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GUIDE

Life Scriptwriter

Strategic Life Planning System

SELF-PACED PDF COURSE

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Life Scriptwriter

Strategic Life Planning System

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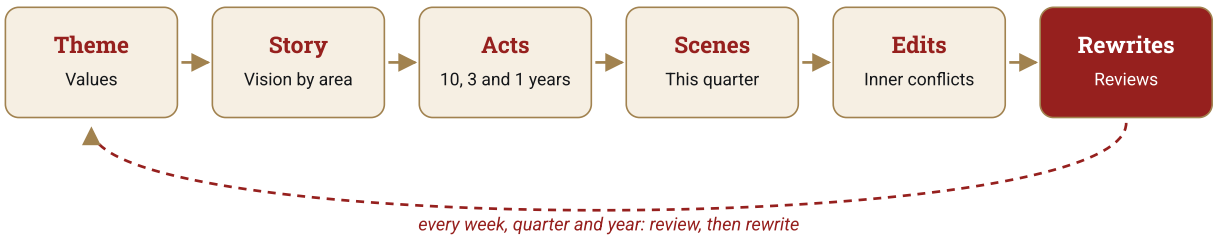
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How to Use This Guide

Most people plan their work carefully and their lives hardly at all. They have a budget for a kitchen renovation and a project plan for a product launch, yet the big questions (what they want their health, relationships, work and money to look like in ten years, and what they are doing about it this quarter) are left to drift. Then a birthday, a health scare or a quiet Sunday evening raises the question all at once, and it feels too big to answer.

Life Scriptwriter is a planning method for that question. It takes you from what you value, through a written vision for each area of your life, to a long-range plan, a plan for the next 13 weeks and a review cycle that keeps the whole thing honest. You are the writer of the script. You cannot control every scene, but you can decide what the story is about, which acts come next, and how you will respond when the plot changes.

The method in six stages



Stage	The question it answers	What you produce
Theme: values analysis	What matters most to me, in what order, and what do I do when values clash?	Ranked top five values, definitions and decision rules
Story: vision by area	What do I want each area of my life to look like, and where is it heading if I change nothing?	Drift case, floor, target, stretch and one scene per area

Stage	The question it answers	What you produce
Acts: 10, 3 and 1 years	What must be true in three years, and this year, for that story to happen?	Backcasting chain, lead and maintenance areas, three to five yearly objectives
Scenes: this quarter	What exactly will I do in the next 13 weeks, and does it fit my real week?	Quarterly objectives, measures, capacity check
Edits: inner conflicts	Where do my goals and values pull against each other, and what do I do about it?	Conflict map, decisional balance, revised plan
Rewrites: reviews and adaptation	What happened, what did I learn and what changes now?	Weekly, quarterly and annual reviews; tripwires and a pre-mortem

How much time it takes

- **Your first plan:** six to eight hours in total. The last chapter, “Your Planning Weekend”, turns the method into five sessions you can complete over one weekend or spread across two.
- **Every week:** a 20-minute review.
- **Every quarter:** about 90 minutes to review the last 13 weeks and plan the next.
- **Every year:** half a day for an annual review that rolls the whole plan forward.

A word about “subconscious reprogramming”

You may have seen this product described as teaching “subconscious reprogramming”. That phrase deserves an honest answer. Much of what you do really is automatic: habits triggered by cues, emotional reactions learned over years, snap judgments you never consciously make. And inner conflict is real: part of you wants the promotion, part of you wants your evenings back. But there is no good evidence that techniques sold as reprogramming the subconscious (subliminal audio, hypnotic scripts, affirmations repeated until you believe them) reliably rewrite those patterns.

What this guide offers instead is what the research does support. Chapter 6 shows you how to bring inner conflicts into the open and resolve them with deliberate choices: sequencing goals, redesigning plans so they serve more than one value, separating your own goals from

CHAPTER 1

Why Most Life Plans Fail 01

If you have ever written a list of resolutions, a five-year plan or a vision board, and found it in a drawer two years later, you are in good company. Life plans fail in predictable ways. Knowing them in advance is the cheapest protection you will ever get, and each stage of the method in this guide exists to block one of them.

