wisdom over earthly wisdom so we truly know what is right and wrong thinking; to know Jesus as our Savior and how best to follow Him. There are many ways online to study the Bible, get started by reading or listening to it online or on CD’s. One online source is [BibleGateWay.com](#), where you can choose from many different audio Bible versions (KJV, NIV, NASB, etc.)

### S5) Pray & Talk To Our Heavenly Father:

Prayer is the time we use to talk with God. It is one of the most important things a Christian does. In [Jeremiah 29:12](#), God asks us to pray to Him and He will listen. If you seek God with all your heart, He will find you. God knows much better than ourselves, what we really need in our lives, so you may pray for things that may never happen. All things are Gods will and we may never know “the why” some things happen or don’t happen. If you need help with your prayer, Jesus teaches us how we should pray in [Luke chapter 11](#). You can always talk to God, no matter what or when.

### S6) Live A Christian Life:

Living a Christian life means to believe and follow the teachings of Jesus Christ in the Bible and have those teachings drive your daily actions throughout your life story. Christians confess and ask for forgiveness of their sins, pray and read the Bible often and treat others with love, charity and forgiveness, and they avoid the temptations of sin.

### S7) Be A Good Steward: (Using our blessings wisely)

To be a good steward, we should use the gifts God has blessed us with to help and serve one another. That includes our money, time, skills, knowledge, sharing what we have, including our faith. A good steward openly reads scripture, preaches & teaches; they pursue righteousness, godliness, faith, love, endurance and gentleness [1 Timothy 6:11](#). They treat the elderly as fathers / mothers, the young as brothers / sisters and help provide for their relatives [1 Timothy 5](#).

### S8) Practice Meditation: (Reaching a calm & relaxed state)

Taking special private time to think deeply about what the Bible teaches us and how we are living our life story is what we want to focus on with meditation. [Joshua 1:8](#) tells us to meditate on the law provided him by Moses and to keep it always on your lips, so you do not go left or right off your pathway and you will be successful wherever you go.

### S9) Learn To Be Content:

Being content with whatever circumstances you find yourself is what we want to be able to do with our life story. Whether you are living a life of humble means or one of prosperity, of going hungry or being filled, of suffering need or having abundance, we need to learn how to be content in all situations and find strength in our Lord [Philippians 4:11-13](#).

## Clarify Your Pathways: Spiritual

**10) Work On Your Discernment:** (Understanding of things)

Being able to make good decisions requires us to understand our circumstances and what options we have available; what spiritual pathways are good for us to move down verses the earthly pathways others may want us to follow. Understanding these life choices, we need to pray and trust in the Lord to show us the way [Proverbs 3:5-6](#).

**S11) Know God’s Wisdom vs. Worldly Wisdom:**

God’s wisdom, the message of the cross, is foolishness to unbelievers [1 Corinthians 1:18-31](#). These unbelievers will try to have you believe in earthly wisdom of their own making as being wise in today’s terms. Simply said, those things that contradict the message of Jesus Christ and Him dying on the cross are not wisdom, know the difference.

**S12) Create A Spiritual Self-Development Plan:**

What do you need to learn in the spiritual life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your spiritual development library increasing your knowledge and move down the path to building a better spiritual life story.

**S13) Your Spiritual Story Looks Like What:**

Every minute from this point on is your future. What do you want your future spiritual life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

| Life Category Priority List:<br>Spiritual      | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathway<br><small>(1 - 13)</small> |
|--|-----------------------------|---|---|---|
| S1: Know Who The Trinity Is:                   | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S2: Learn About The Gospel Of Jesus Christ:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S3: Accept Jesus Christ As Your Savior:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S4: Read & Study The Books Of The Bible:       | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S5: Pray & Talk To Our Heavenly Father:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S6: Live A Christian Life:                     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S7: Be A Good Steward:                         | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S8: Practice Meditation:                       | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S9: Learn To Be Content:                       | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S10: Work On Your Discernment:                 | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S11: Know God’s Wisdom vs. Worldly Wisdom:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S12: Create A Spiritual Self-Development Plan: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| S13: Your Spiritual Story Looks Like What:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |

List other tasks to explore in the Spiritual life category:

Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Life Category Overview: Relationships

The relationships life category is defined as loving and meaningful connections with others. We are social beings and typically do better when we have relationships with others. We have the opportunity to interact with many different people every day in many different ways. Much of how that happens and how often it happens is up to us and by focusing on improving how you choose to do it, the better you will feel about yourself each day.

