

# Reflection & Planning Guide



*from*

Coach Ann | Wild Grace Coaching

*You need to BE the right kind of person  
and DO the right kinds of things to  
HAVE a life that's both flourishing and  
fulfilling.*



No one stumbles into a flourishing and fulfilling life; it requires intentionality, a vision, and a road map to get you there. An important step is to periodically reflect over the past year, quarter, or month to determine what is moving you toward your vision and what is moving you away from it. Only then are you positioned to formulate a powerful plan to help you continue to move forward in growth. On the next pages are tools I've put together to help you do just that.

Should you find that you would like the help of a coach to go deeper, I would be honored to work with you. You can contact me through the QR code below. I believe God wants all of us to flourish and I'm passionate about helping my clients cultivate a life that does.



*Coach Ann*



Look carefully then how you walk,  
not as unwise but as wise, making the  
best use of the time...

Eph. 5:15

## REFLECTION

There are three worksheets in the reflection section: a big-picture overview, a life wheel, and a legacy vision exercise. Before you start, you may want to grab your phone and planner. Looking over photos you've taken as well as your calendar can help bring things to mind you may have forgotten.

Complete the big-picture reflection exercise first by making a list under each heading. Once completed, move to the wheel of life, and then to the legacy vision. Be sure to allow yourself unhurried time. You may even want to take mental breaks to pray and reflect throughout this section. Be thoughtful. You don't want to just rush through it. Self-reflection can be a transformative tool.



