

The one page life plan

Thirteen fields in four rounds. Take two and a half hours, write by hand and work through the fields in order.
Skip nothing, even when an answer stays rough for now.

ROUND ONE · WHO YOU ARE

Core self, purpose, mission

Core Self

Three words for the feeling of connection and three words that describe your core self. Not an achievement, just a state.

Who are you when every judgment about you is switched off for a moment, and how does it feel to be connected with that core?

Purpose

Two sentences. Life is all about X. My purpose in life is to X.

What is life all about for you at its core, and what is your personal answer in one sentence?

Mission (North Star)

One sentence, deliberately too big for a single life, that still pulls you forward and invites others to join.

What world would you want to build that is so big you will probably never fully achieve it in your lifetime?

ROUND TWO · WHERE YOU WANT TO GO

A day you could live again every single day

Vision, Ideal Average Day

Experience based, not results based. Not a state of ownership but a lived through day from waking up to falling asleep. Write down the rough outline plus the magic moments.

What does a day without financial or location limits look like, one you could still live again every single day?

The life plan, four goals

The four areas, one sentence each that someone outside could tick off. Write them so they match the ideal day on page one.

ROUND THREE · FOUR GOALS

Two images and three steps for each of them

Two images and three steps for each goal. For wealth, add up the monthly cost of your ideal day and double it as a buffer.

Goal, Wealth

Add up the cost of the ideal day, double it as a buffer for taxes, then two images and three steps from now to the target.

How much do you need to earn each month for your ideal day to be fully financially covered?

Goal, Health

One measurable indicator, for example body fat percentage or a reference image, plus a daily energy level. State it positively, not as the absence of illness.

What do your body and energy level look like on your ideal day, and how would someone else recognize it from outside?

Goal, Relationships

One checkable sentence for each of the four areas, plus two images and three shared steps.

How would someone else recognize that you are where you want to be in family, friendship, partnership, and with your kids?

Goal, Fulfillment

A number or scale for connectedness, growth, and contribution, plus two images and three steps. A rough indicator beats no indicator.

How many magic moments do you want to have in a typical period, and how do you measure that?

The life plan, round four

This round says what you do tomorrow. Hang all pages where you see them every day, read them briefly morning and evening, log the day, and rewrite the whole plan about once a month.

ROUND FOUR · WHAT YOU DO TOMORROW

One step, one habit, one commitment

The One Next Indicator

Only one focus project, with a fixed date, usually about a month out, that only you control.

What is the one controllable, measurable result you are focusing on next?

The One Habit

One concrete, repeatable action with a fixed time or frequency.

What single daily or weekly habit makes the next step practically unavoidable?

Making the Habit Purpose-Driven

Deliberately connect the habit to your purpose field, for example through music, a group, a place, or an inner stance.

How do you shape this habit so it genuinely carries your purpose?

Accountability

A concrete mechanism, a person who checks in, a public announcement, or a stake you lose if you do not follow through.

What makes sure you follow through on the habit even when you do not feel like it?

THIRTY ONE DAYS

Core and mission: yes or no. Habit: done or open

DAY	CORE AND MISSION	HABIT	NOTE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

DAY	CORE AND MISSION	HABIT	NOTE
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

On record: the one page life plan, built between 2017 and 2019, thirteen fields, about two and a half hours for the first pass.

