



# Personal plan sketchbook

## Guide

This sketchbook is designed to help you map out a compelling future. It's based on the [Kingmakers LPP Framework](#), which you should review, before completing this sketchbook. You can download it from the resources section of our website.

### Composition

The sketchbook starts with some high-level questions to set the scene. Then there's an exercise to help you define what you want from life, which is followed by five tables that relate to key aspects of your life and seven areas of focus in each section. There are no right or wrong answers, no need to address each area and no need to fill up all the space provided. Just focus on the areas that interest you and jump around as much as you need to. There is a Plan Summary page at the end, so you can bring everything together into a plan and space at the end if you need to write more notes.

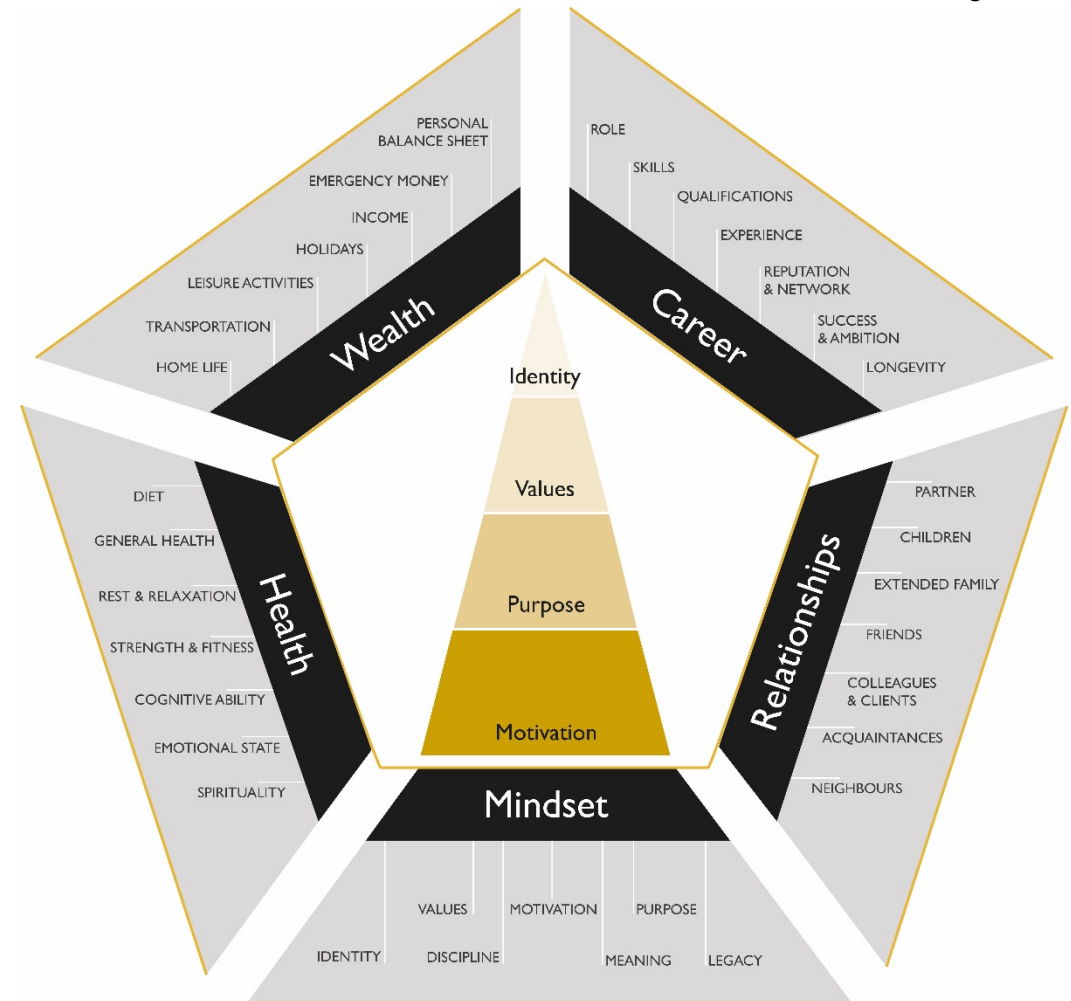
### Framework

The table format has three columns; current state, possible action and desired state. To help with the thought process, it's a good idea to start with the desired state (with reference to your challenge and timeline), then detail the current state and finally consider a possible plan of action to close the gap.

