

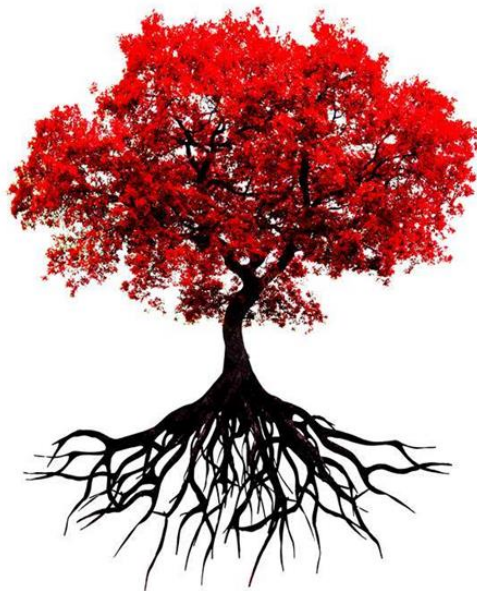
Your Life Rules OK Planning Tool

This Workbook Belongs to

Name - _____

And was completed on

Date - _____



Your Life **Rules OK** – The **YOU** Tree



Welcome to **Your Life Rules OK**

As you are reading this, you may be sat at a venue attending one of our workshops, you may have read the book and downloaded this from our website, or you may simply have stumbled across it while surfing the web. Whichever way you have arrived here, it really doesn't matter; what does matter is where we go next...

This workbook is designed as a support tool to be used in conjunction with either the book **Your Life Rules OK**, or as a workbook for use during one of the **Your Life Rules OK** workshops. If you haven't got the book or been to one of our events - just go to our website to find details of how to get involved.

At some point, in order to achieve the results you want, you will need to make more money. If you are planning to build and develop your business - whether as an Owner / Entrepreneur or as an Executive within the Public or Private sectors - you will find additional materials available through the **Your Business Rules OK** range of books, workshops and Coaching Programs. For more information please visit our website www.resultsrulesok.com

In the book there are a range of models and concepts that will help you be clear about your own motivations, values and objectives, this workbook is intended to be your action plan and thinking pad - really I guess it should be called a Fun Book not a Work Book, as planning your future should be some of the most fun you can have.

Each Rule in the book is devoted to exploring the concepts and ideas concerning how to consider what changes or objectives we need to achieve in order to enjoy life and feel more fulfilled.

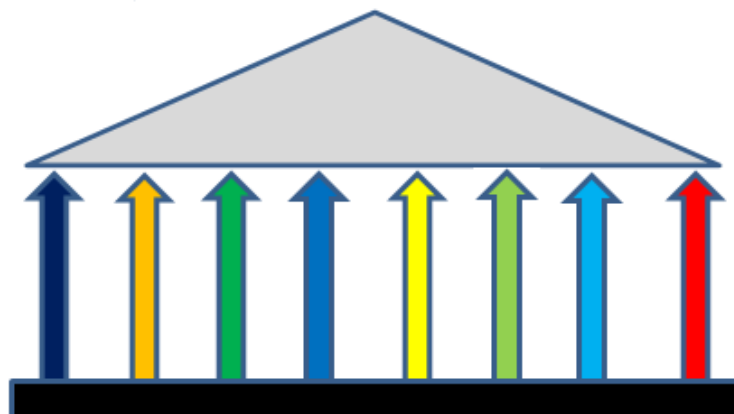


Imagine the Parthenon in Athens - which fortuitously has 8 supporting columns at each end, with one column representing each Rule of the book.

Now imagine that that the pediment represents your results and achievements. Your results and achievements are supported by the columns. For our purposes, each column represents one of the eight concepts. All eight concepts have to be strong and supportive, if one or two are weak, then the pressure will be applied to the other columns, and the structure will become weaker. The stronger the columns, the higher the results.

This Fun Book is designed to help you achieve the following;

1. The selecting of an Objective or range of Objectives that both engage and excite you - and meet the needs of your Values and Happiness choices.
2. Define an action plan that aligns you with the achievement of your objectives, and such that all of the eight concepts are understood and aligned with your Objectives.



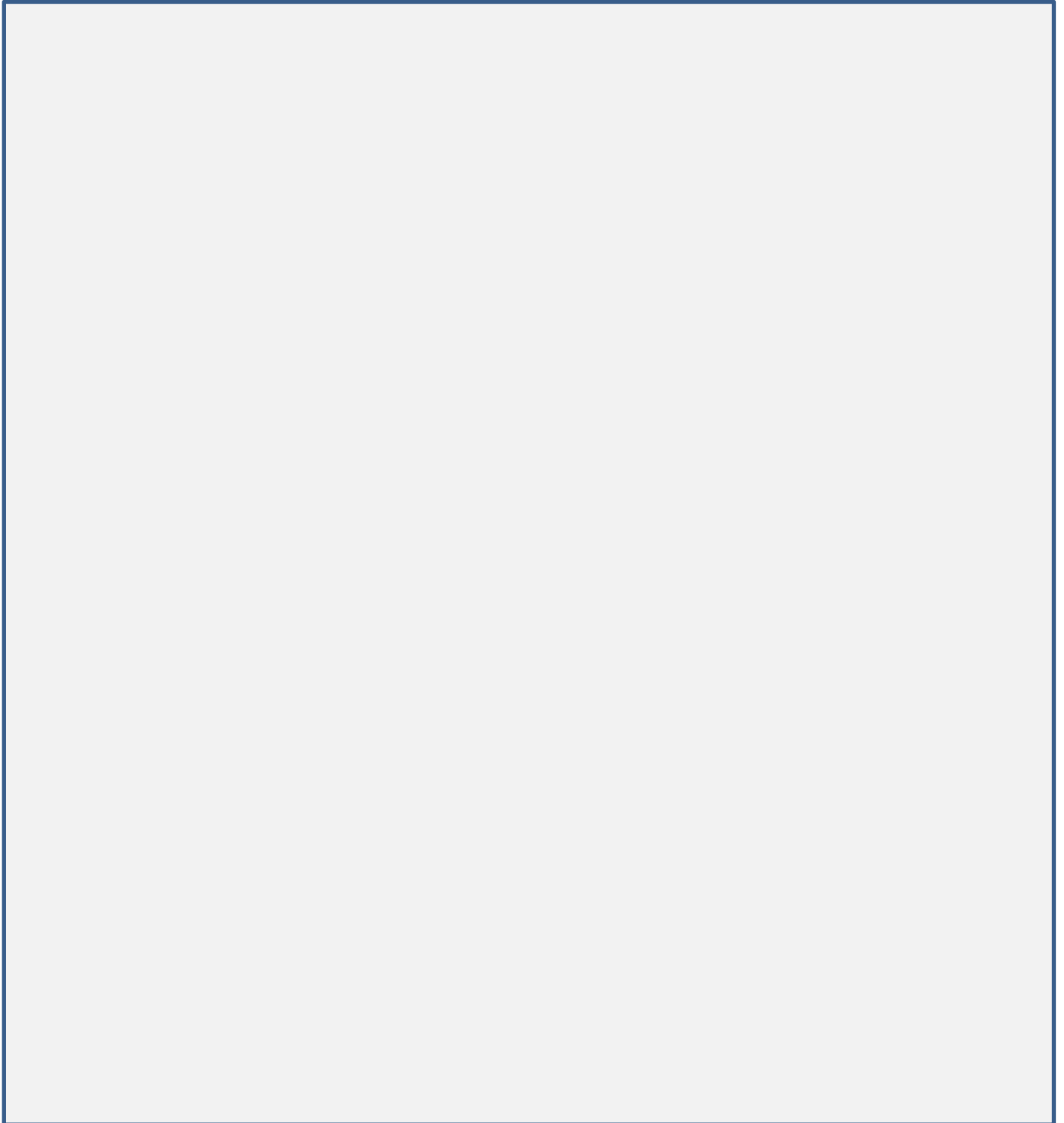
When all eight columns are fully supporting you and your objectives then the scope of your objectives can increase. So, that is why the last page is all about your Goals and Objectives.