Failure 1: The goals were never really yours

Many plans are built from borrowed goals: what your parents expected, what your friends are doing, what looks impressive. Kennon Sheldon and Andrew Elliot studied this in their research on what they called self-concordant goals: goals that express a person's genuine interests and values rather than pressure, guilt or the wish to impress. People pursuing self-concordant goals tended to put in more sustained effort, make more progress, and gain more in well-being when they succeeded. Borrowed goals tend to run out of fuel, and even reaching them often feels strangely flat.

The fix: start from values (Chapter 2), and test every goal for whose voice it really is (Chapter 6).

Failure 2: Too many goals, competing for the same life

A plan that asks for a promotion, a marathon, a renovation, a side business and more time with the family, all this year, is not ambitious. It is a list of conflicts waiting to happen. Every goal draws on the same 168 hours, the same bank account and the same supply of energy.

The fix: choose one or two lead areas at a time and keep the rest at a protected minimum (Chapter 4), then check your plan against your real week (Chapter 5).

Failure 3: No bridge from the vision to Tuesday

A ten-year dream with no link to this week is a daydream. Most plans jump from “someday” straight to “today”, with nothing in between to turn a direction into a concrete next step.

The fix: a chain of horizons, from ten years to three, to one, to this quarter, to this week (Chapters 4 and 5).

Failure 4: Planning as an event, not a cycle

Most plans are written once, in a burst of enthusiasm, and never looked at again. But you change, your circumstances change, and a plan that is never revised soon describes someone else’s life.

The fix: reviews on a schedule, weekly, quarterly and yearly, plus rules for adapting when life changes (Chapters 7 and 8).

Failure 5: Optimism without obstacles

People are reliably optimistic about how long things will take. Daniel Kahneman and Amos Tversky named this the planning fallacy, and in studies by Roger Buehler, Dale Griffin and Michael Ross, students predicting when they would finish major assignments, including their theses, were consistently too optimistic, even when they could recall that similar past projects had taken longer than planned. Psychologist Gabriele Oettingen has also found that indulging in positive fantasies about a goal, without considering the obstacles, tends to go with less effort and less progress, not more.

The fix: capacity checks with a buffer (Chapter 5), and honest work on obstacles, both inside you (Chapter 6) and outside (Chapter 8).

What makes a plan strategic

In a business, strategy is a set of choices about where to compete and what not to do, given limited resources, followed by regular checks on whether the choices are working. A strategic life plan is the same thing at a personal scale. It is not a wish list. It is a small number of

clear choices about what comes first, what waits and what you will not do, written down and revisited on a schedule.

EXERCISE

Post-mortem on a past plan

Think of a plan, resolution or goal from the past few years that faded.

1. What was it, and roughly when did it fade?

2. Which of the five failure points played a part? (Borrowed goal, too many goals, no bridge to the week, never reviewed, optimism without obstacles.) Explain briefly.

3. If you tried it again, what one thing would you do differently?

EXAMPLE

Daniel's drawer of plans

Daniel, 44, a regional sales manager, found three old plans while clearing his desk: a set of New Year goals from six years ago, a "five-year vision" from a leadership course and a half-filled planner from last spring. All three included "write a book", "get fit" and "spend more time with the kids". None had been looked at after February.

His post-mortem was blunt. "Write a book" was something he had said at a dinner party once and felt he had to live up to; it was never his. "Get fit" competed with a job that had him on the road three days a week, and no plan had ever admitted that. And nothing linked

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WORKBOOK

Life Scriptwriter Workbook

Values Ranking, Vision by Area, 1-3-10 Year Plan and Quarterly Pages

COMPANION TO LIFE SCRIPTWRITER

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Pairwise Ranking

Step 1. Write your top eight values next to the letters A to H. **Step 2.** In the grid, each white cell is one pair: the row letter against the column letter (28 pairs in all). Ask, “If I truly had to choose, which one wins?” and write the winner’s letter in the cell. **Step 3.** Count each letter’s wins and rank them. Break a tie by looking at which of the two won when they met.

Letter	Value	Wins	Rank
A			
B			
C			
D			
E			
F			
G			
H			

	A	B	C	D	E	F	G	H
A								
B								
C								
D								
E								
F								
G								