

One Page Personal Plan (OPPP)

How to fill in your One Page Personal Plan.

10-25 Year Category – Start Here

There are four areas that you are creating goals for (Relationships, Achievements, Rituals, Wealth)

Tip: Finance, Fitness, Friends, Family, Faith and Fun are idea points in your life → You can use these words to generate ideas for your One Page Personal Plan.

Start in the Relationships column (top left) → 10-25 years from now:

- How old will you be? If you pick 10 years, in 10 years my age will be this. Same idea for 15, 20, or 25 years.
- How old will other family members be? (Kids, Parents, Other Family Members).
- What does my life look like at this point? Really put yourself into the future – imagine what your life will look like.

Step all the way out into this space:

- Think about the relationships you have in your life 10 years from now and state what you want with those relationships in the column. Make sure it's in a present tense statement. For example, "I have a relationship that is thriving with my husband."
- Use present tense terms as if you have already achieved it (e.g. I own, I am, We have, etc.)

Do the same for the Achievements column, the Rituals column (e.g. I exercise 3x per week for at least an hour), and the Wealth column (e.g. I have paid off my mortgage).

1 Year Category

- Start in the Relationships column, look at the 10-25 year column above it, and ask yourself if you want this in 10-25 years;
- What do you want in 1 year from these Relationships, Achievements, Rituals, and Wealth.
- What are the things this year that I need to do to achieve the 10-25 year time frame.
- The 1 year is more activity driven.
- Make sure you use present tense – as if you have already achieved it.

90 Days – Start/Stop

In the next 90 days/ 13 weeks here are some things that I need to Start and Stop doing in order to make this true at the end of the year:

- You'll do 4 starts and 4 stops → 1 for each category.
- Over time, you'll find that there are some quarters where you don't have a start for each category. It may be 2 starts/ 2 stops or 1 stop here/ 2 starts there.
- Don't overwhelm yourself – bite it off in small steps toward achieving the annual activity.

One Page Personal Plan (OPPP) – Example

	Relationships	Achievements	Rituals	Wealth(s)
10-25 YEARS (ASPIRATIONS)	AS ALL 18 SUMMERS COME TO AN END, I HAVE A THRIVING RELATIONSHIP WITH MY WIFE AND FOUR CHILDREN. MY FAMILY IS WELL-CONNECTED AND MAINTAINS CLOSE RELATIONSHIPS WITH FRIENDS. WE CELEBRATE LIFE'S MILESTONES TOGETHER, STAYING SUPPORTIVE AND NURTURING EACH OTHER.	I AM A RENOWNED EXPERT IN SCALING UP BUSINESSES, HAVING SUCCESSFULLY GUIDED NUMEROUS COMPANIES TO ACHIEVE EXCEPTIONAL GROWTH. I REGULARLY KEYNOTE AT GLOBAL CONFERENCES AND HAVE WRITTEN SEVERAL BESTSELLING BOOKS RECOGNISED FOR THEIR IMPACT ON BUSINESS STRATEGY.	I MAINTAIN A VIGOROUS FITNESS ROUTINE, EXERCISING FIVE TIMES WEEKLY TO STAY ENERGISED AND FOCUSED. I DEDICATE TIME TO GLOBAL TRAVEL, ENSURING A BALANCED APPROACH TO WORK AND LIFE. I RUN, RIDE, LIFT WEIGHTS AND SURF.	I HAVE ACHIEVED FINANCIAL INDEPENDENCE WITH A DIVERSIFIED PORTFOLIO THAT SUPPORTS MY LIFESTYLE AND ALLOWS FOR PHILANTHROPIC EFFORTS. MY LEGACY INCLUDES MULTIPLE SUCCESSFUL VENTURES THAT CONTINUE TO GENERATE WEALTH AND POSITIVELY IMPACT THE BUSINESS WORLD.
1 year (ACTIVITIES)	THIS YEAR, I HAVE STRENGTHENED MY RELATIONSHIPS BY DEDICATING MORE TIME TO FAMILY ACTIVITIES AND REGULARLY CATCHING UP WITH CLOSE FRIENDS. I ENSURE WEEKLY FAMILY DINNERS AND MONTHLY OUTINGS TO CREATE LASTING MEMORIES.	I HAVE LAUNCHED MY NEW ONLINE BUSINESS COACHING PROGRAMME, HELPING CEOS AND LEADERSHIP TEAMS REACH NEW HEIGHTS. I HAVE COMPLETED MY NEXT BOOK FOCUSED ON HELPING CEO FUNDERS OVERCOME THE 100-EMPLOYEE TRANSITION.	I HAVE CONTINUED MY FITNESS REGIMEN, EXERCISING AT LEAST FOUR TIMES A WEEK. I HAVE INTEGRATED SAUNA AND COLD PLUNGE INTO MY DAILY ROUTINE TO MAINTAIN MENTAL CLARITY AND FOCUS.	WE HAVE GROWN THE FIRM BY 50% WITHOUT WORKING HARDER. STRIKING A BALANCE BETWEEN WEALTH CREATION AND FAMILY TIME.
START				
	RESTART SCHEDULING MONTHLY FAMILY ACTIVITIES.	START OUTLINING THE FIRST DRAFT OF MY NEW BOOK.	START PRESS-UPS AND PULLUPS. GOAL 100/30 IN 100 DAYS	START LOOKING AT CEO NETWORKING OPPORTUNITIES FOR 2025 AND BOOK IN THE CALENDAR.
STOP				
	STOP OVERCOMMITTING TO EXTERNAL SPEAKING ENGAGEMENTS TO FOCUS ON CORE BUSINESS INITIATIVES.	STOP WORKING LATE INTO THE EVENING TO MAINTAIN BETTER WORK-LIFE BALANCE.	STOP DELAYING THE LAUNCH OF THE NEW COACHING PROGRAMME.	STOP SPENDING TIME ON LOW-PRIORITY ADMINISTRATIVE TASKS—DELEGATE THEM INSTEAD.

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	Relationships	Achievements	Rituals	Wealth(s)
10-25 YEARS (ASPIRATIONS)				
1 year (ACTIVITIES)				
START				
STOP				