

Design Your Life

KATHRINE LEE



WHAT?

Goals vs Intentions
Needs - Desires - Legacy
Weigh Cost to Define True Want
Concept & Concrete



WHY?

Benefits
How will my life will change
today and 5 years from now?



WHO?

We must be of value to others
or we will never be satisfied.
Who will benefit from my pursuit?

HOW?

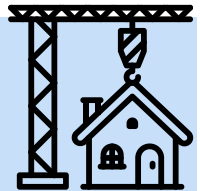
Priority Planning

Habits: Keystone & Anchors

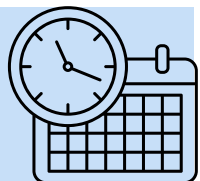
WOOP

- Wish
- Outcome
- Obstacle
- Plan

Stop Doing List



WHEN & WHERE?



Design Your Life

KATHRINE LEE

WHAT?

Goals vs Intentions
Needs - Desires - Legacy
Weigh Cost to Define True Want
Concept & Concrete

WHY?

- Benefits
- This is how my life will change today and 5 years from now

WHO?

We must be of value to others or we will never be satisfied.
Who will benefit from my pursuit?

HOW?

Priority Planning

Habits: Keystone & Anchors

WOOP

- Wish
- Outcome
- Obstacle
- Plan

Stop Doing List

WHEN & WHERE?