

*TRUN***N****ORTH**  
COACHING & CONSULTING

————— No Regrets Life Plan & Daily Planner —————

# No Regrets Life Plan

EULOGY TITLE

EULOGY

EULOGY SUMMARY

"If you were writing a story about your life,  
what would the chapter title be for this year?"

AGE

### Sharpening Your Saw

SPIRITUAL

PHYSICAL/HEALTH

EMOTIONAL

INTELLECTUAL

### Relationships

FAMILY

FRIENDS

### Career

10 Year Vision

No Regrets Life Plan



2 DAILY HIGH  
LEVERAGE ACTIONS

2 THINGS I DAILY  
STOP DOING

MY LIFE STORY SUMMARY AT THIS POINT IS . . .

10 Year Vision

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5 Year Vision

No Regrets Life Plan



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5 Year Vision

No Regrets Life Plan



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No Regrets Life Plan One Year Vision



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LEVERAGE ACTIONS

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STOP DOING

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One Year Vision

No Regrets Life Plan





# No Regrets Daily Planner

Most productive time of the day...

 Morning

 Afternoon

 Evening

Date:

## Daily Checklist

- Reviewed my LifePlan
- Reviewed my Goals
- Reviewed my Priority Tasks

### Priority Task #1

Minutes

Reward

### Priority Task #2

Minutes

Reward

### Priority Task #3

Minutes

Reward

### Appointments

: \_\_\_\_\_

: \_\_\_\_\_

: \_\_\_\_\_

: \_\_\_\_\_

: \_\_\_\_\_

: \_\_\_\_\_

What will bring me joy today?

If I could relive this day for a second time, what would I change...

### Secondary Tasks

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My book summary up to this point is...

A white lighthouse stands on a rocky island. The lighthouse has a square tower with a lantern room on top. The background is a clear blue sky and a blue ocean. The lighthouse is the central focus of the image.

**THE GREATEST GLORY IN  
LIVING LIES NOT IN NEVER  
FALLING, BUT RISING EVERY  
TIME WE FALL**

*- NELSON MANDELA*