Remember that you will need to work through each of the 8 Rules first to make sure that you are choosing the “right” goals for you, making the best choices, and planning for changes that you need to make along the way.

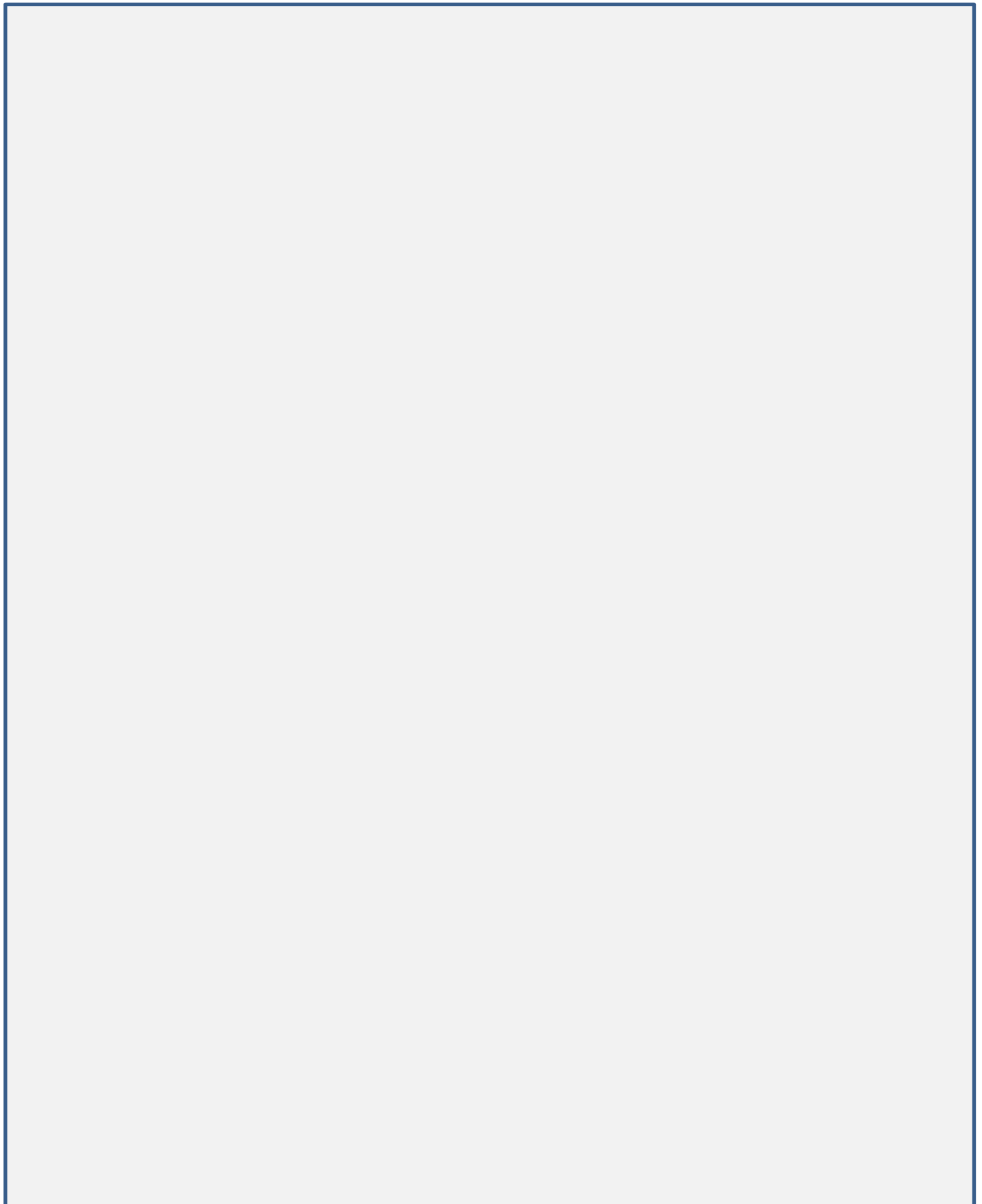
So let’s get started...

This is ME, and I Rule OK

Write a page or two that describes you. Write it as if someone is writing a newspaper article about your life - not the life you currently have, but the life you will choose to live in the future. The article should be really as specific and include details about you, your family, career, achievements and contributions you have made to others.



This is ME, and I Rule OK - still...