Below is a grouping of tasks that when completed can help you better understand your own relationships life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

————— Choose from these relationships pathways and begin to improve your life story —————

- R1: Deepen Relationship With Yourself**
- R2: Deepen Relationship With Your Spouse**
- R3: Deepen Relationship With Your Children**
- R4: Deepen Relationship With Your Parents**
- R5: Deepen Your Relationship With God**
- R6: Develop Friend Relationships**
- R7: Develop Co-Workers / Neighbors Relationships**
- R8: Begin Or End Relationships**
- R9: Define Your Integrity, Morality and Ethics**
- R10: Build Your Self-Esteem & Self-Confidence**
- R11: Understand The Different Personality Types**
- R12: Create A Relationships Self-Development Plan**
- R13: Your Relationships Story Looks Like What**

## Clarify Your Pathways: Relationships

### R1) Deepen Relationship With Yourself:

Improving your relationship with yourself may seem somewhat self-serving, but in fact its very difficult to have a good relationship with others, if you do not have one with yourself. This relationship is probably the most intimate relationship you will ever have. You know everything about you, the good and the not-so-good. We tend to judge ourselves too harshly because of what we do know. Forgive yourself, work to do better in areas you feel you need improvement.

### R2) Deepen Relationship With Your Spouse:

This relationship is with the person you have chosen to partner with in life, and they have chosen you. It's very complex and needs frequent attention and maintenance to stay healthy. Having private time together, learning to openly share feelings and thoughts without being judgmental or demanding while still having trust in each other is all very important. This relationship can grow stronger and more interesting if you give your spouse time and space without you.

### R3) Deepen Relationship With Your Children:

Your relationship with your children will change as they grow older and move out on their own. Up to this point, you have been the one that has provided for most of their needs, protected them and provided guidance about the world. Out on their own, they will be exposed to learning from the world, one different from when you were their age and your relationship most certainly will change. To build a strong relationship means remembering they are not you and have their own viewpoints and intelligence, that love and time together goes a long way and that they are adults with whom you want to be friends with. Someday they may be taking care of you, so set a good example with your own parents.

### R4) Deepen Relationship With Your Parents:

Our parents and grand parents (biological or not) most likely contributed something to who we are today. As we all age, we may find ourselves in need of different types of help; maybe physical, emotional, financial or all three. Our parents should be able to count on us to help in some way, if needed. Just as we should be able to count on our children as we grow old. This is a tricky area to balance. They are adults and may not be our legal responsibility. However, God tells us in [Exodus 20:12](#), we are to honor them, this means to hold them with high respect and great esteem.

### R5) Deepen Your Relationship With God:

This relationship is also very intimate, very personal and very spiritual. Only you and God know all your thoughts, deeds and actions. Owning up to who you are as a sinner, in Gods eyes, then asking for forgiveness and working to daily follow His word is key in building this relationship. All this can only be done, if you first follow Jesus Christ, who is the only Son of God. Christ has cleared the pathway to God by His death and resurrection. No one can build a relationship with the Heavenly Father without first going through Jesus Christ His Son ([John 14:6](#)).

### R6) Develop Friend Relationships:

A relationship with a friend is very unique, its one of choice, not one that has been predetermined by life. It takes two or more people deciding to be friends for a good relationship to exist. This relationship is very fragile and the smallest reaction to something between you can cause feelings of annoyance, frustration and hurt, but well worth the risk.

### R7) Develop Co-Workers / Neighbors Relationships:

Your co-workers (anyone you must work with) and even neighbor relationships tend to be unique as well. You cannot really pick your co-workers or your neighbors and in fact may be forced to associate with them. As we know it takes two parties to build a good relationship, and if you find yourself in some that are one-sided, you may have to work especially hard to even make it tolerable. How can you make changes to negative relationships you find yourself in? Is ending them an option? Where you work and live are your choices, you can decide to make changes if it's not working.

### R8) Begin Or End Relationships: (If needed)

A good social relationship with anyone can provide a lot of satisfaction and happiness. Many studies show that they can actually improve your health and even prolong your life. Consequently, social isolation (being alone) or in a bad relationship can literally make you ill. Have a plan to improve all relationships and work to minimize isolation if you have too much of it and then work to improve or get rid of bad relationships. Sometimes it is better not to be in the relationship.

