



A Production of
The Personal Strategy Institute

How To Design a Personal Strategy for Living

Part 5 of 5

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Recap – What We Have Learned in Parts I, II, III, IV

- Up to this point we have...
 - Defined what is Personal Strategy
 - Defined the primary tools and frameworks to compose personal strategy
 - Personal Strategy Maps
 - Personal Strategic Themes
 - Reviewed samples of both to see what Personal Strategy looks like
 - Walked through the process and steps for you to build YOUR personal strategy
 - Learned how to ‘keep score’ of personal strategy
 - Today, we discuss what it means to Live a Strategy Driven Life



Living a Strategy Driven Life

- Your life transformation has begun
 - Defined goals inspired by soul
 - Developed a personal strategy to achieve each goal
 - Committed to measure and manage life progress
- ALL future outcomes for your life are forever altered
 - Whatever successes or failures defined you previously now serve as no useful indicator for the future
 - You are living a new life trajectory
 - A new life story is being written and YOU are the author
- Collectively, your efforts above have enabled Total Personal Excellence



A Strategy Driven Life

What is Total Personal Excellence?

- Total Personal Excellence (TPE) is at once a goal and a state of being
 - *As a goal*, it represents a ‘place’ to which to strive
 - *As a state of being*, it is a place characterized by:
 - Total personal alignment
 - High achievement
 - Deep internal happiness
 - Financial independence
 - Meeting imperative
 - Seizing opportunity
 - Maximizing the life experience



TPE Framework

Foundational Elements

- Foundational elements represent those things that ensure personal excellence, however you define it
 - Developing a personal vision
 - Defining inner soul goals that reflect vision
 - Developing a personal strategy to achieve each goal
 - Personal Strategy Map
 - Personal Strategic Themes
 - Raw Data Sheets
 - ISG Timeline
 - Personal Control Plan
 - Personal Dashboard
 - Life Aids
- We build a life of achievement and happiness from establishing these foundational elements



