

Life Model Canvas[®]

Name:

Date:

Iteration #

PERSONAL

FAMILY

CAREER

Values



Clear values that resonate with your heart, mind, body & spirit

Goals

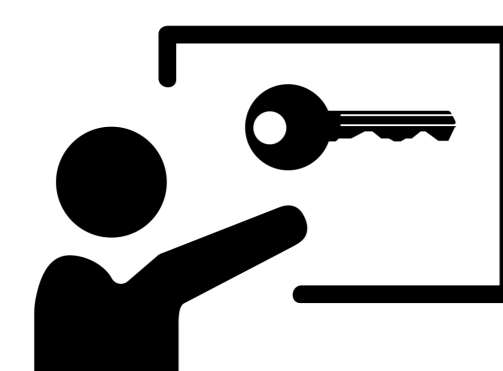


Top 3 goals

Moonshot



The "Impossible" Dream or Grand Vision
A compelling image of an achievable future



Key Actions

Key actions contribute to the success of one or more goals. What is the simplest action you must perform regularly that leads to your goal?



Support Systems

Environment, people, mentors, coaches, accountability partners, skills/talents, development programs, education institutions, business partners, organizations & resources guiding or supporting your path to success.

Obstacles



What keeps you up at night?
What people, or organizations or behaviors are restricting your success?
What challenges are you facing personally (or your family)?
What do you avoid talking or thinking about that maybe no one knows about but affects you deeply?

Inspirations



What makes you excited to wake up in the morning?
What do you share with those closest to you with excitement?
What wouldn't you change in your life for anything?
Who do you respect, admire, love and why?