### R9) Define Your Integrity, Morality and Ethics:

Take some time and think about what you stand for. Do you consider yourself to be a person with high ethical standards (have moral principles that govern your behavior) Do you have integrity (quality of being honest)? Do you practice morality (principles concerning the distinction between right & wrong, good & evil) in the things you do? Define what your personality characteristics are along this thinking and practice living them. They shouldn't oppose Gods word.

## Clarify Your Pathways: Relationships

### R10) Build Your Self-Esteem & Self-Confidence:

Increasing your inner self-esteem and outer confidence are two important behavioral concepts that can benefit you greatly throughout your life story. They are often lumped together as being the same, but are not. Self-confidence is your knowing you have the ability to interact successfully with the world around you and is built over time by acquiring certain skills and achievements. Self-esteem is the perceived value you place on yourself, your own self-worth. It's not a measure others place on you. Both of these can be further developed over time to help you improve your life story.

### R11) Understand The Different Personality Types:

No two of us are the same, but we all can be classified into certain types or groups. Two different assessments that can help you determine your type are the [Myers-Briggs Type Indicator®](#) and [DISC](#) assessment offered by Tony Robbins. Understanding your own and the different groups strengths and weaknesses can really help you build relation-

### R12) Create A Relationship Self-Development Plan:

What do you need to learn in the relationships life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your relationships development library increasing your knowledge and move down the path to building a better relationships life story.

### R13) Your Relationship Story Looks Like What:

Every minute from this point on is your future. What do you want your future relationships life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

| Life Category Priority List:<br>Relationships      | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathway<br><small>(1 - 13)</small> |
|--|-----------------------------|---|---|---|
| R1: Deepen Relationship With Yourself:             | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R2: Deepen Relationship With Your Spouse:          | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R3: Deepen Relationship With Your Children:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R4: Deepen Relationship With Your Parents:         | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R5: Deepen Relationship With God:                  | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R6: Develop Friend Relationships:                  | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R7: Develop Co-Worker / Neighbor Relationships:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R8: Begin Or End Relationships:                    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R9: Define Your Integrity, Morality and Ethics:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R10: Build your Self-Esteem & Self-Confidence:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R11: Understand The Different Personality Types:   | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R12: Create A Relationships Self-Development Plan: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| R13: Your Relationships Story Looks Like What:     | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |

List other tasks to explore in the Relationships life category:

Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Life Category Overview: Financial

The financial life category is defined as your management of all monetary inflows and outflows, your accumulation of assets and liabilities (debt), your retirement and what happens with your estate after you pass away. Its much easier to manage money when more is coming in than going out, so your first task is to understand where you stand (household budget) with your inflows and outflows, how you then can fix what's not working and improve your financial posi-

tion. This is a numbers game & takes discipline, but can be learned.

Below is a grouping of tasks that when completed can help you better understand your own financial life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

Choose from these financial pathways and begin to improve your life story

**F1: Create & Use A Household Budget**

**F2: Set Up A Plan To Reduce / Eliminate Debt**

**F3: Build Out Multiple Income Streams**

**F4: Save For Large Purchases vs. Borrowing**

**F5: Save For Emergency Cash Fund**

**F6: Save For Covering Living Expenses**

**F7: Right Size Living Costs To Match Reality Plan**

**F8: Play An Active Role In Managing Investments**

**F9: Plan For Cleaning Up Your Credit**

**F10: Plan For Retirement**

**F11: Create Last Will / Testament / Special Wishes**

**F12: Create A Financial Self-Development Plan**

**F13: Your Financial Story Looks Like What**

## Clarify Your Pathways: Financial

### F1) Create & Use A Household Budget:

A budget is your plan for how you will be spending your money. The money that comes into your household should be higher than the money leaving it. Money in minus money out. If you spend more than you bring in, you will be in trouble soon by running up debt (credit cards). A budget can also help you define what you would like to do with any extra money you bring in, (save, invest, etc.). There are many books and websites that go over the budget process and how to get started. Dave Ramsey offers a very good one and is easy to get started: [DaveRamsey.com/budgeting](http://DaveRamsey.com/budgeting)

### F2) Set Up A Plan To Reduce / Eliminate Debt:

Having too much debt can weigh heavily on your mind as well as your pocket book. Develop a plan to get rid of your debt. First list out "all" your debts. Who do you owe money to and on what terms are they expecting to be paid back. Making the minimum payment is your first obligation, but choosing the smallest debt and add an extra payment to it can get rid of one of your debts altogether. That is the goal, get rid of your debts. Pay one off, then start the next one.

