



SARAH
BRASSARD
Set your life in motionSM

Strategic Life Plan

CURRENT SITUATION:

Examples:

- 1.
- 2.
- 3.
- 4.
- 5.

THE GAP

DESIRED SITUATION:

Objectives:

- 1.
- 2.
- 3.
- 4.
- 5.



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SPECIFIC ACTIONS PLANNED TO FILL THE GAP:

	Due Date		Due Date		Due Date
1.		5.		9.	
2.		6.		10.	
3.		7.		11.	
4.		8.		12.	



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GOALS

PHYSICAL

1.

2.

3.

4.

5.

EMOTIONAL

1.

2.

3.

4.

5.

MENTAL

1.

2.

3.

4.

5.

SPIRITUAL

1.

2.

3.

4.

5.



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LONG TERM LIFE PLAN

January

February

March

April

May

June

July

August

September

October

November

December