

# LIFE AFTER FIRED

[www.lifeafterfired.com](http://www.lifeafterfired.com)

[info@lifeafterfired.com](mailto:info@lifeafterfired.com)

## PLANS PLANNING TEMPLATE

Use this page to plan out your PLANS. The guidance from the book should help to establish what can be added to each section. **Focusing on these 5 areas of your life can provide the foundation for a life more fulfilled, more enriched and more exciting than you could ever have imagined.** Once you have filled in this section, transfer your answers to the following pages.

	PASSION	LOVED ONES	ACTIVITY	NETWORK	SOUL
	LIST 3 PASSIONS YOU HAVE THAT MAKE YOUR HAPPY	LIST 3 KEY PEOPLE IN YOUR LIFE THAT LOVE AND SUPPORT YOU	LIST 3 'ACTIVE' ACTIVITIES THAT WILL GET YOU OUT OF THE HOUSE AND MOVING!	LIST 3 PEOPLE IN YOUR PROFESSIONAL NETWORK WHO YOU FIND INSPIRING	LIST 3 THINGS YOU COULD DO FOR SOMEONE ELSE THAT MAKE THEM SMILE, IMPROVE THEIR LIVES OR HELP THEM OUT. IDEALLY THE 'SOMEONE' IS NOT WELL KNOWN TO YOU.
1.					
2.					
3.					

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## PASSION

Use this page to give more detail to your Passions. Once you have detailed out your Passions, rank them from 1-3 in terms of which one you are most excited about.

**The Passion you give the number 1 ranking to is the one you should pursue first.** But you still have the other 2 if you change your mind once you get started. Its ok to explore more than 1 Passion.

	MY PASSIONS <small>list your 3</small>	WHAT DOES THIS PASSION REQUIRE? <small>ie equipment, memberships, transportation</small>	HOW OFTEN WILL YOU DO IT? <small>ie everyday, once a week, once a month</small>	IS ANYONE ELSE INVOLVED? <small>Friends, coach?</small>	RANKING <small>1 - 3</small>
1.					
2.					
3.					

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## LOVED ONES

Use this page to list the three key people in your life that love and support you. These are the people you will commit to as part of your PLANS. Work through each section, filling in ideas of how you can commit to include them more in your life. **Tick the final box only if you have contacted that person, told them your commitment and put your regular commitment in the diary.**

**WHAT COMMITMENT DO YOU WANT TO MAKE TO THIS PERSON?**

i.e Talk more, see each other more, be more supportive

**WHAT CAN YOU DO TO ACHIEVE THIS?**

i.e phone calls, date night, activity together

**HOW OFTEN WILL YOU DO IT?**

ie everyday, once a week, once a month

**PUT IT IN THE DIARY?**

Tick only when you have contacted and secured.

**MY LOVED ONES**

list your 3

1.

2.

3.

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## ACTIVITY

Use this page to give more detail to your Activities. Once you have detailed out your Activities, rank them from 1-3 in terms of which one you are most excited about committing to. **The Activity you give the number 1 ranking to is the one you should pursue first.** But you still have the other 2 if you change your mind once you get started. Its good to try new things!