### F3) Build Out Multiple Income Streams:

Building multiple income streams is placed here for a reason, the first and second tasks all work fine if you have extra money, but what if you don't? Then you need a plan to get a second or third source of income. The first logical choice is to get another job and trade more of your time for dollars. You can only work so many hours in a day so this strategy only goes so far, but it is a good one. Another strategy might be to sell something online, something you created or a service you can do. Research and see what might work for you. Extra income helps create a better life story.

### F4) Save For Large Purchases vs. Borrowing:

In the financial life category, we believe it is good to pay down debt, not create more. That being said, financing a purchase today of most anything might not be advantageous to you creating the future life story you desire. You are trading your future life story, so you can enjoy the benefits of whatever you are purchasing today. Instead, develop a plan of what you might need to or would like to purchase in the future and begin saving for it. Actually make payments to a savings account or into an envelope you keep and build up the amount and pay for it outright when needed.

### F5) Save For Emergency Cash Fund: (=> \$1,000)

Emergencies of many different kinds come up in our daily lives and it's a good practice to have a small sum of money easily accessible, say \$1,000 or so. You can use that fund instead of borrowing on a credit card, which is a loan, that usually charges you some type of fees or interest for that convenience. Make your own reserve, which will cost you nothing and still provide you with the security you may want in case of emergencies. You decide how much \$ to save.

### F6) Save For Covering Living Expenses: (= 6 months)

If your income streams stopped coming in, you want to be able to have a cushion of funds to cover 3-6 months of average living expenses, while you work to replace that lost income stream. Again, cash in savings would be ideal, but a credit card can work, but you run the risk of running up a loan with high interest on it and not being able to pay it back.

### F7) Right Size Living Costs To Match Reality Plan:

Over time you might find for different reasons your current home and lifestyle no longer match your needs or income and you might work to bring this into balance. This discipline can work to save you a lot of money over time that otherwise is simply wasted. Having a lot of excess square footage in your home can cause you to overpay for heating, cooling, cleaning and maintaining that space. More waste is paying for a 2<sup>nd</sup> home, boat, extra car or RV, that is not used.

### F8) Play An Active Role In Managing Investments:

Many of us do better if a paid professional actively manages our portfolio of investments. However, you still need to understand what is, is not or could be happening to your investments, regardless if invested in bonds, equities, 401k's, IRA's, real estate, etc. Many things change over the years and you should know how to adjust your investments.

### F9) Plan For Cleaning Up Your Credit:

A clean credit report will help you with loan approvals if you want to borrow money. Start by getting a copy of your current credit report at one of the credit reporting bureaus [Experian](http://Experian), [TransUnion](http://TransUnion) & [Equifax](http://Equifax), it will more than likely be free. Verify the information, dispute any errors with documentation, work to catch up past due accounts and pay off any outstanding judgements or loans. You might also consider hiring a credit repair service for a fee.

## Clarify Your Pathways: Financial

### F10) Plan For Retirement:

Start out with a basic plan for your retirement. We started you down this path within this guide on page 6-7 with the Life Story Timeline™. There you are picking your retirement age and researching what amounts you might be expected to receive at your anticipated retirement age. How much equity in property, investments, savings, businesses, other large assets will you have accumulated by your retirement age is your next assumption to make. Where do you plan to live and what living expenses do you anticipate? Build a retirement budget forecast and get an idea of costs.

### F11) Create Last Will / Testament / Special Wishes:

You might be able to create a simple will by yourself with a little online research. If you plan to get a little complex or unusual like distributing large sums of money or cutting someone out, you would be best served by going through an attorney. You will need to select your beneficiaries, chose an executor, pick a guardian for your kids, be specific and realistic for who gets what if you are detailing it out. Add an additional letter if needed. Witnesses, not named in the will must also sign it as well as it must be notarized. Now keep it in a place that others can find and use it.

### F12) Create A Financial Self-Development Plan:

What do you need to learn in the financial life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your financial development library increasing your knowledge and move down the path to building a better financial life story.