Keep the challenge or opportunity you currently face in mind as you go through the sketchbook, as it will help provide useful context. When you've worked your way through each area, make sure you review your notes and look for patterns. There should be a small number of trends emerging and these will become the strategic planks on which you build out a robust plan for progress.

Finally, once you've created your Plan Summary, you can use the Yearly Activity Planner to sketch out your year ahead, the Weekly Activity Planner to review the previous week and plan out the next one, and the Daily Journal to plan and track your day to day. The structure of these tools is deliberately simple, so you can copy it into your own journal if that's easier.

This sketchbook is a useful tool to stimulate thought, challenge perspective and increase awareness and perhaps responsibility. It is part of a series of tools created by Kingmakers, to help forward-thinking individuals to realise their ambition. For more information visit [www.kingmakersgroup.co.uk](http://www.kingmakersgroup.co.uk)



## Questions to set the scene

1. What situation (if any) is motivating you to think about planning and making changes and what's the timeline?

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2. What are the primary challenges this situation surfaces?

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3. What are the primary opportunities that, if acted on, will help you capitalise on this situation?

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4. What do you think your options are?

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## The Perfect Day Exercise

You probably have many of the things you need in your life, and maybe some of the things you want too. There are undoubtedly gaps but striving for societies idea of a perfect life inevitably focuses on material possessions, which are largely superficial and often fail to fill the void. What you actually want is the experience these material possessions might afford you.

At a deeper level, while there is excitement in the experience of material possessions, countless studies have identified certainty, significance, connection and contribution, among others, as underlying desires. The experience is where you're focus should be and your experience happens one day at a time. Let's say you have thirty years of life left. That's 10,950 days. What would you like those days to be like? Now they won't all be the same, but what would you like your perfect average day to be like? A Groundhog Day if you like. To explore this idea, try to answer the following question...

**If there were no limitations or consequences, what would your perfect average day look like?**

In answering this question, you should focus on the experience of a typical, perfect day. This day could be a year away, or ten years away, just set the timeframe to suit your situation. When thinking about your experience, try to go from waking up in the morning, to going to sleep at night and note things like where you are, who you're with, what you see and hear and feel about your experience.

The output from this exercise helps in several areas. Firstly, it helps you to uncover what you really want. That may seem obvious, but if you've ever attempted to write down what you really want your life to be like, you'll know how hard that is. You frequently end up with a list of material possessions (homes, cars, toys, holidays and so on), that you'd probably be bored with in a fairly short space of time. This exercise helps you to discover what you really want, by helping you to uncover your core identity. It can also help you to define your purpose in life and to identify worthy goals, that you can progressively realise.

Secondly, this process triggers the part of your brain that filters inputs and helps you focus your attention and shape your behaviour. It's called the reticular activating system and it's positioned at the top of the spinal cord and is about two inches long. With the exception of smell, all of your senses are directed through this part of your brain, which acts as a filter for the huge amount of information the sensory organs send. The process of writing and planning your ideal future, helps to program the reticular activating system, by planting ideas and details into your subconscious. In this way, you increase your awareness of, and can act on opportunities that you've identified as useful in your pursuit of the perfect day you have crafted.

## My Perfect Day

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The output from this exercise, makes the Desired State columns in the tables on the next few pages much easier to complete. When you're happy with your Perfect Day, turn over and start breaking down the details and crafting plans to help make it a reality.

## My Career

Area	Description	Current State	Possible Action	Desired State
<b>Role</b>	What you want to be doing each day			
<b>Skills</b>	The ability to undertake particular tasks successfully & consistently			
<b>Qualifications</b>	The professional qualifications you hold, that validate the knowledge you've accumulated			
<b>Experience</b>	The practical contact you have had with events & what you learned			
<b>Reputation &amp; Network</b>	How others regard you in your field & the breadth & depth of your professional network			
<b>Success &amp; Ambition</b>	The achievements you have realised so far in your career and your future career goals			
<b>Longevity</b>	The period of time you want to keep working for			