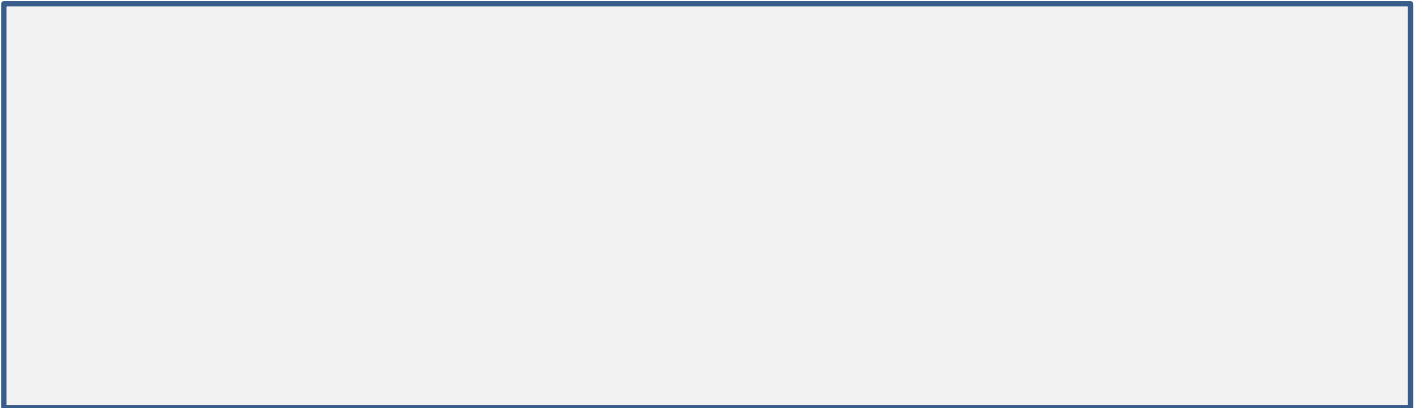


Rule 1 - Challenge all Your Assumptions

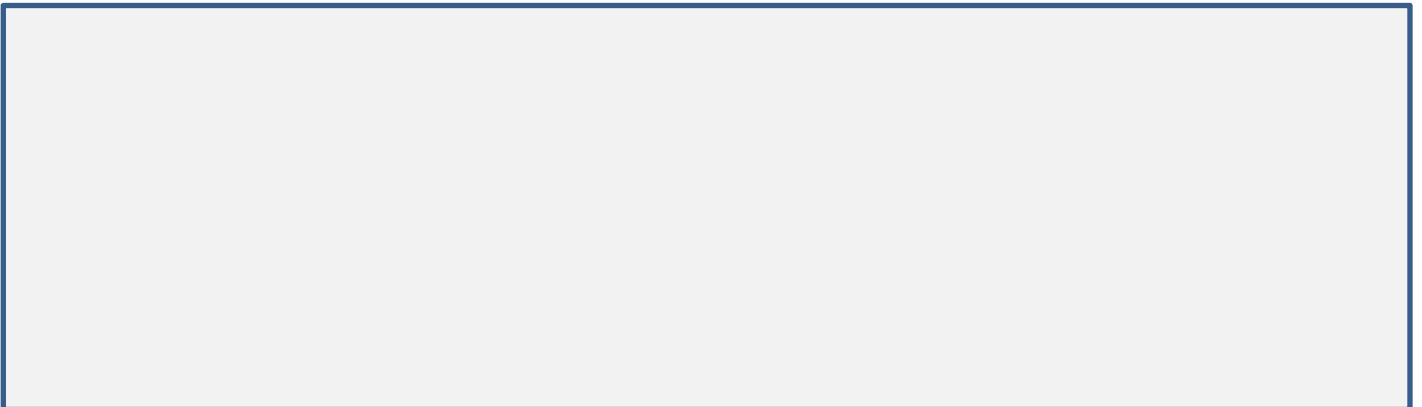
What assumptions do you need to make about the future, opportunities, your own abilities?

Write down the areas you need to work on.

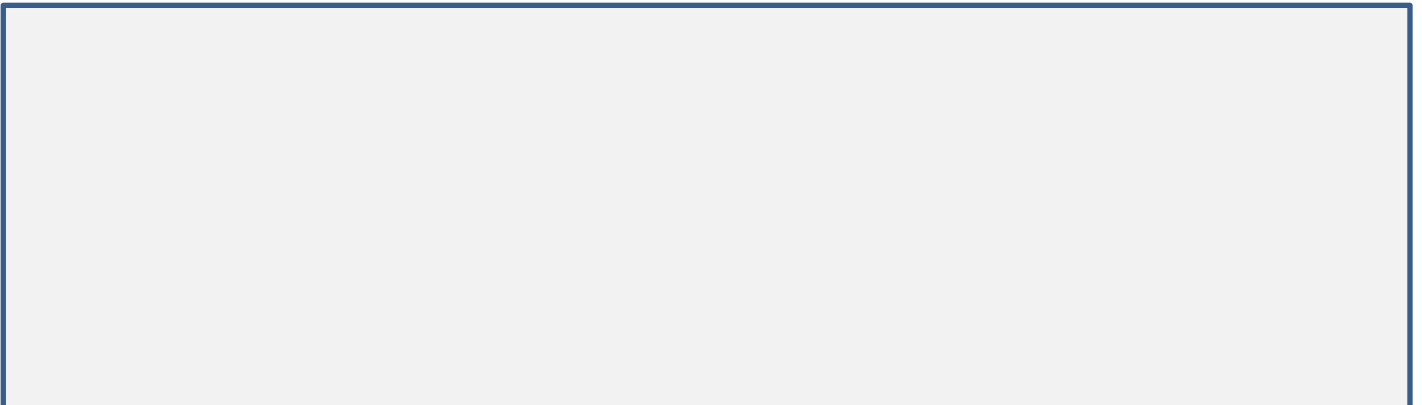
Sameness - your Safety Zone

A large, empty rectangular box with a dark blue border, intended for writing down areas to work on related to the 'Sameness - your Safety Zone' concept.