### F13) Your Financial Story Looks Like What:

Every minute from this point on is your future. What do you want your future financial life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

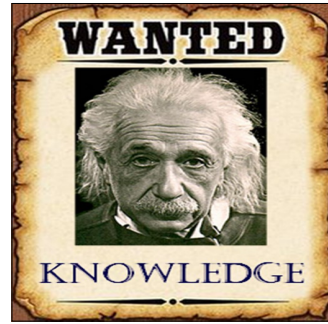
| Life Category Priority List:<br>Financial           | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathway<br><small>(1 - 13)</small> |
|---|-----------------------------|---|---|---|
| F1: Create & Use A Household Budget:                | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F2: Set Up A Plan To Reduce / Eliminate Debt:       | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F3: Build Out Multiple Income Streams:              | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F4: Save For Large Purchases vs. Borrowing:         | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F5: Save For Emergency Cash Fund:                   | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F6: Save For Covering Living Expenses:              | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F7: Right Size Living Cost To Match Realty:         | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F8: Play An Active Role In Managing Investments:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F9: Plan For Cleaning Up Your Credit:               | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F10: Plan For Retirement:                           | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F11: Create Last Will / Testament / Special Wishes: | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F12: Create A Financial Self-Development Plan:      | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| F13: Your Financial Story Looks Like What:          | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |

List other tasks to explore in the Financial life category:

Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |



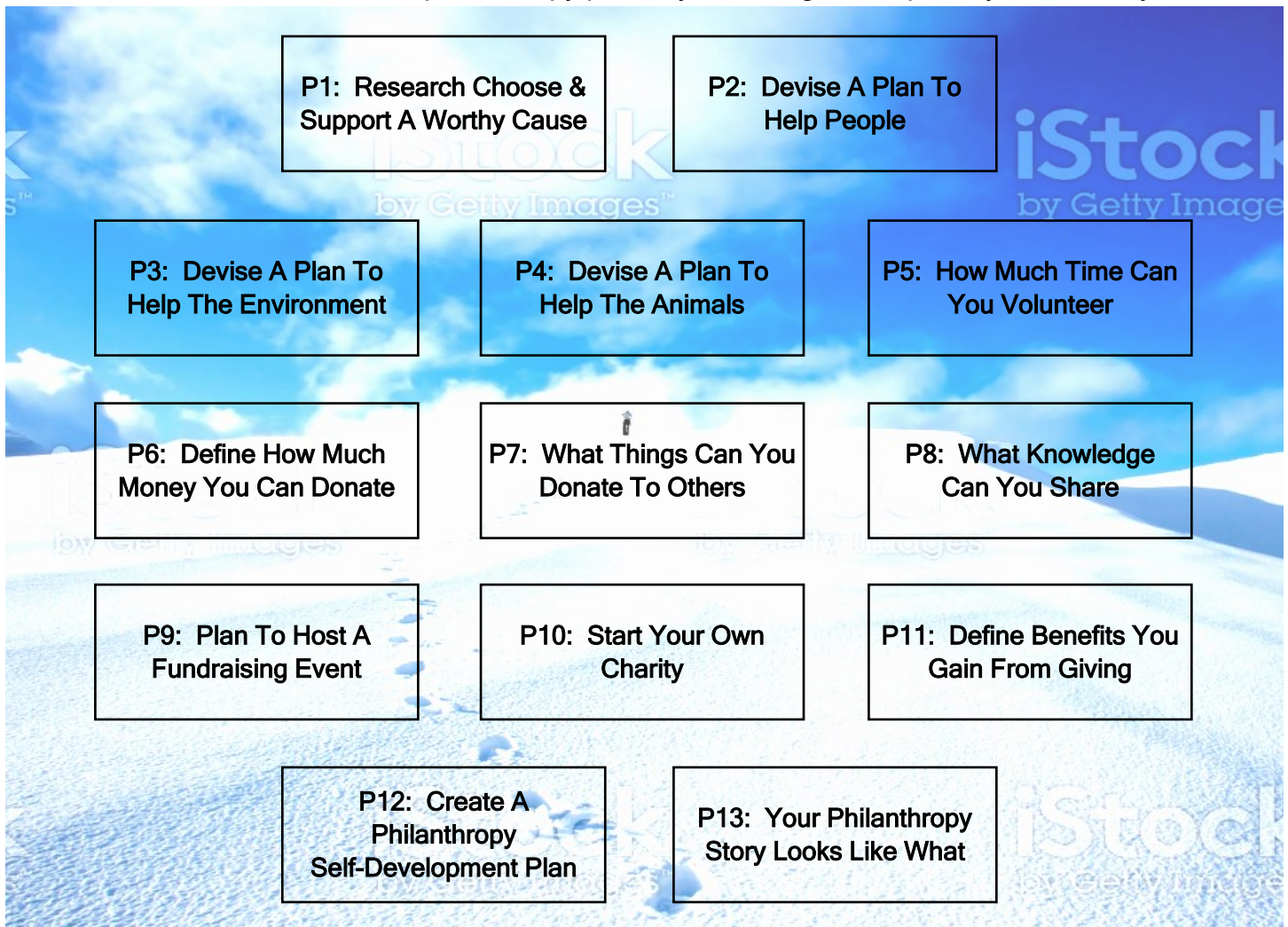
## Life Category Overview: Philanthropy

The philanthropy life category is defined as your generosity on how you choose to give your things, money, knowledge and time to people, animals and the environment. Many of us at different times in our lives may have had a need that could have been filled by someone else. There are people, groups and organizations that help those in need which you can be apart of. Understanding that you do have something to offer others, what it is and how you can best give to

those in need is what this life category is about.

Below is a grouping of tasks that when completed can help you better understand your own philanthropy life category and what completing the task might do for you now and in your future. The goal here is to show you what you might want to work on first within this life category to improve your life story in your future.

Choose from these philanthropy pathways and begin to improve your life story



## Clarify Your Pathways: Philanthropy

### P1) Research Choose & Support A Worthy Cause:

There are many worthy causes to support, especially with all that is happening in the world today. Who would you like to help in the world, why and in what way are some first questions you should try to answer. People, animals, the environment all have worthy causes to support. Do you want to donate time, money, your know how or simply give away extra things you have lying around? What about those closest to you, maybe helping out some family members? Philanthropy is not about the size of the gift, its about the practice of you giving in a variety of ways to an assortment of needed causes. When a cause is selected, research it and see how they have helped and where they spend donations.

### P2) Devise A Plan To Help People:

Helping others is one of the best ways to make yourself feel better about you. It obviously, helps others as well and is one of the primary goals of many individuals. There are so many different ways to help others, that you need to take a little time to think about how best you can help (time, knowledge, money, things, etc.), and exactly who you can help. You do not have to be wealthy to be a philanthropist, just begin, and soon you will see how you can help others.

### P3) Devise A Plan To Help The Environment:

Nature was created perfectly, however when humans begin to overuse, misuse, and not work to renew our natural resources there will begin to be shortages. First, what do you feel strongly about protecting or improving within the environment in which you live? Start there and make a short list and figure out how you can help to make a difference. Research and contact those in charge of maintaining or improving that area and see how they suggest you help.

### P4) Devise A Plan To Help The Animals:

Many of the animals are here for our enjoyment and benefit, and we share the environments with them. However, if the animals are wild, we should provide a wild environment for them to live, if they are domesticated, then we can devise ways for them to live with us. Both views have need of individuals to help out in different ways. Taking home a domesticated pet and caring for it over its life can shed a lot of loneliness in our own life story. Wild animals may be a different story. Again, create a list and find those in charge of the animals you want to help and find out how you can.

### P5) How Much Time Can You Volunteer:

Your time can be a funny thing, you always have the same amount every day, but there are days you have to little and others where you have to much. So how do you plan to donate time to a cause you believe in? 30 minutes can go a long way in walking a dog, visiting an elderly person or stopping in to help dish out food at a shelter. 30 minutes a month can go even farther. Start with a block of time each week, month or even quarter, and test out a few scenarios of donating that time to a cause and see how it works, then build out from there. Plan and get it on your schedule.

### P6) Define How Much Money You Can Donate:

How much is a big question that each of us has to answer for themselves, so answer it and begin giving to your favorite causes. If you follow a spiritual goal of tithing (give about 10% of income), its up to you how much more to donate. First try to get to 10%. Oddly, you wont miss the money if you learn to first give before all other requirements. Frankly, there will always be some need for your money. If you are good with money, maybe helps others who are not.