## My Relationships

Area	Description	Current State	Possible Action	Desired State
<b>Partner</b>	Your husband, wife, or other life partner			
<b>Children</b>	Yours or your partner's children			
<b>Extended Family</b>	Your wider family and your spouse or partner's family			
<b>Friends</b>	Your closest friends			
<b>Colleagues &amp; Clients</b>	Your work colleagues and the clients and/or customers you work with			
<b>Acquaintances</b>	Other people you know through shared interests, or other activities			
<b>Neighbours</b>	The people who live near you			

## My Health

Area	Description	Current State	Possible Action	Desired State
<b>Diet</b>	The food & drink you consume; quantity & quality			
<b>General Health</b>	The activities you undertake to aid physical fitness			
<b>Rest &amp; Relaxation</b>	The amount of time you dedicate to rest and recuperation			
<b>Strength &amp; Fitness</b>	The activities you undertake and your overall power and energy levels			
<b>Cognitive Ability</b>	Your mental strength & ability to think clearly			
<b>Emotional State</b>	How you experience and manage your emotions, in particular fear & stress.			
<b>Spirituality</b>	How you feel about faith, nature and your place in the universe			



## My Wealth

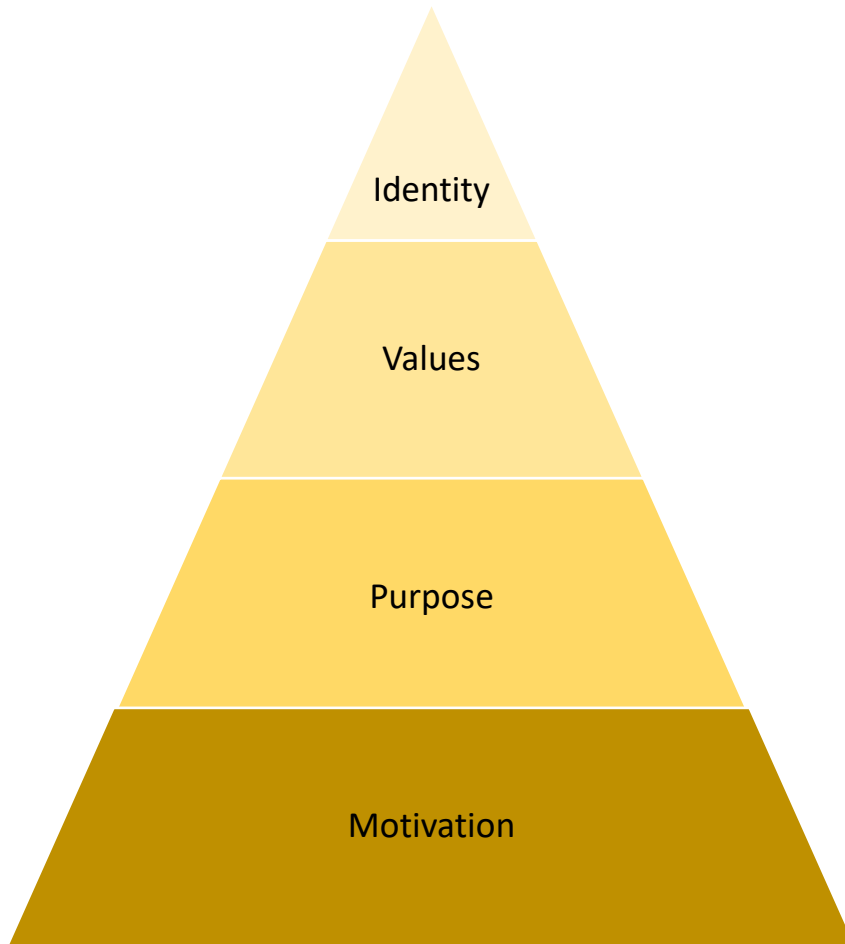
Area	Description	Current State	Possible Action	Desired State
<b>Home Life</b>	The standard of home you live in, the location & the amenities & connections to other places.			
<b>Transportation</b>	The car you drive or other mode of regular transport			
<b>Leisure Activities</b>	The hobbies and toys you spend your free time enjoying			
<b>Holidays</b>	The frequency, duration, location and quality of holidays you take (and who with)			
<b>Income</b>	The amount of money you earn regularly & how you spend it			
<b>Emergency Money</b>	The pot of money you have set aside for unforeseen circumstances			
<b>Personal Balance Sheet</b>	The assets you have accumulated vs debts and the amount of capital you require today, to achieve financial independence			