Familiarity - your Comfort Zone

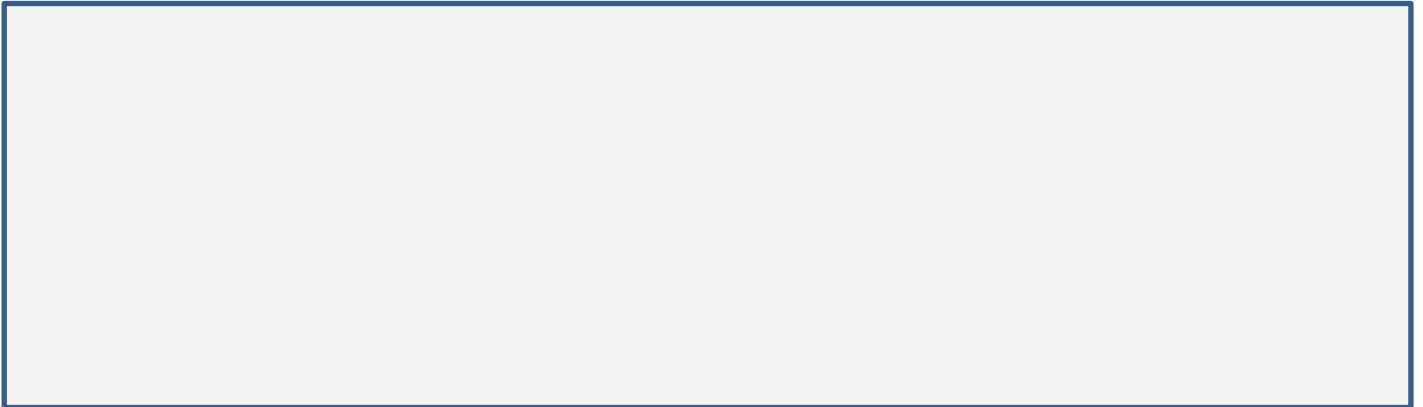
A large, empty rectangular box with a dark blue border, intended for writing down areas to work on related to the 'Familiarity - your Comfort Zone' concept.

Knowledge & Understanding - Personal Confidence

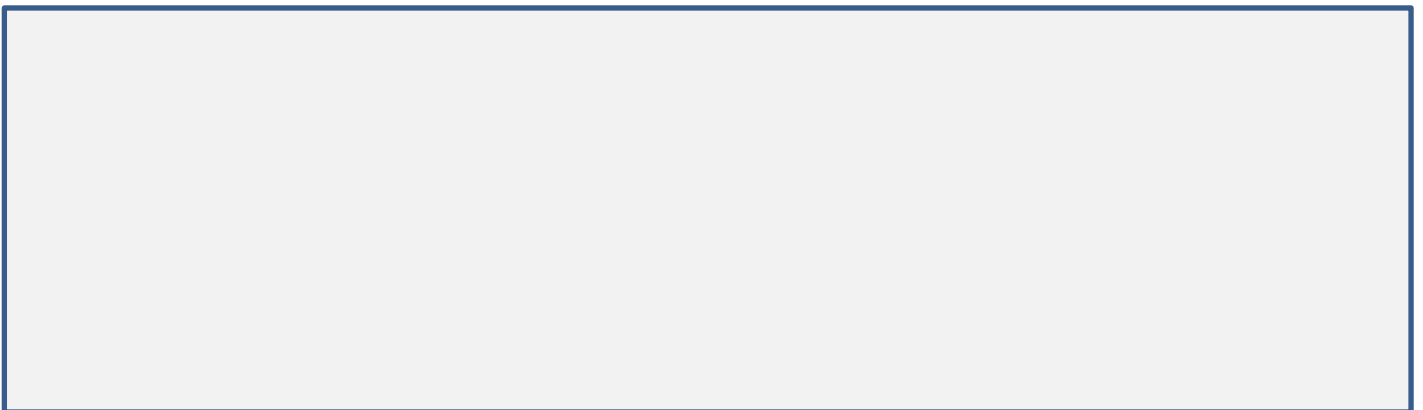
A large, empty rectangular box with a dark blue border, intended for writing down areas to work on related to the 'Knowledge & Understanding - Personal Confidence' concept.

Rule 1 - Continued

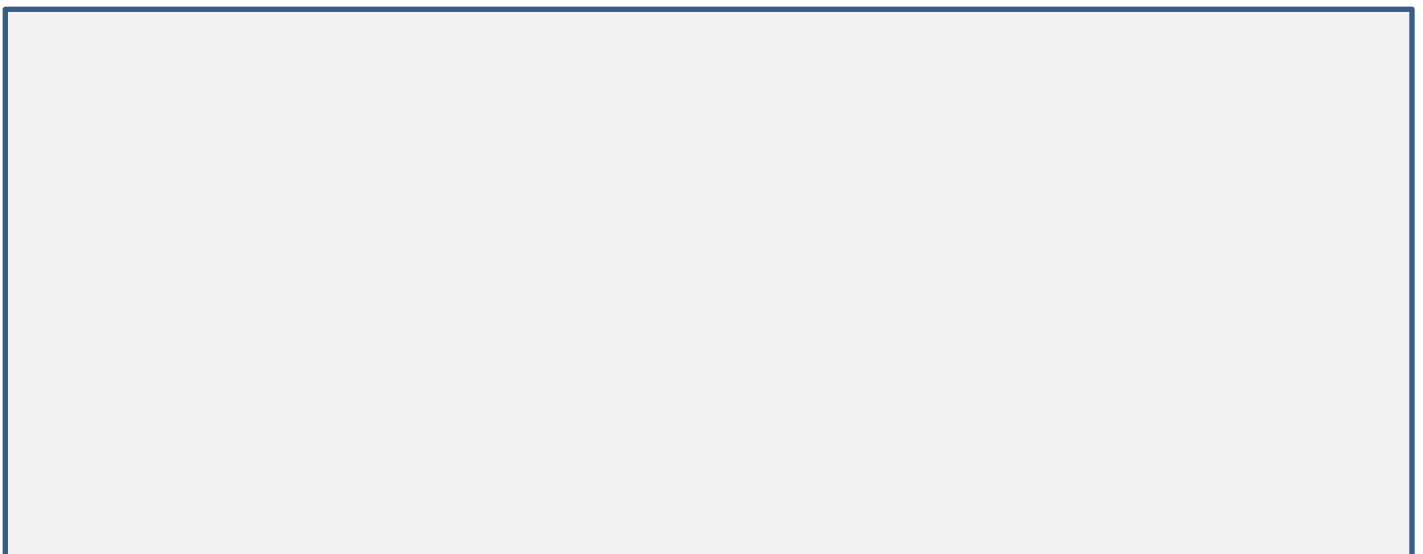
Environment - Confidence in my Surroundings