TPE Framework

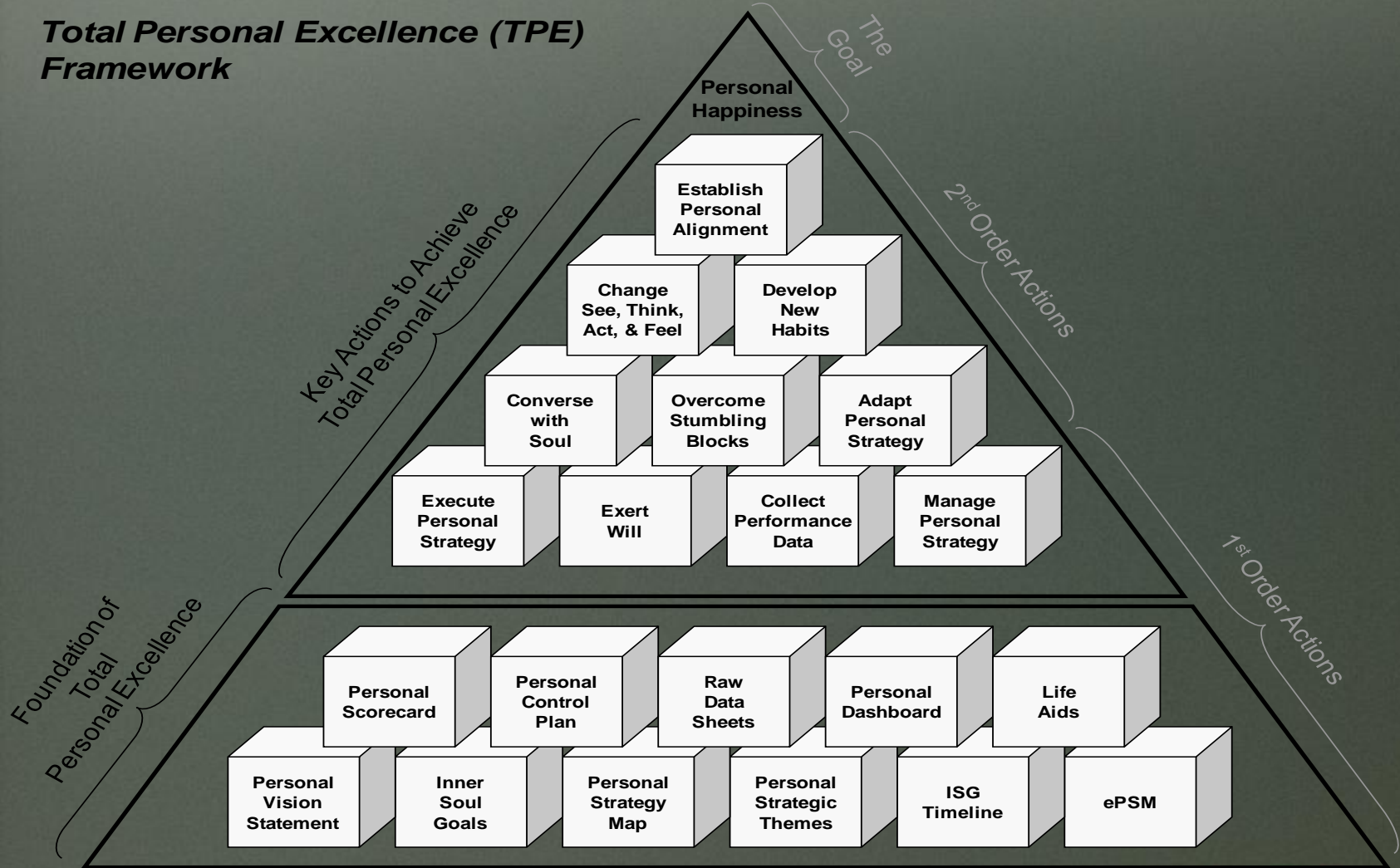
Key Actions

- Establishing the foundation of personal excellence represents only design work. Consequently, what remains is to execute design.
- We execute design by performing these key actions:
 - Converse with soul
 - Change how we see, think, act, and feel
 - Collect personal performance data
 - Execute personal strategy
 - Manage personal strategy
 - Overcome stumbling blocks
 - Adapt personal strategy
 - Exert will
 - Develop new habits
 - Establish personal alignment
- Each action above helps us achieve our goals, establish personal alignment, and maximize the life experience