## Mindset

Area	Description	Current State	Possible Action	Desired State
<b>Identity</b>	Awareness of your DNA, the impact of historical events, your personality today, your ego and how content you are.			
<b>Values</b>	The standards you set for yourself & how well your behaviour & results align.			
<b>Discipline</b>	The behaviours you repeat often, your awareness of them, ability to change them, congruence with your beliefs & accountability.			
<b>Motivation</b>	Your understanding of what moves you to act, or not & how you use it to get results?			
<b>Meaning</b>	Your ability to ascribe meaning to events & rationalise your life.			
<b>Purpose</b>	Your current or perennial mission, who it impacts, why, how well it aligns to other areas of your life & the impact it has.			
<b>Legacy</b>	The lasting impact you might make on the world.			

## Plan summary

Use the space below to summarise the long term aspects of your plan.



Identity:

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Values:

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Purpose:

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Motivation:

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# My plan in summary

Wealth goals:

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Career goals:

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Health goals:

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Relationship goals:

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Mindset goals:

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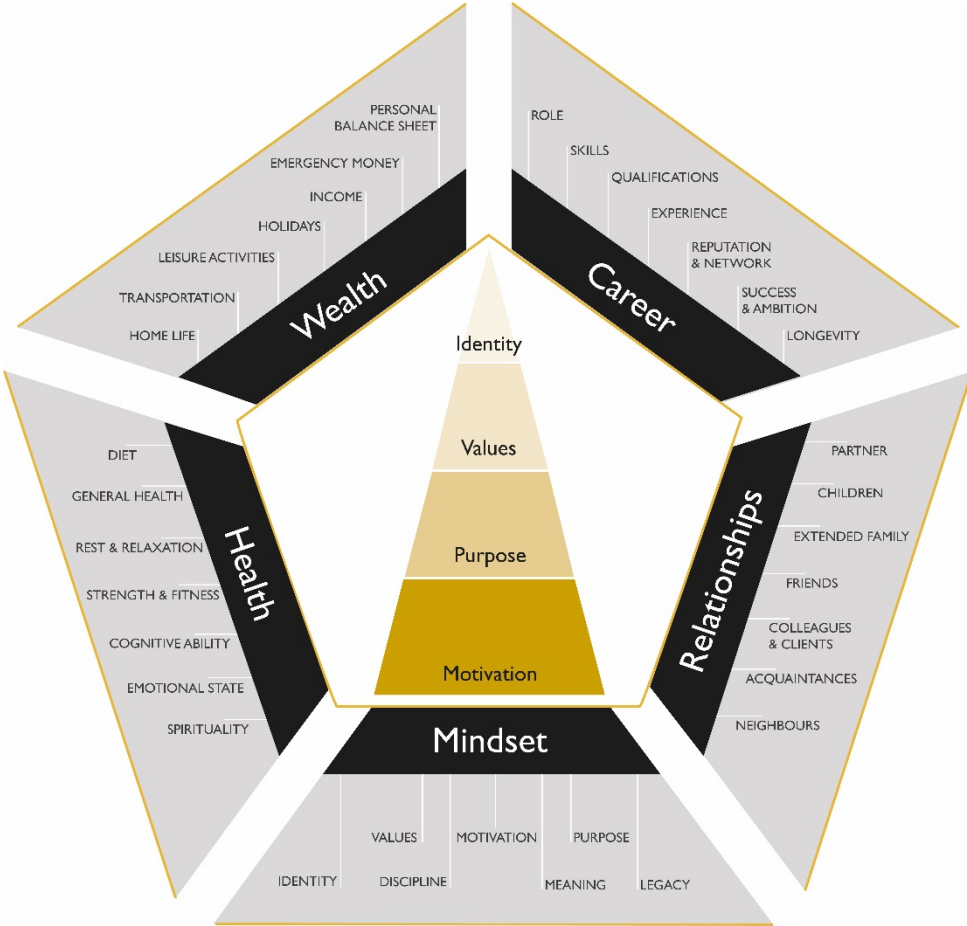
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‘The only limits are,  
as always, those of vision’

– James Broughton