Third Party - Trust in Others



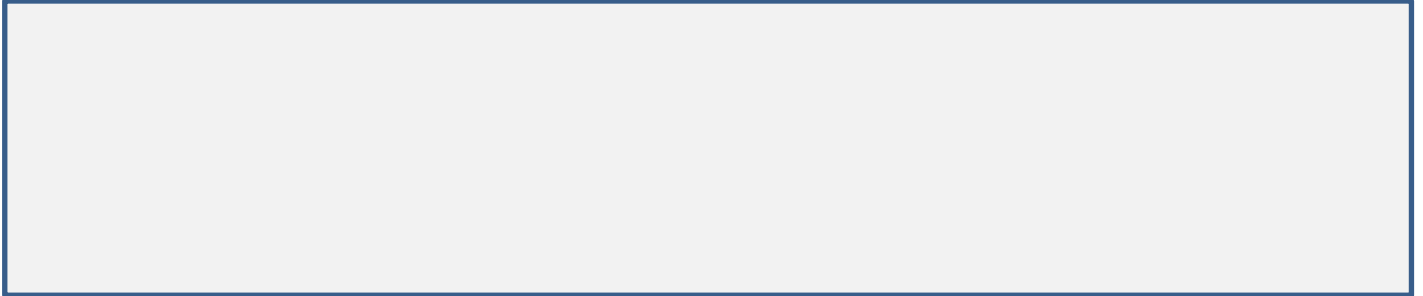
Notes



Rule 2 - You Always Have a Choice

What are your motivations?