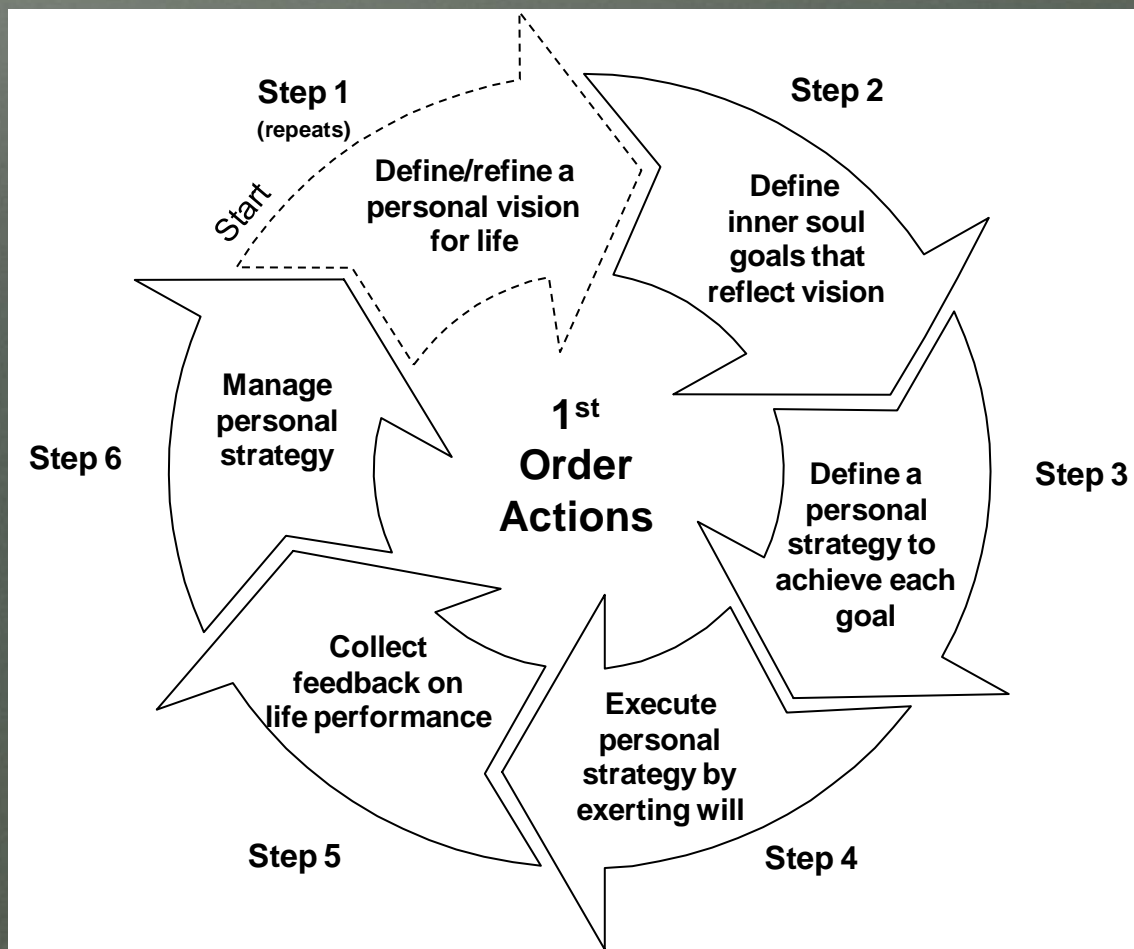
TPE Framework



Total Personal Excellence (TPE) Framework



Total Personal Excellence – The Process





Final Words

A Matter of Courage - I

- To be “free” is the goal
 - We yearn to be free because with freedom comes happiness
 - To be free means to do what you want in life so that you get what you want from life, throughout life
- Your personal strategy represents a “movement towards freedom”
- However, achieving freedom can be frightful as doing so may require you to:
 - Downsize lifestyle
 - Sell some possessions
 - Cash in your 401k
 - Move to new surroundings
 - Switch your profession, change your role, quit your job
 - Surrender status, sacrifice self-image, abandon ego
 - Leave your partner
- It takes courage to break from the standard life design; to break from what was familiar and, therefore, comfortable



Final Words

A Matter of Courage - II

- As you execute your personal strategy, there will be times when debilitating thoughts, feelings, and emotions consume you
- As you encounter such things, REMEMBER, you are:
 - Not your thoughts
 - Not your feelings
 - Not your emotions
 - **You are soul**
- The great successful people of the world have all experienced feelings of doubt, suffered from debilitating feelings, frightful feelings when pursuing greatness. Do not let such feelings shake your resolve.
- **The key is to just keep going!**