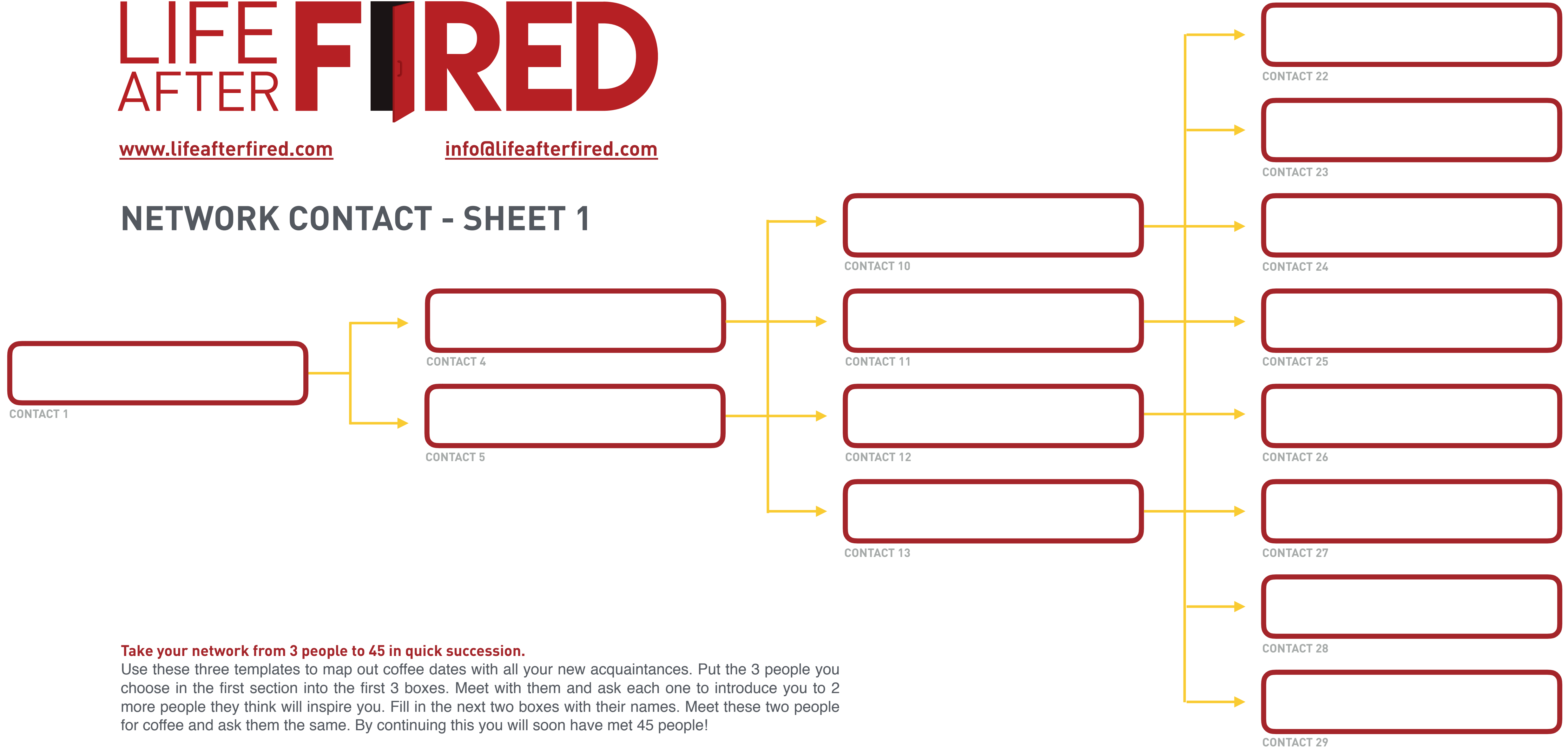
	MY ACTIVITIES list your 3	WHAT DOES THIS ACTIVITY REQUIRE? ie equipment, memberships, transportation	HOW OFTEN WILL YOU DO IT? ie everyday, twice a week	IS ANYONE ELSE INVOLVED? Friends, coach?	RANKING 1 - 3
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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## NETWORK CONTACT - SHEET 1



