



SELF MASTERY WORKPLAN for NINE DIMENSIONS

NAME: _____ SURNAME: _____

CELL NO: _____ E-MAIL: _____

Complete the Life Coaching Work-plan using SMART Objectives. Concentrate only on the aspects that need attention. (Treat Confidentially)

NO	DIMENSION or Quotient	OBJECTIVE/TARGET Where do want to be? What is your Ideal?	ACTIVITIES What activities do you have to do to reach you goal	TIMELINES By when do you want to reach goal	% PROGRESS	REMARKS Why? Why not?
1	PHYSIOLOGICAL					
	General Ailments					
	Weight					
	Fitness					
	Smoking					
	Quality of sleep?					
	Substance abuse					
	Eyesight/Muscular					
	Mental health					
	Other?					
2	SOCIAL					
	Make more friends					
	Lose negative friends					
	Make peace with...?					
	Increase network					
	Spend quality time					
	Family relations					
	Neighbours					
	Distance relatives					
	Social media friends					
3	EMOTIONAL					
	Love					
	Anger					
	Fear					
	Depression					
	Happiness					
	Peace					
	Pride					
	Shame					
	Excitement					
	Passion					
	Other?					

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4	INTELLECTUAL					
	Continue studies					
	Enhance skills					
	Read widely					
	Good movies					
	Brain teasers					
	Play chess					
	Other?					
5	OCCUPATIONAL					
	Job search					
	Promotion					
	Transfer					
	Moonlighting					
	Job satisfaction					
	Update CV/Cov Letter					
	Enhance skills					
	Character traits					
6	FINANCIAL					
	Entrepreneurship					
	Savings					
	Investment					
	Stock-market					
	Sales					
	Service offering					
	Inheritance					
	Sponsorship					
	Donations					
7	CHARITY					
	Donation					
	Volunteer					
	Kind to animals					
	Removing harm					

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8	SPIRITUAL/RELIGIOUS					
	Being more reflective					
	Visit mosque/church					
	Read the holy books					
	Practice on teachings					
	Do good – be good					
9	LEISURE					
	Sports					
	Hobbies					
	Interests					
	Relaxation					
	Vacation					
10	OTHER					

