



SUPERLIFE PLAN

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Superlife Life Planning Program

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1 Summary

My self-image as a young man was based on being everything that I believed my father was not. That is, I wanted to become a perfect human being, loving, warm, generous, a high achiever, no addictions, peaceful, and if I had children I would be a perfect father and husband. What a joke! Little did I realise that I was heading for a big fall.

I was and still am a high achiever. But my ideals have caused me a lot of grief. I have focused too much on my career, worked long hours, not looked after my health, and frankly become too self-centered and a boring person to be around.

What I have gained from this self-knowledge is that I need to enjoy life more, take more risks and quit my boring accounting job. I also need to be more loving, considerate and understanding to my partner of two years. I intend asking her to marry me in the very near future!

I have renewed my passion for learning that I had as a young man, and want to do a lot more traveling. I will also be more generous with my time and expertise for people in my community who are struggling and make sure that our finances are more secure.

I will build a consulting career by making the most of my trouble shooting business skills, and empathy with people who have the courage to start a small business. In addition, I am committed to earning at least \$80,000 income and living near the sea.

I am very grateful to have a wonderful partner, a loving and supportive family, my cat and Mother Nature in all her amazing aspects.

Finally, my decision to commit to paper my most important goals and dreams and take control of my life has given me a tremendous boost in self-confidence, and clarity about what to do with my life in a way that I never thought was possible. I intend living as a life artist for the rest of my days, and committing to never-ending growth and awareness.

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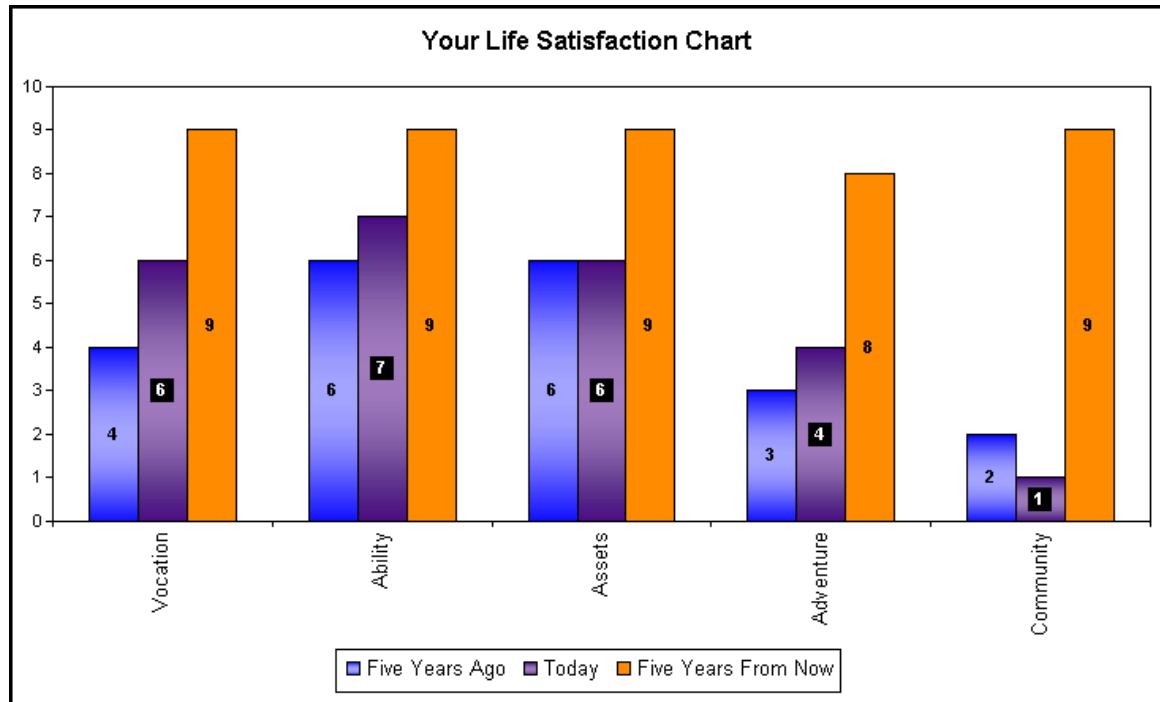
2. My Future Life

2.1 Desirable Goals

Life Area	Your Desirable Goals	Priority
Vocation	\$80,000 per year income from own consulting business	1
Assets	Beach house and home office close to the sea	2
Adventure	India trip to visit relatives	3
Ability	80 kg weight	4
Ability	Happy marriage	5
Ability	First-aid highest level certificate	6
Assets	New 4 wheel drive	7
Community	Start foundation to support disadvantaged children who come from broken homes	8

3. My Present Life

3.1 Major Life Areas



3.2 Life Area Review

Three areas of my life are a huge priority to improve - vocation, adventure and community.

I really have to take a big leap with a different career, as I am extremely bored with my current accounting job, having done it for 20 years!

I also want to have a lot more fun and adventure including overseas travel. In recent years I have fallen into a pattern of not going out much and not taking vacations.

Engaging with the community is also a huge priority. I am passionate about animal welfare issues, and the environment and social justice for the disadvantaged, but have not been active in any of these areas for many years.

