

Life Design Plan Worksheet

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Part 1: Foundational Knowledge

What is the primary purpose of the Life Design Plan Worksheet?

Hint: Think about the main goal of this worksheet.

- To create a financial budget
- To outline and achieve life goals
- To plan a vacation
- To track daily tasks

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Which of the following are components of a Life Design Plan? (Select all that apply)

Hint: Consider the essential elements that make up a Life Design Plan.

- Vision Statement

- Core Values
- Favorite Hobbies
- Key Life Areas

Which of the following are components of a Life Design Plan? (Select all that apply)

Hint: Consider the essential elements of life planning.

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Define what a Vision Statement is in the context of a Life Design Plan.

Hint: Think about the purpose and essence of a Vision Statement.

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Part 2: Understanding and Interpretation

Why is it important to identify core values in a Life Design Plan?

Hint: Think about how values influence decisions.

- To impress others
- To guide decision-making and actions
- To create a shopping list
- To fill out a resume

Why is it important to identify core values in a Life Design Plan?

Hint: Think about the role of values in decision-making.

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- To guide decision-making and actions
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What are the characteristics of SMART goals? (Select all that apply)

Hint: Consider the criteria that make goals effective.

- Specific
- Measurable
- Ambiguous
- Time-bound

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Explain the difference between short-term and long-term goals in the context of life planning.

Hint: Think about the time frames and impacts of each type of goal.

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Part 3: Applying Knowledge to New Situations

If someone wants to improve their health, which of the following would be a SMART goal?

Hint: Consider the specificity and measurability of the goal.

- Exercise more
- Lose 10 pounds in 3 months by jogging 3 times a week
- Eat healthier

- Join a gym

If someone wants to improve their health, which of the following would be a SMART goal?

Hint: Consider what makes a goal specific and measurable.

- Exercise more
 Lose 10 pounds in 3 months by jogging 3 times a week
 Eat healthier
 Join a gym

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Hint: Consider what makes a goal specific and measurable.

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Which resources might be necessary to achieve a career advancement goal? (Select all that apply)

Hint: Think about the tools and support needed for career growth.

- Networking opportunities
 Professional development courses
 New wardrobe
 Social media presence

Which resources might be necessary to achieve a career advancement goal? (Select all that apply)

Hint: Think about what tools and support you might need.

- Networking opportunities
 Professional development courses
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Hint: Think about what tools and support you might need.

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Social media presence

Describe an action plan for achieving a personal growth goal, such as learning a new language.

Hint: Think about the steps you would take to reach this goal.

Describe an action plan for achieving a personal growth goal, such as learning a new language.

Hint: Consider the steps and resources needed for your action plan.

Describe an action plan for achieving a personal growth goal, such as learning a new language.

Hint: Think about the steps you would take to reach this goal.

Part 4: Analyzing Relationships and Concepts

What is the role of milestones in a Life Design Plan?

Hint: Consider how milestones contribute to goal achievement.

- To serve as decorative elements
- To indicate progress towards goals
- To replace goals
- To distract from challenges

What is the role of milestones in a Life Design Plan?

Hint: Consider how milestones help track progress.

- To serve as decorative elements
- To indicate progress towards goals
- To replace goals
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Hint: Think about how milestones contribute to goal achievement.

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When reviewing progress, what should be considered? (Select all that apply)

Hint: Think about the factors that contribute to effective progress evaluation.

- Achievement of milestones
- Relevance of goals
- Popularity of goals
- Need for adjustments

When reviewing progress, what should be considered? (Select all that apply)

Hint: Think about the factors that impact your progress.

- Achievement of milestones
- Relevance of goals
- Popularity of goals
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Analyze how identifying obstacles can improve the effectiveness of a Life Design Plan.

Hint: Think about the benefits of recognizing challenges.

Analyze how identifying obstacles can improve the effectiveness of a Life Design Plan.

Hint: Think about the impact of recognizing challenges.

Analyze how identifying obstacles can improve the effectiveness of a Life Design Plan.

Hint: Consider the impact of obstacles on goal achievement.

Part 5: Synthesis and Reflection

Which strategy is most effective for overcoming obstacles in achieving life goals?

Hint: Consider the best approach to dealing with challenges.

- Ignoring them
- Develop problem-solving strategies
- Complaining about them
- Waiting for them to disappear

Which strategy is most effective for overcoming obstacles in achieving life goals?

Hint: Consider proactive approaches to challenges.

- Ignoring them
- Develop problem-solving strategies
- Complaining about them
- Waiting for them to disappear

Which strategy is most effective for overcoming obstacles in achieving life goals?

Hint: Think about proactive approaches to challenges.

- Ignoring them
- Develop problem-solving strategies
- Complaining about them
- Waiting for them to disappear

In evaluating a Life Design Plan, which aspects should be assessed for effectiveness? (Select all that apply)

Hint: Think about the criteria for a successful Life Design Plan.

- Alignment with core values
- Flexibility to adapt
- Complexity of the plan
- Clarity of vision

In evaluating a Life Design Plan, which aspects should be assessed for effectiveness? (Select all that apply)

Hint: Consider the criteria for a successful plan.

- Alignment with core values
- Flexibility to adapt
- Complexity of the plan
- Clarity of vision

In evaluating a Life Design Plan, which aspects should be assessed for effectiveness? (Select all that apply)

Hint: Consider the criteria for evaluating a plan's success.

- Alignment with core values
- Flexibility to adapt
- Complexity of the plan
- Clarity of vision

Create a brief vision statement for someone who wants to focus on enhancing their career and personal relationships over the next five years.

Hint: Think about the aspirations and goals for the future.

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