



"A goal without a
plan is just a wish."

Larry Elder

Designing your life

It is possible to design your life to achieve the things you want.

PersonalPlan™ helps you achieve your personal and professional goals along with working towards the quality of life you envisage for yourself.

PersonalPlan™ works on a “whole of life” philosophy, based on the fact that individuals who are successful in their life are successful at work.

Take control of your future through a structured and visible holistic planning and execution process that keeps you accountable to meeting your objectives.



Your personal **‘workspace’**

PersonalPlan™ is your secure online, anywhere, anytime personal workspace to help you achieve your goals.

PersonalPlan™ is a place to capture your desires about your future, and provides a logical process to help you realise them.

A place that is a permanent record of your evolving thinking about what you want to achieve and a way to keep you honest about your commitments.

Benefits to you

You choose the aspects of your life that you want to focus on.

From career ambitions to charity ideas, PersonalPlan™ caters to each individual's interests, where you track the areas important to you.

Your plan is front of mind, with convenient access via the web as well as being backed up. Gone are the days of cleaning up the garage and finding your 1995 goals scribbled in a pad.

Rather than an event of writing a wish list and never referring back to the targets set, PersonalPlan™ creates a process for realising your goals.

- 
- *Work*
 - *Relationships*
 - *Finances*
 - *Health*
 - *Fitness*
 - *Hobbies*
 - *Community*
 - *Passions*



Easy Use

It is intuitive, easy to use, and quick to update your information, allowing flexibility and interactivity.



Inspiration

You are able to capture relevant, motivational documents, photos and video clips that inspire you to achieve your goals.



Support

Those that help you achieve your plan, can sign on and add to your blog informative encouragement or hyperlinks to useful resources.



Secure

Being online means there is one secure source. It is a central repository of all your future goals and ideas.



Tracking

Visually shows how you are tracking over the months and self assess your progress, where you are also able to create customised reports.



Visibility

Your plan is readily available to you, as well as the same realtime information being visible to your personal coach from anywhere in the world.

Benefits of a coach

The purpose of a coach is to keep you on track and support your efforts in successfully reaching your stated goals.

Like with many areas in life, we need a push to keep going or a better understanding of what's needed to begin, such as the role of a personal fitness trainer.

Starting can sometimes be the hardest part, so your personal coach initially works with you to determine key targets to be met and your desired future outcomes.

Part of the PersonalPlan™ process is working through a planning poster with your personal coach to distill your thoughts, which draws on self analysis and your surroundings.



You are the **'expert'**

The idea of a personal coach is they honour you as the expert on your life and help guide you towards discovering and clarifying what you want to achieve.

Encouragement is the main focus, where solutions and strategies are generated and acted on by you.

The PersonalPlan™ coaching process provides individuals with the capacity to deepen their learning, motivate into action as well as improve performance.

Online plan

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Quarter 1

Milestones	Owner	Jun 10	Sep 10	Dec 10	Mar 11	Confidence
1 Completed 101 writing course and published 3 articles I am proud of.	Ben Robins					75%
2 Have appointed a financial planner and have agreed a diversified investment portfolio approach.	Ben Robins					75%

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Docs +1 +7

March 2011 Milestones

- Completed 101 writing course and published 3 articles I am proud of.
- Have appointed a financial planner and have agreed a diversified investment portfolio approach.
- Set up ShadeTree and networked 6 other pro-bono providers.
- Have achieved waist measurement of 91 cm and weight 81kg and can run 20 mins at 10.5 per hr and still stand up.
- Set and operated inside personal budget for financial year 2010.

March 2013 Targets

- Exercising 3 times a week. BMI less than 25. Can easily do 50 push ups
- Kids secure and happy in their lives. Happy relationship with partner
- Social events once a week. Diverse activities.
- Living in Europe 3 months of every year. 20% of revenue coming from international assignments.
- Challenging and exciting projects, that are highly profitable, exciting & well run, atleast.

March 2013 Outcomes

- Fit and healthy
- Happy family life
- Great social life
- Global citizen
- Inspiring professional life
- Ability independent
- Entrepreneur

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Milestone Overview Milestone 1 Quarter 1 View Initiatives Share Milestone Add Milestone

Milestone 1: Sand Box Assign Docs Milestone Confidence Blog New

Completed 101 writing course and published 3 articles I am proud of.

Quarter 1 Opening Situation Quick View Docs

Never done a writing course in my life and find writing difficult.

Quarter 1 Target Quick View Docs Current Progress

Researched 3 potential courses and applied for 1.

30/03/2010 17:40, Sand Box:
Found creative writing at Milsons Point, have ph. number and will call.

Contact us

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w. www.personalplan.com.au

For further information or enquiries about the PersonalPlan™ product please email us or simply visit our website.

Thank you, from the team at