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3.3 My Life Philosophy

- People can change and develop their full potential
- We live in an interconnected world in which everything influences everything else and nothing stays the same forever
- The earth is a small planet that I live on and all life forms are dependent on a common environment and the energy from the sun to continue to survive and we are all responsible to protect and conserve this beautiful planet
- Human beings basically are the same everywhere - they want security, love, happiness, fun, challenge and a long healthy life
- Most people are trustworthy most of the time
- You get out of life what you are prepared to put into it

3.4 Main Interests

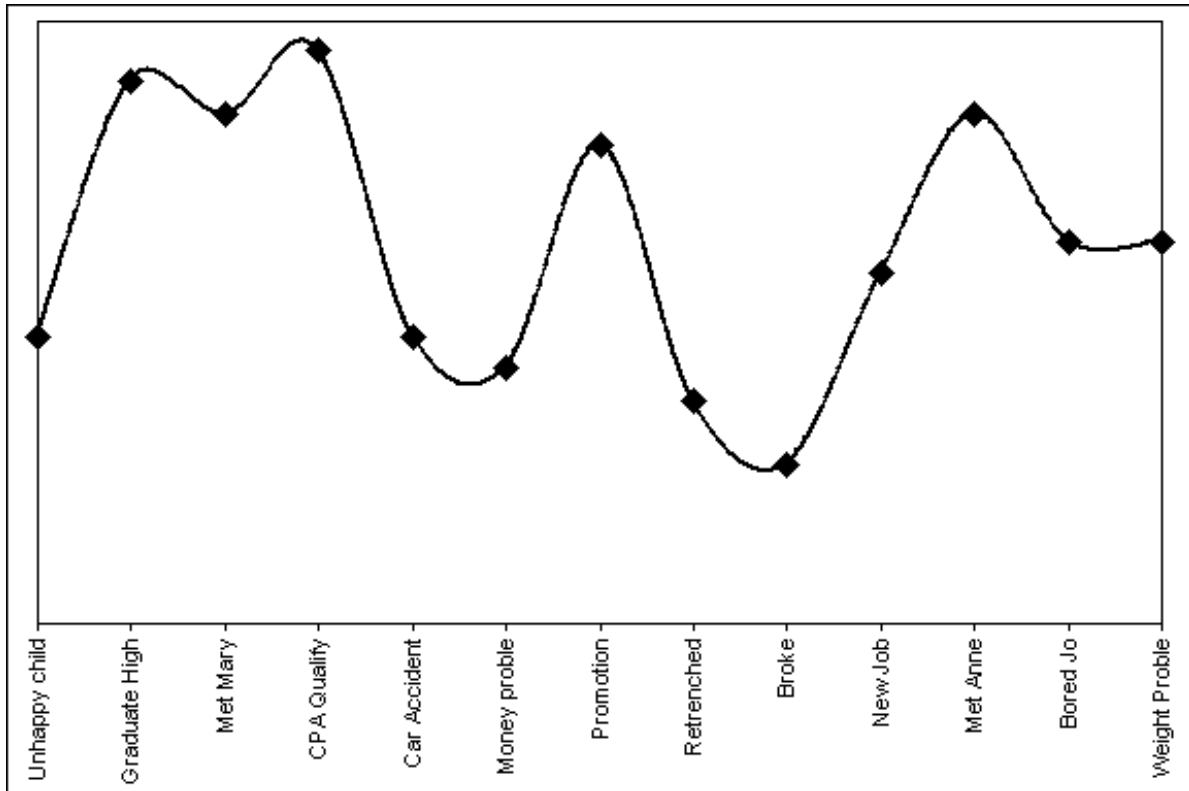
- Philosophy, psychology
- Comedy movies and books
- Playing with abandon
- Adventurous stuff in the outdoors
- Animals in the wild and preservation
- Inner peace
- A good laugh with a good movie
- Bushwalking
- Swimming
- Leadership

3.5 Best Talents

- Accounting
- Problem-solving
- Affinity with nature and environment
- Persistent
- Play the guitar
- Numbers
- Handyman & gardener
- Cricket and sports

4. My Past Life

4.1 Ups & Downs Chart



4.2 Major Life Lessons

I need to find a better balance in all areas of my life and too many highs and lows, need more stability in my life.

Had unhappy childhood and being the eldest child I had too much stress to look after my 8 siblings when my father died when I was only 10 years old. My father was quite violent and tough on me in particular and I still don't know why.

Money has always been a problem; I don't give enough importance to it, and I will rectify this in the future. I also don't work hard enough on making new friends.

My health needs improving as I eat too much and drink too much and don't exercise enough. I have made my work too important and it does not leave much time for anything else. I don't really enjoy my work that much anyway. Perhaps I need a new career.

I need to have more fun and not take myself too seriously.

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4.3 Critical Decisions

I worked at a meat factory when I was 13 and I decided after this experience to use my brains to make a living. Good decision.

At secondary school I decided to study science & mathematics, rather than humanities. This was a big mistake as I narrowed my future options too early in my education.

Decided to do accounting studies and this was good decision.

I have always hated any authority figure telling me what to do or questioning my ability or courage. Due to this aspect of my character I have made some silly decisions as a reaction to some authority rather than doing what I really wanted to do.

I have trouble committing to a partner and having complete trust in her.

4.4 Achievements

Completed Degree Accounting part time and night school whilst working	1
Helped save trees being chopped down as part of community action group	3
Captain of my high school cricket team	2
Life-long learner	
Qualified CPA	5
Overcoming growing up in a dysfunctional family and turning out relatively normal	6
Vegetarian	
Good school results all through primary, secondary and tertiary levels	8
Helped raise funds for elephant enclosure at the zoo	
Helped raise funds for blankets for homeless	7
Driver's licence	
Developed business system for small business owners	4
Regular promotions in my working career	