Gratitudes

Accomplishments

Major Events



BIG PICTURE  
REFLECTION

Fun/Celebrations

Challenges/Losses

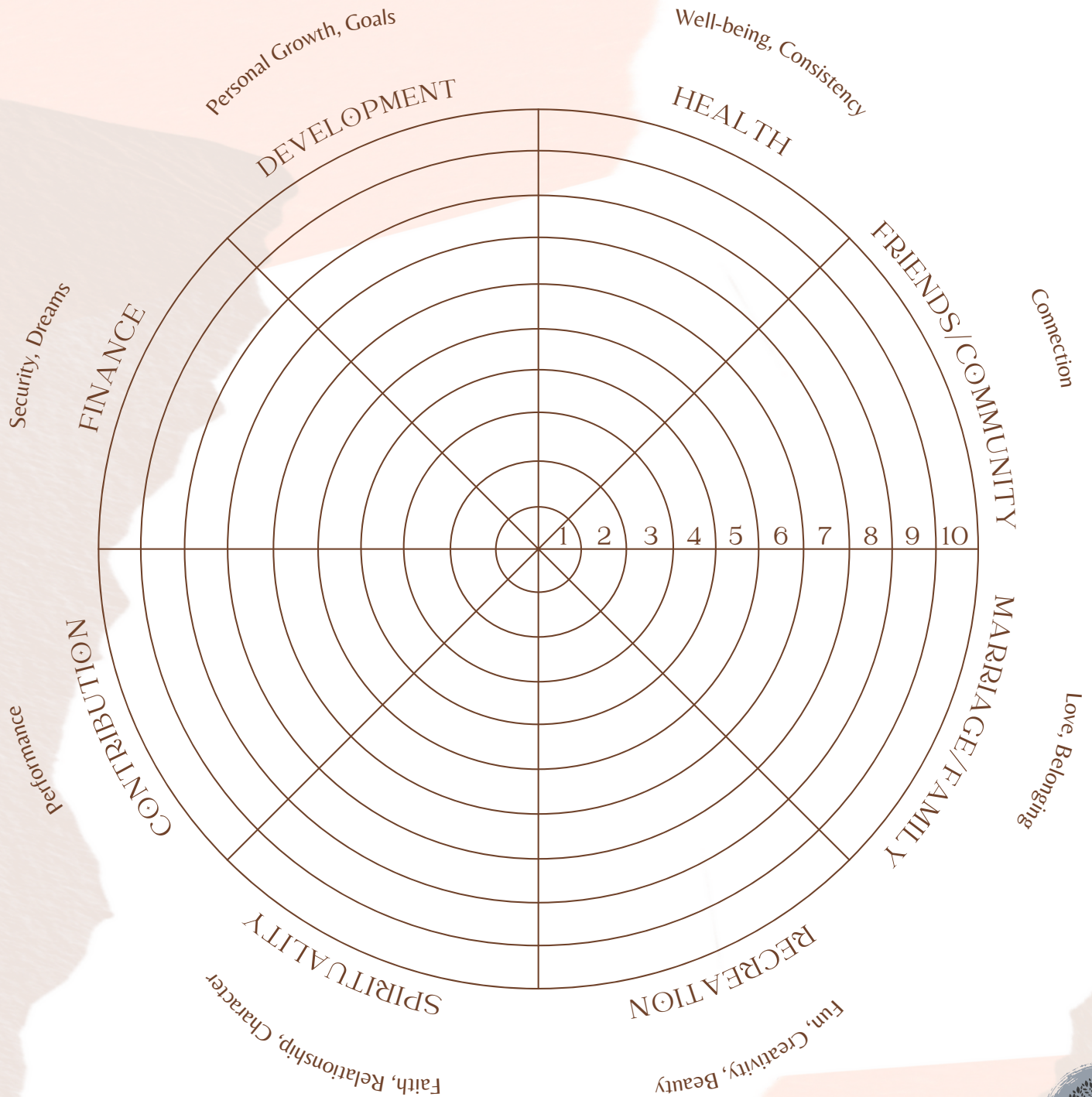
Growth/Development



# WHEEL OF LIFE

Life is a journey, and the ride is only as smooth as the wheel of your life. Consider the 8 spokes on your wheel and rate your level of satisfaction in each one. Next, draw a line connecting your points. Is your circle smooth or bumpy?

Note: Contribution includes any vocation whether paid or unpaid, work, school, or serving. Health includes physical, mental & emotional.



# LEGACY VISION

A LEGACY VISION IS A BIG-PICTURE VIEW OF WHAT YOU HOPE EACH AREA OF YOUR LIFE WILL LOOK LIKE WHEN YOUR TIME ON EARTH IS DONE.

	LIFE SPOKE	BIG-PICTURE VISION
Love, Belonging, Influence	RELATIONAL (MARRIAGE / FAMILY)	
Security, Dreams	FINANCIAL	
Performance	CONTRIBUTION (WORK/ SCHOOL/ SERVICE)	
Well-being, Consistency	HEALTH (PHYSICAL, MENTAL, EMOTIONAL)	
Connection	RELATIONAL (FRIENDS, COMMUNITY)	
Growth, Goals	PERSONAL DEVELOPMENT (INTELLECTUAL/ EDUCATIONAL)	
Faith, Relationship, Character	SPIRITUALITY (RELATIONSHIP WITH GOD)	
Fun, Creativity, Beauty	RECREATION	



For we are his workmanship, created  
in Christ Jesus for good works, which  
God prepared beforehand, that we  
should walk in them.

Eph. 2:10

## PRAYER

Paused now to thank God for the past year or season. Recall how He was with you through it all: the joys, the sorrows, the achievements, and the struggles. Then, before you go further in this exercise, ask Him for wisdom and guidance to plan your next season to walk in His ways and live a life that glorifies Him. You were created uniquely, with unique talents and attributes, for unique purposes. Ask Him how best to use them.

The next page is blank in case you would like to record your prayer.



# OH, LORD, HEAR MY PRAYER





*For everything there is a season, ...a  
time to plant, and a time to harvest.*

*Ecc 3:1-2*

## PLANNING

Now you are ready to look forward and plan what you want your next month, quarter, or year to look like. That starts with considering what you want to continue doing, as well as what you want to stop or change, in order to smooth your life wheel. Next, you'll draft your roadmap using the Do What Matters exercise. Finally, you'll set the specific route you'll take by breaking big goals into specific actionable steps. I recommend you use the words "I will".





# SMOOTH THE WHEEL

FOR EACH SPOKE IN THE WHEEL OF LIFE, WRITE DOWN THINGS YOU FEEL YOU ARE DOING WELL AND WHERE YOU WOULD LIKE IMPROVEMENT.

	LIFE SPOKE	WHAT I WANT TO CONTINUE DOING WELL	WHAT I WANT TO DO DIFFERENTLY
Love, Belonging, Influence	RELATIONAL (MARRIAGE / FAMILY)		
Security, Dreams	FINANCIAL		
Performance	CONTRIBUTION (WORK/ SCHOOL/ SERVICE)		
Well-being, Consistency	HEALTH (PHYSICAL, MENTAL, EMOTIONAL)		
Connection	RELATIONAL (FRIENDS, COMMUNITY)		
Growth, Goals	PERSONAL DEVELOPMENT (INTELLECTUAL/ EDUCATIONAL)		
Faith, Relationship, Character	SPIRITUALITY (RELATIONSHIP WITH GOD)		
Fun, Creativity, Beauty	RECREATION		

# DO WHAT MATTERS

FOR EACH SPOKE, THOUGHTFULLY CONSIDER 1-3 SPECIFIC ACTIONS, GOALS, OR BEHAVIORS YOU WANT TO ADOPT IN THE COMING PERIOD.