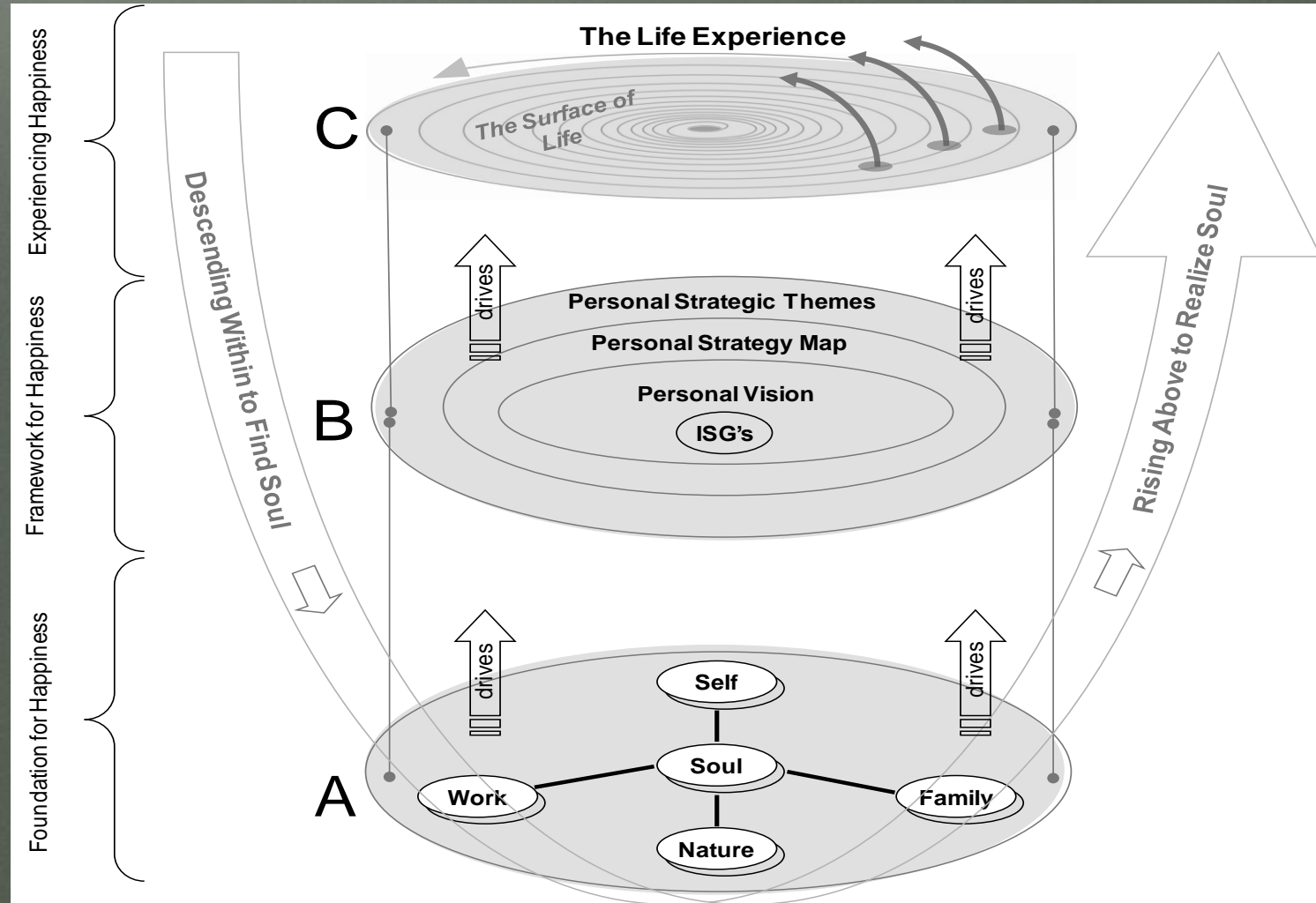
Final Words

Walk On...

- Despite setbacks, walk on...
- Despites self doubt, walk on...
- Despite slow progress, walk on...
- Despite the non-believers, walk on...
- Despite continued heartache, walk on...
- Despite feeling stuck in a hole, walk on...
- Despite knowing vision not destination, walk on...

Final Words

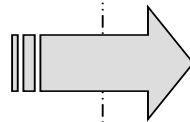
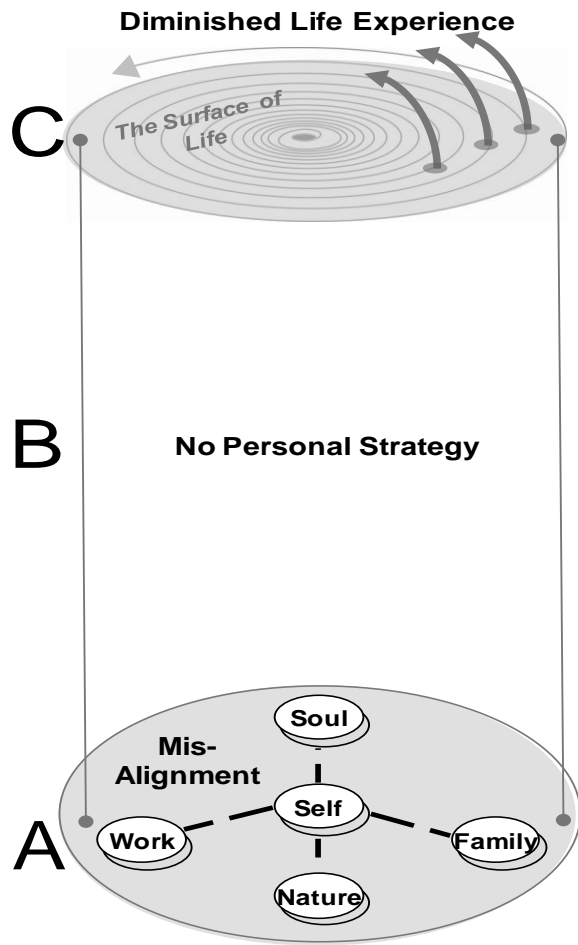
At Journey's End - I