### P7) What Things Can You Donate To Others:

This can be a long list, so make one for yourself. Walk through you home literally or mentally and record what you can do without. Your extra stuff could become someone else's treasure and be just what they need. Here are a couple of items to help your thinking get started: food, toys, child care furniture & accessories, clothing of all kinds, jackets, shoes & boots, appliances, books, kitchenware, sports gear, cars, lawnmowers, lawn furniture, plants, luggage, etc.

### P8) What Knowledge Can You Share:

We all know how to do something, simply put, document what you know (look at your career life category), Now find out how to share that with someone in need of what you know. Teaching someone else, helps you learn the topic even better and makes you want to share more. Maybe you can make a how-to guide or course and give it away,

### P9) Plan To Host A Fundraising Event:

This can be really fun if you enjoy gatherings or parties. Define a cause you want to support, set a goal for the funds you want to raise, next pick a theme and activities that will draw in others from your target audience, set a budget, pick a location that compliments your theme, now market your fundraiser, tap into friends, family, neighbors, co-workers, and church network. Then try others you know with even larger networks; also try Facebook, LinkedIn marketing ads.



## Clarify Your Pathways: Philanthropy

### P10) Start Your Own Charity:

If you enjoyed your fundraiser event (#9 from above) you might think about really starting your own charity. It might be best to start a Nonprofit or Charitable Foundation and visit your attorney at this point. There are many legal matters you will need to review before beginning, the very least is setting up your company with the right legal structure. You will need to follow many of the same practices used to begin any other business, finetuned to your niche of course. I would also suggest you visit with someone that has already started the same type of charity, you will learn a great deal.

### P11) Define Benefits You Gain From Giving:

The actual action of giving can give the giver many benefits. Right off the top are the health benefits of lower blood pressure, stress, anxiety and depression. It can help you increase your self-esteem (might be one of your goals). It can make you feel happier, increase your morale and improve life satisfaction. There might also be some tax benefits.

### P12) Create A Philanthropy Self-Development Plan:

What do you need to learn in the philanthropy life category to help you be the person you want to become in your future? Are there books, programs, seminars, courses you can learn more from? Begin building your philanthropy development library increasing your knowledge and move down the path to building a better philanthropy life story.

### P13) Your Philanthropy Story Looks Like What:

Every minute from this point on is your future. What do you want your future philanthropy life category to look like? Create a timeline with 1, 3, 5 and 10 year across the top and goals of what you might want it to look like listed below it, now begin to complete the things you need to do to make it happen. This is up to you.

| <b>Life Category Priority List:<br/>Philanthropy</b> | Would You Enjoy Doing This? | How Far Along Are You In Clarifying This Pathway?<br><small>(1 &lt;= Not Started - 7 =&gt; Much More)</small> | How Much Better Would Your Life Story Be By Traveling This Pathway?<br><small>(1 &lt;= No More - 7 =&gt; Much More)</small> | Prioritize Your Next Pathway<br><small>(1 - 13)</small> |
|--|-----------------------------|---|---|---|
| P1: Research Choose & Support A Worthy Cause:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P2: Devise A Plan To Help People:                    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P3: Devise A Plan To Help The Environment:           | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P4: Devise A Plan To help The Animals:               | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P5: How Much Time Can You Volunteer:                 | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P6: Define How Much Money You Can Donate:            | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P7: What Things Can You Donate To Others:            | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P8: What Knowledge Can You Share:                    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P9: Plan To Host A Fundraising Event:                | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P10: Start Your Own Charity:                         | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P11: Define Benefits You Gain From Giving:           | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P12: Create A Philanthropy Self-Development Plan:    | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |
| P13: Your Philanthropy Story Looks Like What:        | Yes   No                    | 1 2 3 4 5 6 7   | 1 2 3 4 5 6 7   | _____   |

List other tasks to explore in the Philanthropy life category:

Do you know 3 people who do well in this Life Category? Contact them, learn how they do it?