**Take your network from 3 people to 45 in quick succession.**

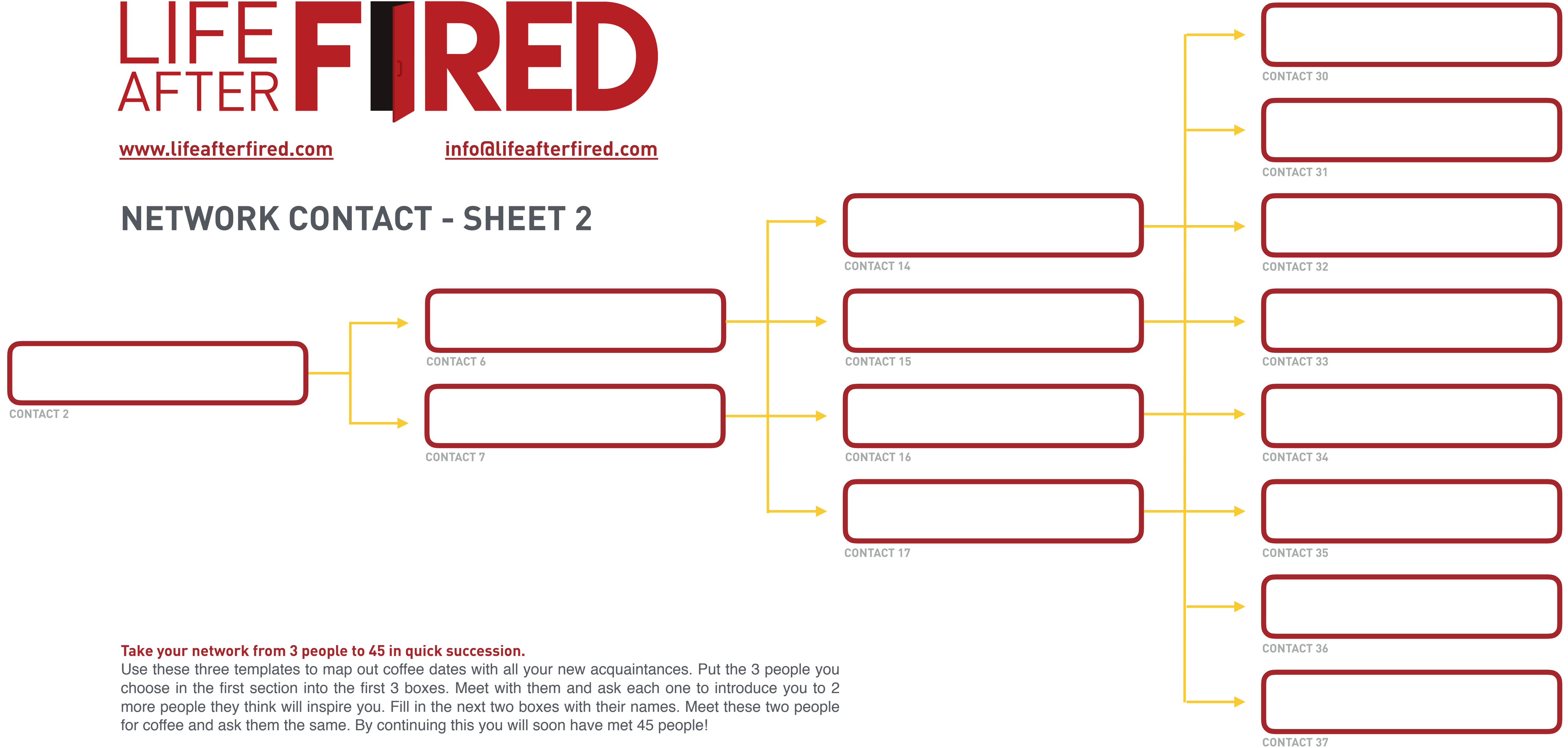
Use these three templates to map out coffee dates with all your new acquaintances. Put the 3 people you choose in the first section into the first 3 boxes. Meet with them and ask each one to introduce you to 2 more people they think will inspire you. Fill in the next two boxes with their names. Meet these two people for coffee and ask them the same. By continuing this you will soon have met 45 people!

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## NETWORK CONTACT - SHEET 2



