

# Life Well Lived

According to: \_\_\_\_\_

# Table of Contents

## **PART 1: BEGIN AT THE END**

The End	1
<i>Create a vision for the end of your life</i>	
The Inevitables	2
<i>Identify the boundaries in your life</i>	

## **PART 2: MAXIMIZE YOUR FREEDOM**

Freedom Cast	3
<i>Describe what it would be like to maximize your freedom</i>	
Freedom Crash	4
<i>Envision a life in which you limit your freedom</i>	
Freedom Cash	6
<i>Describe how you want to invest your freedom</i>	

## **PART 3: WHAT DO YOU WANT?**

Your Wants and Whys	7
<i>Decide what you truly want and why you want it</i>	

# Part 1: The End

## Directions:

Part 1 of Life Well Lived clarifies life's parameters. Part 2 helps you envision the life you want to live within these parameters.

"Begin with the end in mind." This aphorism applies to building a house as much as it applies to building a new company. And though things rarely go according to plan, we gain clarity about the steps we need to take to reach our desired outcome when we picture something in its completed state..

What's true of life also applies to the end of life. The following exercises help you envision the end of your life. While it's never easy to think about your own mortality, you'll find that these exercises help you focus on what matters most to you.

1. If you could script the final minutes of your life, how would you want it to end? In other words, describe the circumstances surrounding your death.

---

---

---

2. List one significant thing you want to do, enjoy, or accomplish during the final week of your life

---

---

---

3. List the values that you want to embody at the end of your life

---

---

---

---

4. List the people that matter most to you in life, living or dead, and what you hope they would say about you at the end of your life.

---

---

---

---

---

---

---

---

---

---

# Part 1: Your Inevitables

## Directions:

Life includes things you can't prevent from happening. These are your inevitables. Inevitables form life's boundaries. Some bring joy, while others bring grief. Many bring both. You've experienced a number of inevitables in your past. Your future holds many more. A life well lived embraces these boundaries rather than fighting against them or pretending they don't exist.

The first set of exercises helped you think ahead to life's biggest inevitable: the end of your life. Other inevitables include things like the decline of your physical body, the loss of loved ones, kids leaving home, and other markers of the passage of time. You have a sense of when some of these things will happen, while the timing of other things will remain a mystery until they take place.

List your inevitables in chunks. Begin by looking ahead to the inevitables that will likely take place in the next 3 years. Then list the inevitables that will take place in the next 7-10 years. Continue to move out in 10-years increments.

It's inevitable that in the next 3 years...

---

---

---

It's inevitable that in the next 7-10 years...

---

---

---

It's inevitable that in the next 10-20 years...

---

---

---

It's inevitable that in the next 20-30 years...

---

---

---

It's inevitable that in the next 30-40 years...

---

---

---

# Part 2: Freedom Cast

**Directions:**

You experience true freedom when you maximize the options available to you within the boundaries you identified in Part 1. Freedom is a form of wealth. It's like capital. As you increase freedom, you increase the capital and options available to you.

Describe the most vivid picture possible of what it will look like for you to maximize freedom in each of these categories. Don't let your current lack of capital in these areas limit your vision.

For example, regardless of your current physical health, describe the freedom you would experience if you ate well, exercised, and got enough sleep.

Describe a life in which you maximize your spiritual freedom

---

---

---

---

Describe a life in which you maximize your psychological freedom

---

---

---

---

Describe a life in which you maximize your physical freedom

---

---

---

---

Describe a life in which you maximize your relational freedom

---

---

---

---

Describe a life in which you maximize your financial freedom

---

---

---

---

# Part 2: Freedom Crash

**Directions:**

Now imagine a life in which you succumb to your accidental tendencies. Instead of unlocking freedom and maximizing your options, imagine living a life of captivity.

Describe a life of captivity in each of the five key areas. As you did in when you cast your vision for a life of freedom, create the most vivid picture possible of a life of captivity. Next, list the accidental tendencies will contribute to your captivity if they persist.

For example, describe a life of physical captivity in which your health declines and leads to limited mobility, and other illnesses you could have avoided if you made healthier choices.

Describe spiritual captivity and the tendencies that could lead you there

---

---

---

---

Describe psychological captivity and the tendencies that could lead you there

---

---

---

---

Describe physical captivity and the tendencies that could lead you there

---

---

---

---

Describe relational captivity and the tendencies that could lead you there

---

---

---

---

Describe financial captivity and the tendencies that could lead you there

---

---

---

---

# Part 3: Freedom Cash

**Directions:**

Now you stand at a fork in the road. You can either make choices that unlock freedom and put you on the path toward Life Well Lived, or you can make choices that lead toward a life of captivity and limited options.

This process assumes you want to make choices that lead to freedom. As you gain more freedom, you will amass more capital that you can use to pursue the things that matter most to you.

Take a moment to imagine a life of in which you've maximized your freedom. Use these three categories to think about how you want to use it. What do you want to Create? What do you want to Cultivate? What do you want to Contribute to?

**Create**

---

---

---

---

---

---

---

---

**Cultivate**

---

---

---

---

---

---

---

---

**Contribute**

---

---

---

---

---

---

---

---

# Part 3: Wants and Whys

**Directions:**

Imagine removing all of the constraints that keep you from saying what you truly want. Imagine you have all the money you need and never need to work again. You're physically well and have healthy relationships with family and friends.

What do you want and why? List the things that you most want and why you want them. This will help you narrow your focus on those wants that you believe contribute to Life Well Lived.

**Wants and Whys**

1	<i>I want...</i>
	<i>Because...</i>
2	<i>I want...</i>
	<i>Because...</i>
3	<i>I want...</i>
	<i>Because...</i>
4	<i>I want...</i>
	<i>Because...</i>
5	<i>I want...</i>
	<i>Because...</i>
6	<i>I want...</i>
	<i>Because...</i>
7	<i>I want...</i>
	<i>Because...</i>
8	<i>I want...</i>
	<i>Because...</i>
9	<i>I want...</i>
	<i>Because...</i>
10	<i>I want...</i>
	<i>Because...</i>