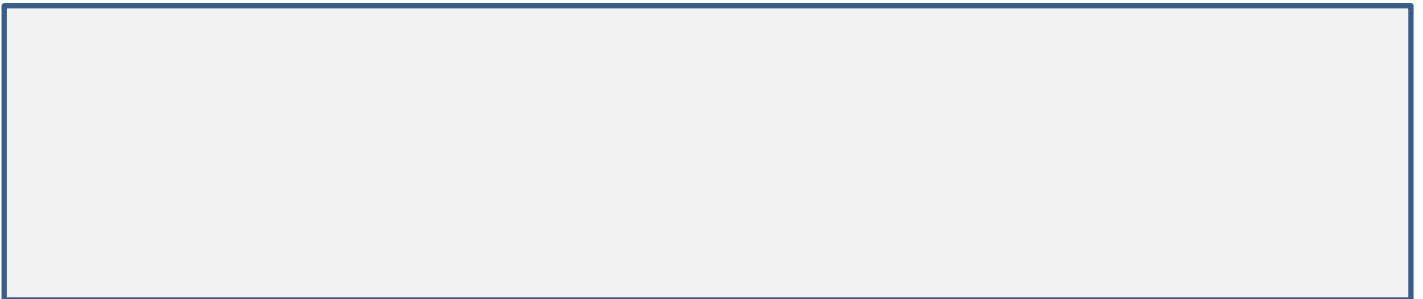
Away From Motivators



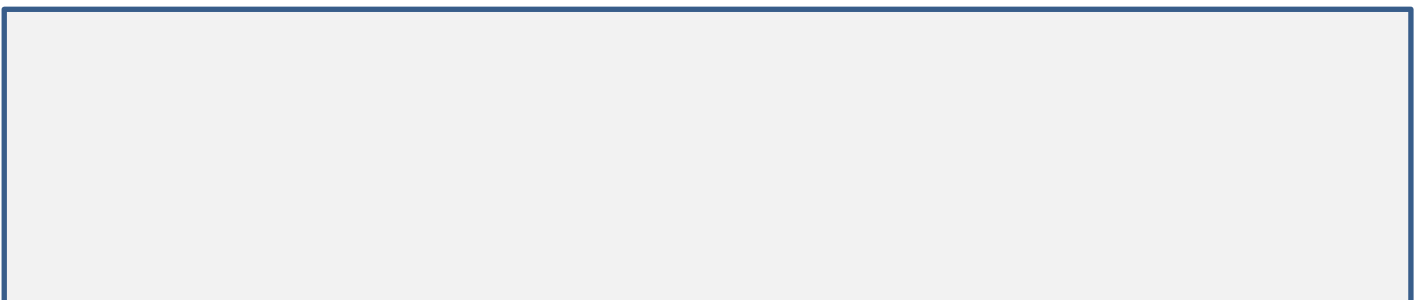
Towards Motivators



Internal Reference

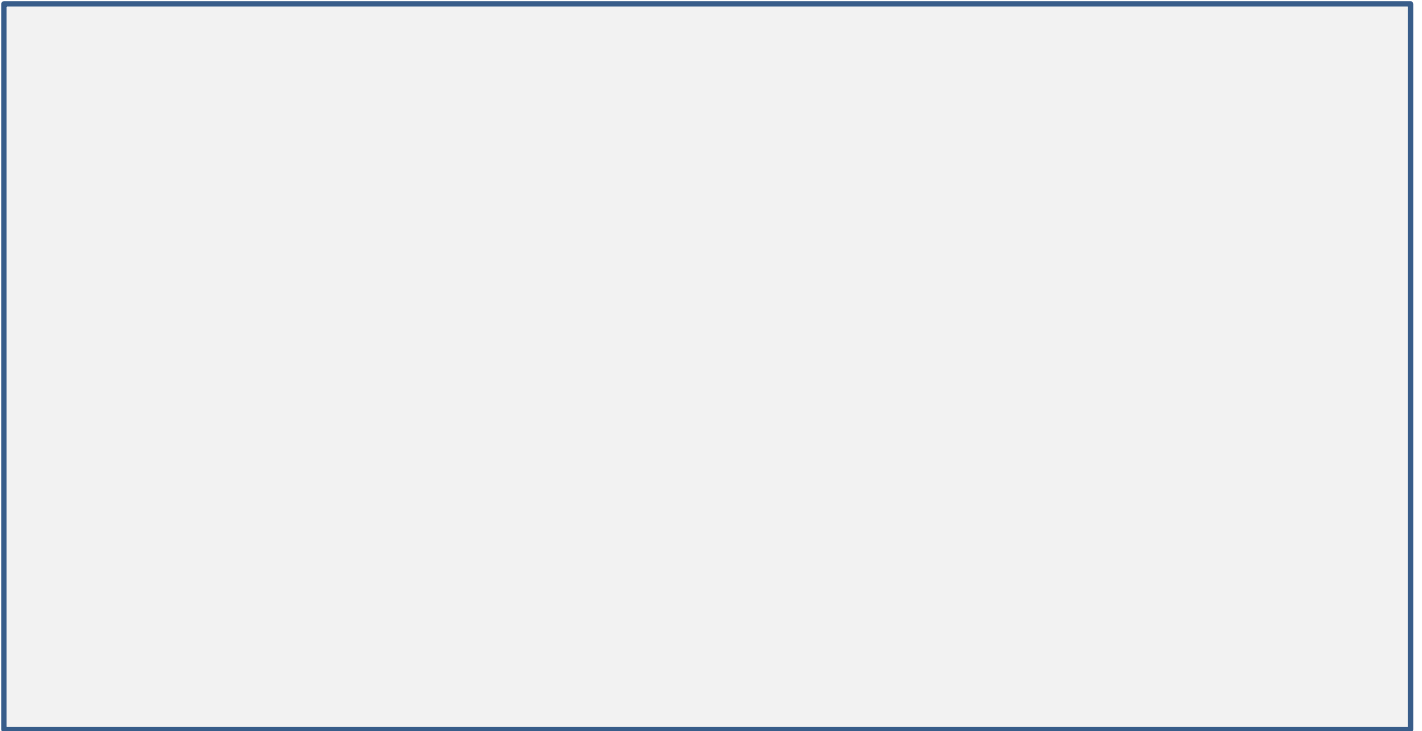


External Reference



Rule 3 - You Deserve to be Happy

List down the things in life that make you Happy

A large, empty rectangular box with a thin blue border, intended for the user to list things that make them happy.

What Colour thinking do you adopt in certain situations?

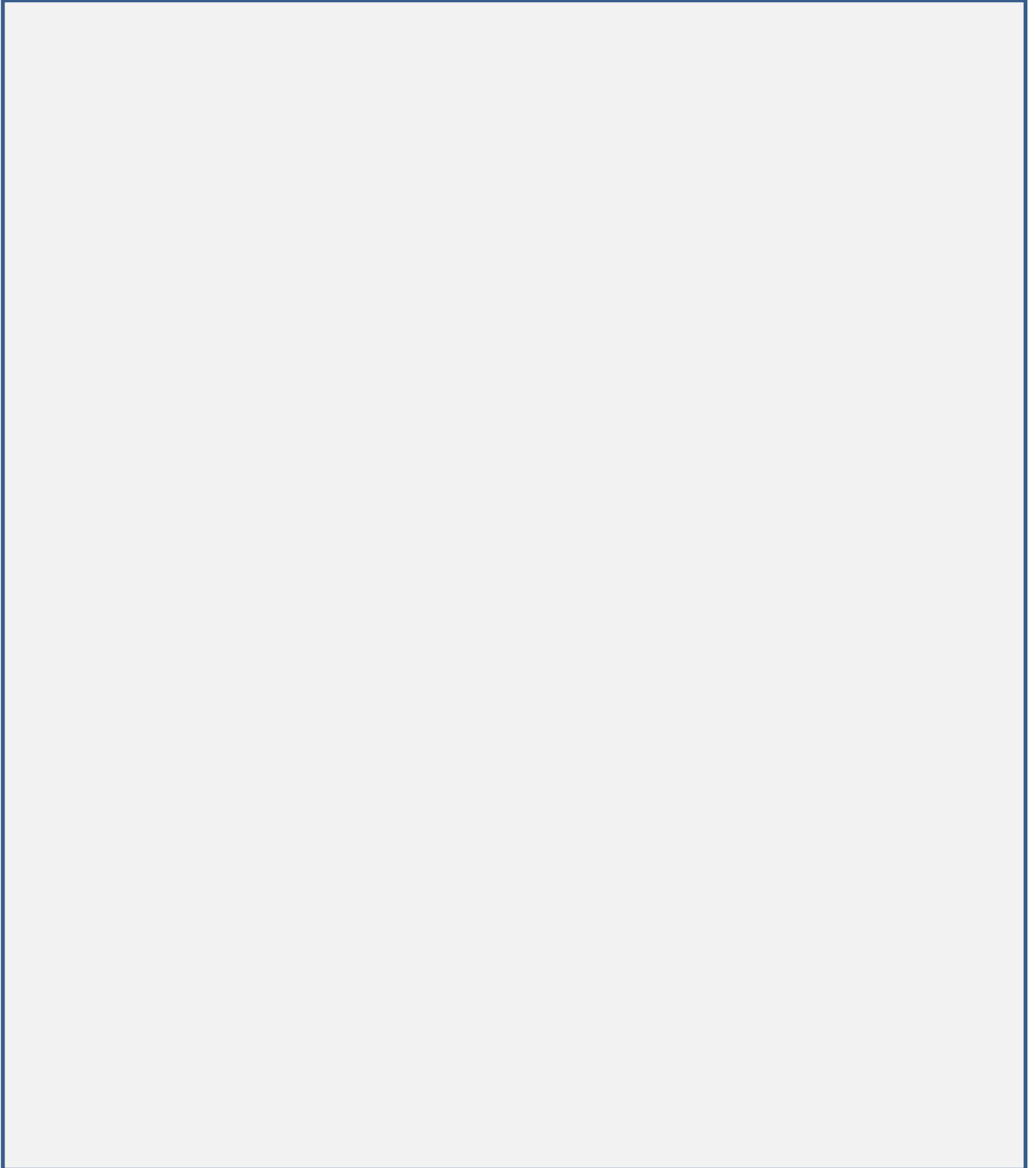
Red, Amber or Green - what needs to change?