**Take your network from 3 people to 45 in quick succession.**

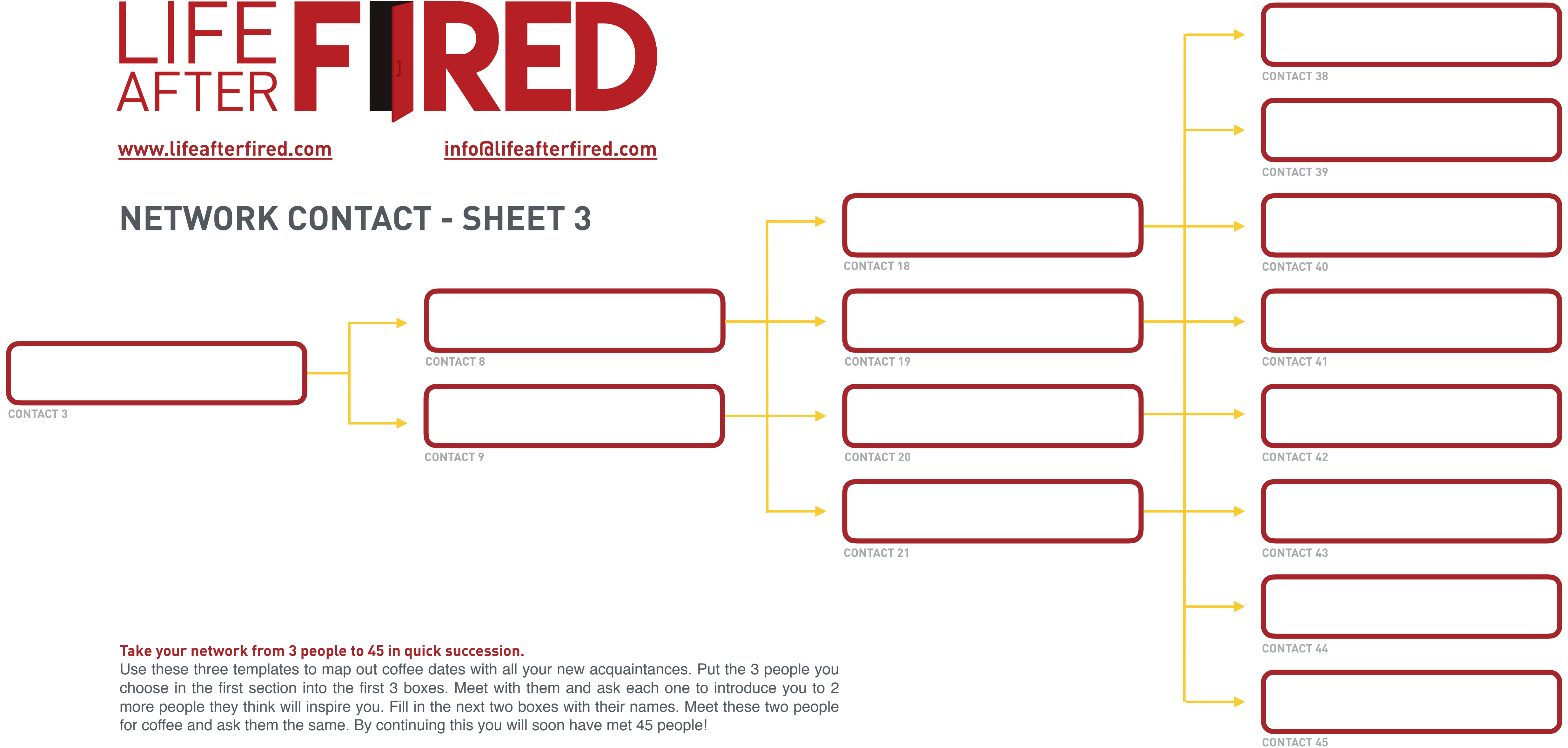
Use these three templates to map out coffee dates with all your new acquaintances. Put the 3 people you choose in the first section into the first 3 boxes. Meet with them and ask each one to introduce you to 2 more people they think will inspire you. Fill in the next two boxes with their names. Meet these two people for coffee and ask them the same. By continuing this you will soon have met 45 people!

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## NETWORK CONTACT - SHEET 3



**Take your network from 3 people to 45 in quick succession.**

Use these three templates to map out coffee dates with all your new acquaintances. Put the 3 people you choose in the first section into the first 3 boxes. Meet with them and ask each one to introduce you to 2 more people they think will inspire you. Fill in the next two boxes with their names. Meet these two people for coffee and ask them the same. By continuing this you will soon have met 45 people!

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## SOUL

List 3 things you could do for someone else that makes them smile, improve their lives or help them out. The people you choose to connect with do not have to be known to you. You could commit to saying 'Good Morning' to your bus driver each morning, or stopping in to say hello to the old lady that lives down the road. Ideally they are people you aren't close to you as the point of this section is to connect with the wider world around us.

	MY RECIPIENTS <small>list your 3</small>	HOW WILL THIS HELP IMPROVE THE WORLD AROUND YOU, OR THE LIFE OF THE PERSON INVOLVED?	HOW OFTEN WILL YOU DO IT? <small>ie everyday, once a week, once a month</small>	HOW DID IT MAKE YOU FEEL? <small>Fill in once completed:</small>
1.				
2.				
3.				