Name: \_\_\_\_\_ Email or Phone# \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Strategy For Your Life™: Quickstart Guide Discussion

Meeting Name: Strategy For Your Life™: Quickstart Guide

Meeting ID:

Host:

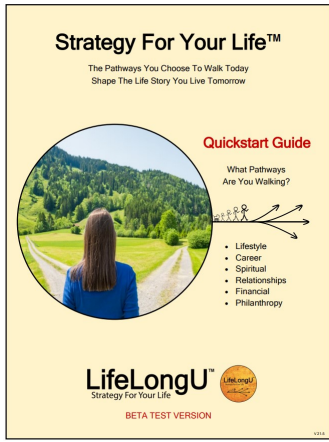
Password:

Numeric Password:

Invite Link:

Participant ID:

Meeting Date / Time:



## Schedule:

## Agenda:

**Beta Test Review:  
Survey Monkey ????**

**Add this link & Info**

**Free Gift**

**Personal Development Pathways Vol I  
A Practical Guide to Personal Growth  
Author: Gary J. Kiecker**

Email To: [BETAtest@GaryKiecker.com](mailto:BETAtest@GaryKiecker.com)  
to Schedule a Free 30 minute consultation  
to review your Quickstart Guide results and  
speak more specifically about developing a  
Strategy For Your Life™ story and receive  
this additional free gift:

Free Download

Gary J. Kiecker



## A Life Story Profile™

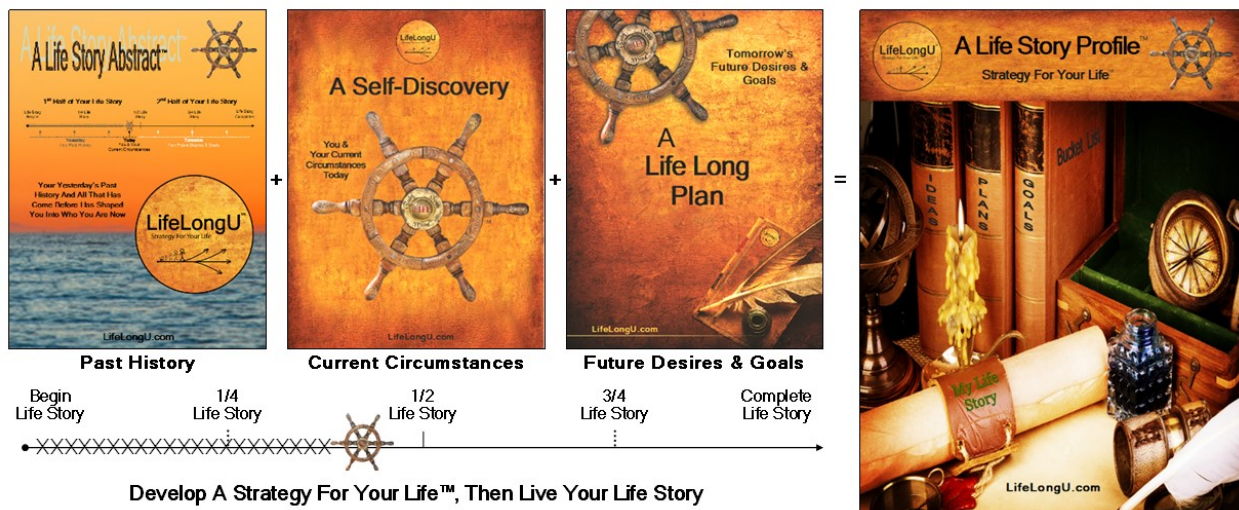
Now that you know a little more information on what area of your life story you would like to improve, its time to decide how you would like to proceed. You can learn more at [www.LifeLongU.com](http://www.LifeLongU.com) on how to do this.

Building a Strategy For Your Life™ to determine what pathways you want to travel can help you live the life story you see yourself living. Starting with the Quickstart Guide is your first step. Now begin building A Life Story Profile™ of you and your life story.

A Life Story Profile™ is made up of three separate programs that each focus on you and your life from different perspectives, Yesterday (past history), Today (current circumstances) & Tomorrow (future desires & goals). Building your life story profile takes time. You will learn much more about who you really are, the path your traveled to get to where you are today, and what you really see yourself becoming in your future. Your life story includes all of these areas.

Its important to know the pathways you have traveled, your success & mistakes and learn from them. Knowing who you are and getting a better handle on the things you are dealing with right now in life is very important. You are living in the present, you need to take of today. To live the life story you want for yourself, you need a strategy for tomorrow, you need to know the pathways you have to travel to become the person you see yourself becoming in your future, so you know where you are heading.

To learn more about “A Life Story Profile™” program, contact [lifestory@garykiecker.com](mailto:lifestory@garykiecker.com)



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Strategy For Your Life