A large, empty rectangular box with a thin blue border, intended for the user to describe their color thinking and what needs to change.

Rule 4 - Keep Improving

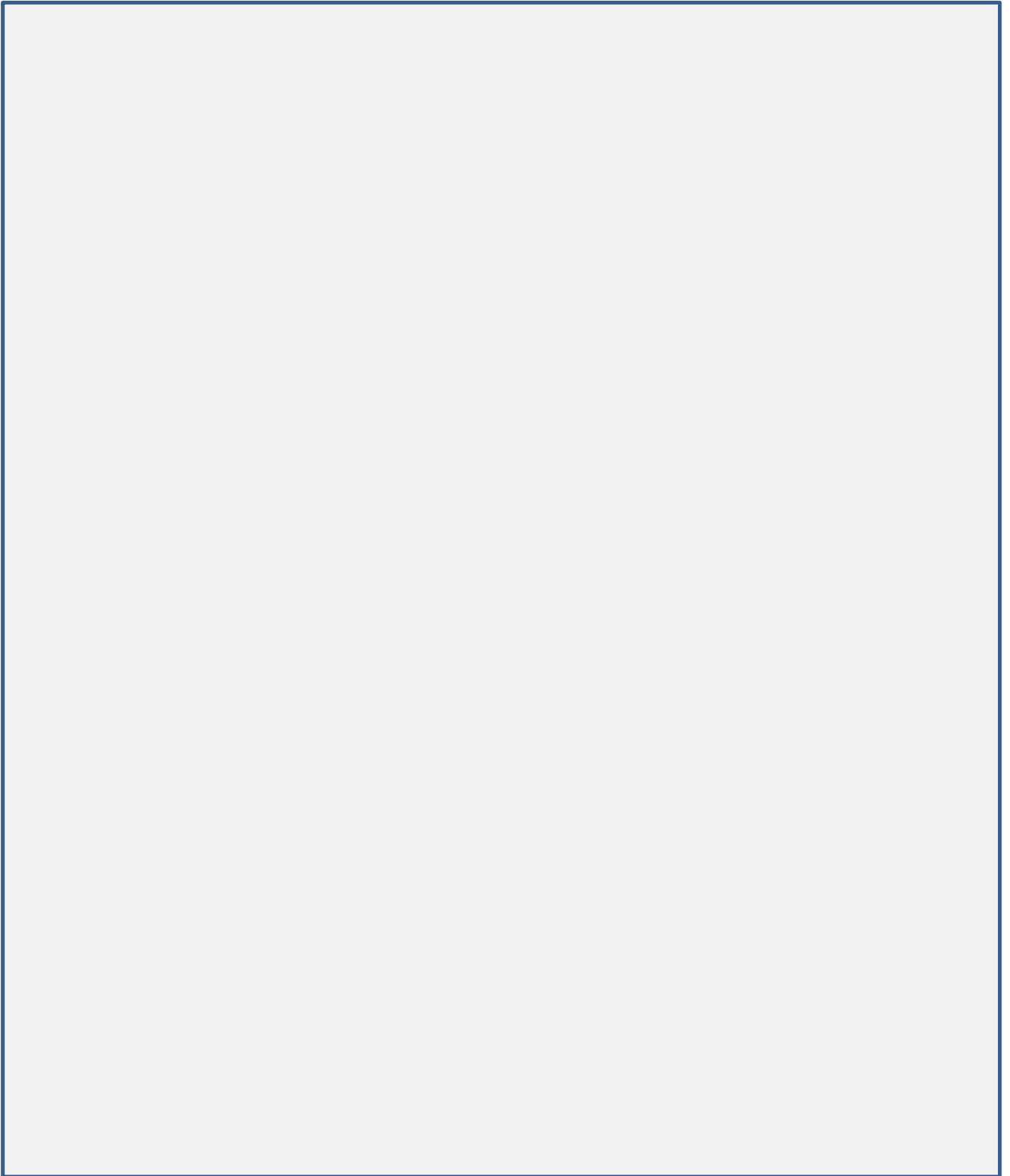
What improvements do you need to make and by when?

Who is going to hold you accountable to make the improvements?