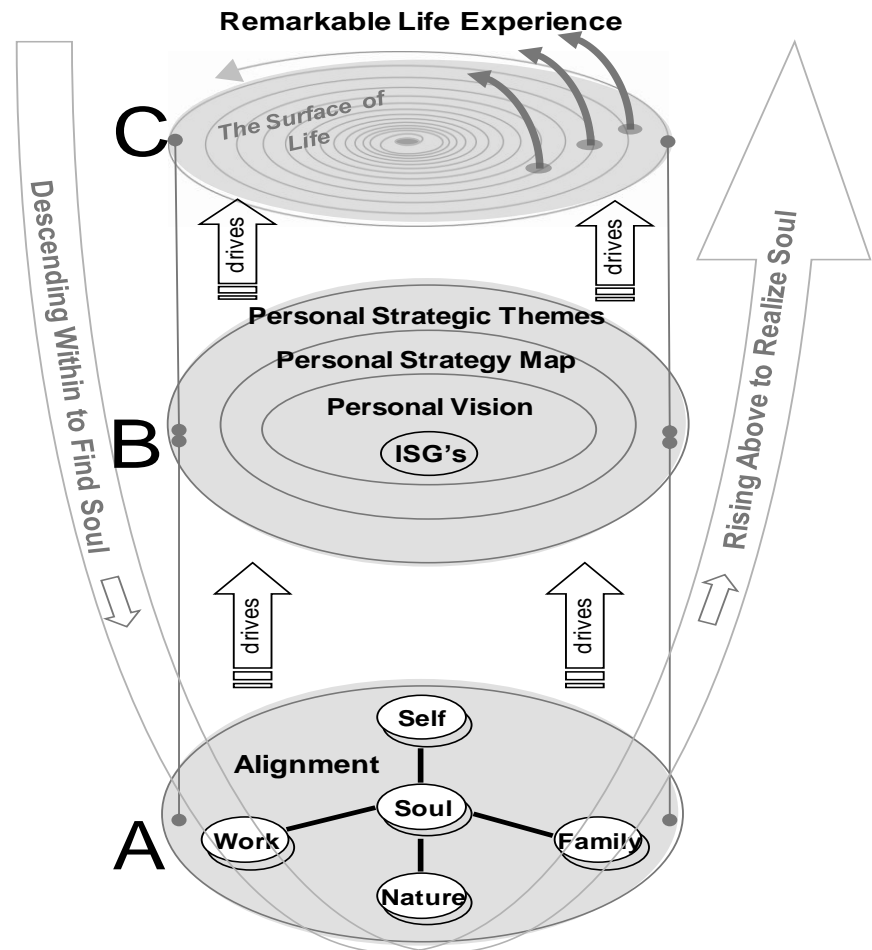
Final Words

At Journey's End - II

Operating from Self



Operating from Soul





Final Words

The Journey Continues...

- As our journey nears the end, another journey confronts you...the journey yet to come
- Every day becomes an object of reflection – a reflective event to assess your life to improve your life
- The challenge for you is to just execute; to just keep going
- Despite the hardship, self-doubt, wavering will, debilitating tendencies, and the waiting...walk on dear brother...walk on dear sister...walk on
- You chose to break free! What is your reward for making such choice? It is simple: lifelong happiness – the result from having maximized the personal, professional, and financial potential that life offers
- Continue what you started with this tutorial series. In time, you will learn the most powerful and profound life lesson of all – that ***when we pursue our passions, happiness follows***



Thank You for Viewing!

If you have any questions or comments regarding this video training tutorial, please contact us on our voicemail hotline at (630) 451-1088 or email us at feedback@personalstrategy.org