	LIFE SPOKE	SPECIFIC ACTION I PLAN TO TAKE	WHY IS THIS IMPORTANT TO ME?
Love, Belonging, Influence	RELATIONAL (MARRIAGE / FAMILY)		
Security, Dreams	FINANCIAL		
Performance	CONTRIBUTION (WORK/ SCHOOL/ SERVICE)		
Well-being, Consistency	HEALTH (PHYSICAL, MENTAL, EMOTIONAL)		
Connection	RELATIONAL (FRIENDS, COMMUNITY)		
Growth, Goals	PERSONAL DEVELOPMENT (INTELLECTUAL/ EDUCATIONAL)		
Faith, Character, Communion	SPIRITUALITY (RELATIONSHIP WITH GOD)		
Fun, Creativity, Beauty	RECREATION		

Career/Vocation/Contribution

Health/Development

Financial

Faith/Service

Family/Marriage



Recreation/Community

*Know your "why", because your "what"  
has more impact when you're walking in  
or toward your purpose.  
-Michael Jr.*

## STAY FUELED

Everyone has high enthusiasm when starting a new goal. But not everyone maintains momentum when that initial excitement wanes. The key to success is to have a plan for pushing through when this occurs. The race is not won by the one who starts well, but by the one who perseveres to the end. How will you maintain focus and remain fueled when your motivation is low? In this final section are two exercises to help. The first is to choose a word, scripture, or motivational phrase for the period that inspires you and serves as a reminder of where and why you are going. The second exercise is the Focused & Fueled overview. It's a place to capture unique things that define you, empower you, and fulfill you. Refer to these often to help maintain momentum.

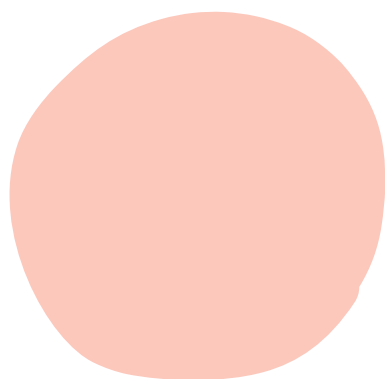
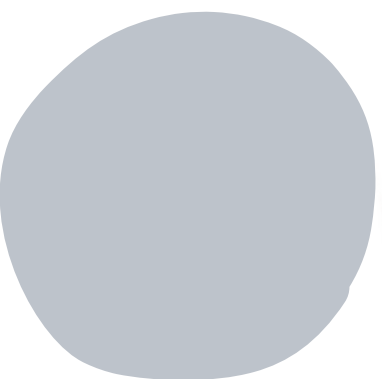
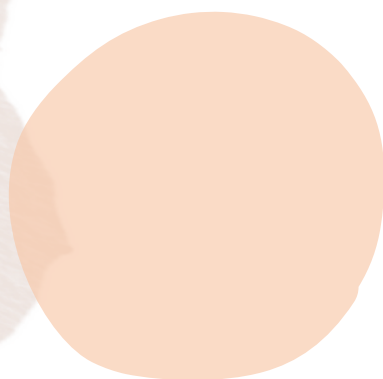
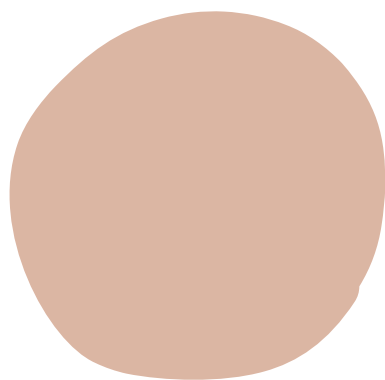
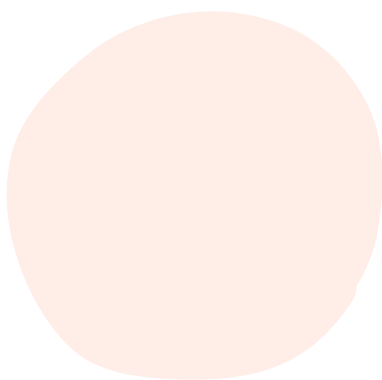
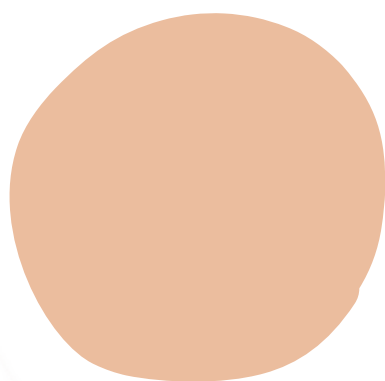
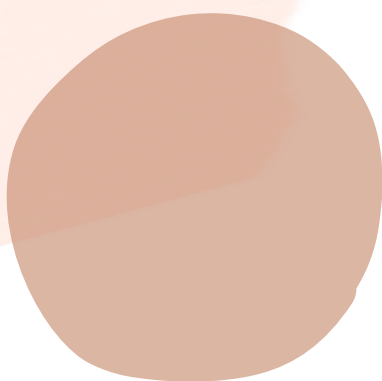


My Word of the Year/Period

*Meaning:*

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Scripture or other meaningful uses of the word.





Word & Verse of the Year/Period

My Whys

Top Strengths

FOCUSED  
& FUELED

Core Values

My Mission Statement or Creed

Focus Blocks