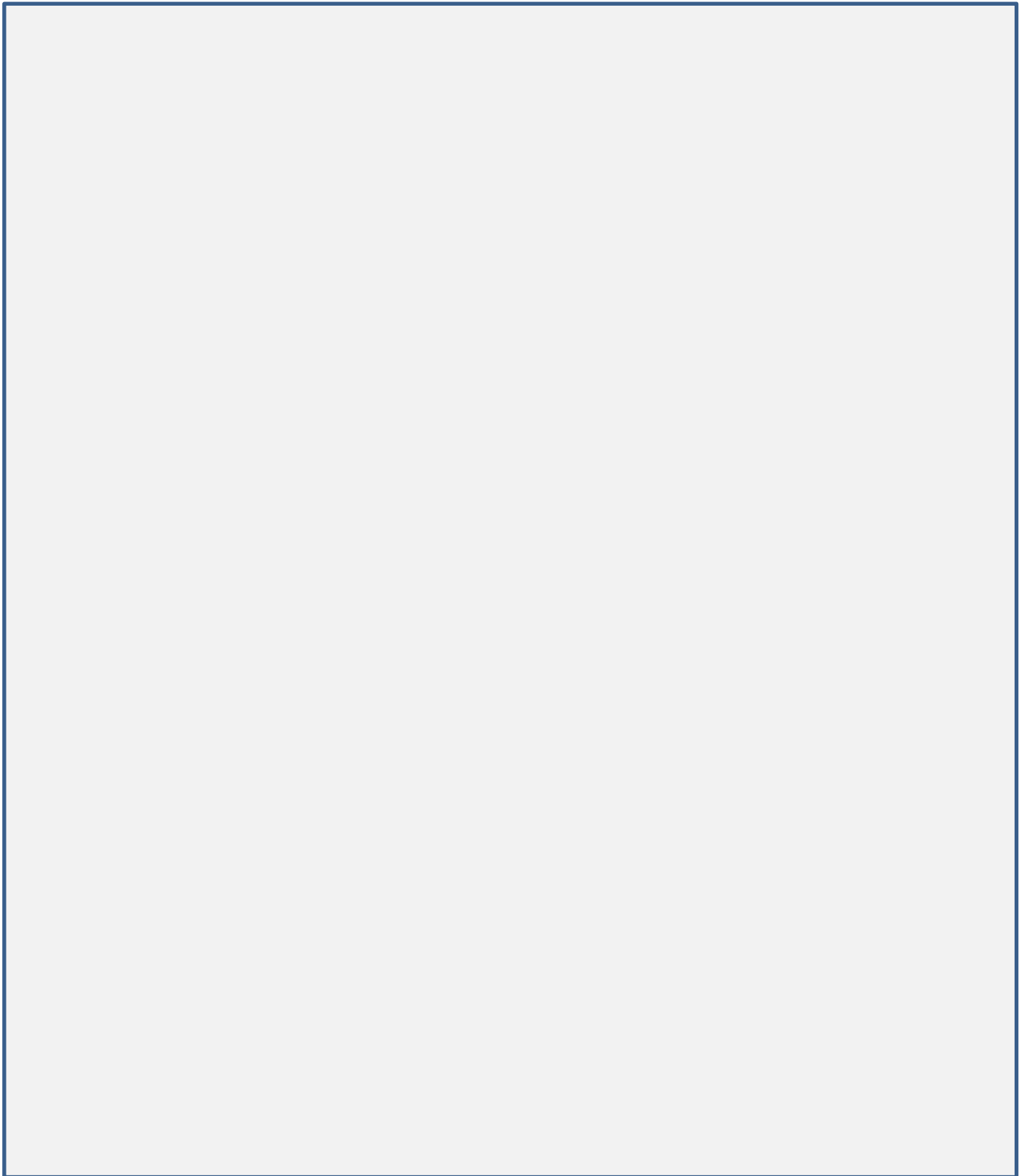
Rule 5 - Build and Apply Knowledge

What new knowledge do you need, and from whom will you learn it?



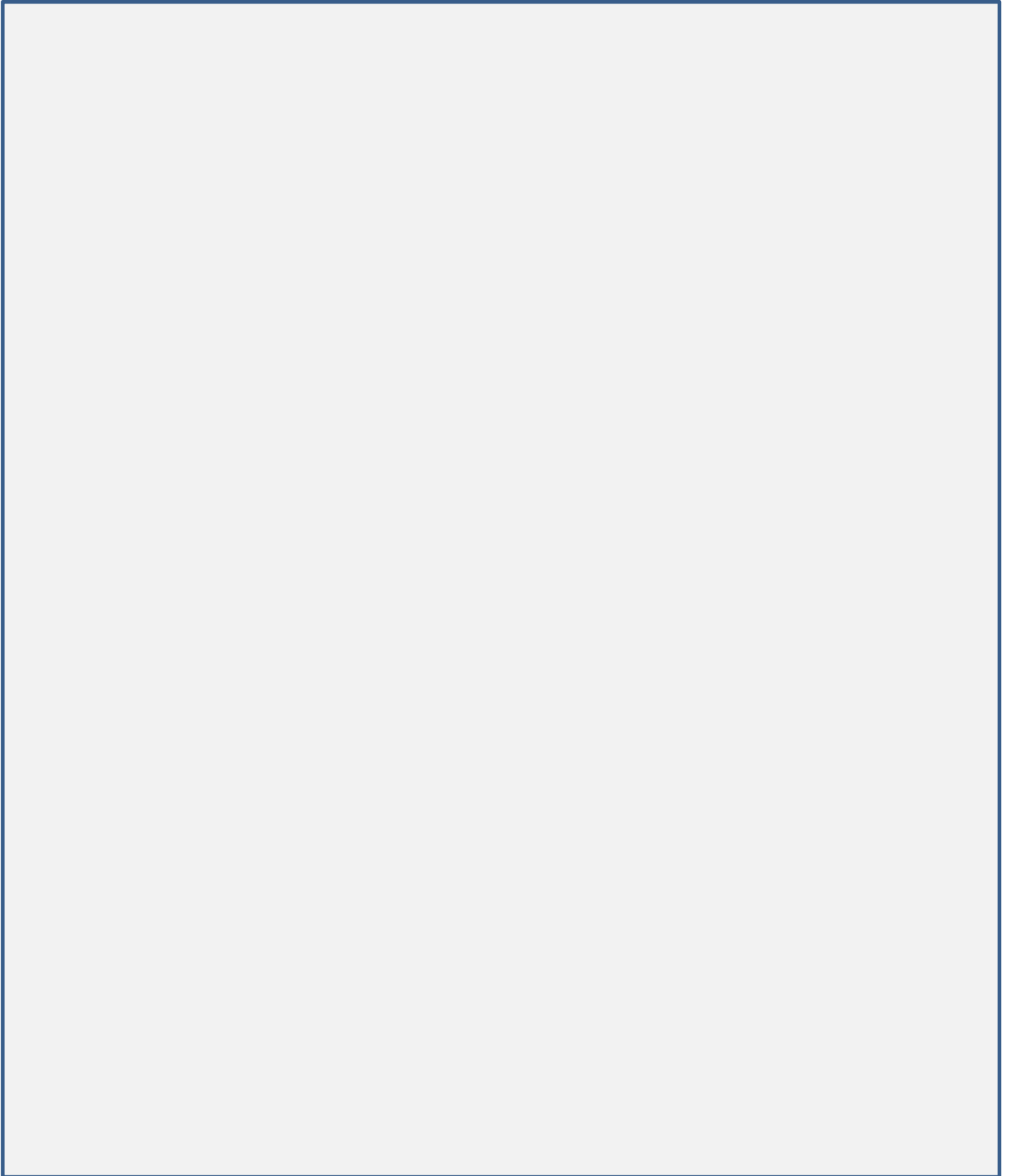
Rule 6 - Be Congruent

What needs to change in your life or your circumstances for you to be congruent with your values and beliefs?



Rule 7 - Design Your Future

What does your ideal future look like? What amazing goal will you set for yourself?



Rule 8 - Break the Rules sometimes

What rules or constraints will you need to break in order to move forwards?

Who will you need to bring into your team, and who may need to move on from it?



Dream - Plan - Execute

What are your Goals, when will you achieve them and who is going to hold you accountable?

Signed _____ Name _____

Date _____