

the CARDS I'VE BEEN DEALT™

Life Plan

NAME

CREATED BY

DATE

After using The Cards I've Been Dealt™, use this Life Plan to list the ways you plan to increase your overall enjoyment of life. The Life Plan can also be used to monitor your progress and adapt your activities over time to your changing needs.

I'd like to be able to _____

I'd like to do this because _____

One or two ways I can accomplish this is _____

One way to motivate myself to do this is _____

My time frame for beginning this is _____

Someone who will help me with this is _____

