

Life Book

A personal guide from
where you've been
to where you're going

From **Un**stuck
The power of un.

How To Use the LifeBook

Hey Unstuckers!

Thanks for downloading the Unstuck Institute Life Book – your personal guide to get you from where you’ve been to where you’re going. We encourage you to really take the time to reflect and put sincere effort into this book. You are worth the time.

Below are instructions on how to use this book and make it your own, section by section. Let's dig in!

Looking Back:

Start out by taking a look at what you’ve done thus far in your life. This can be personal achievements, work related or anything that has happened in your life that you are proud of! Fill this page how you please so that you can quickly glance at it and be reminded of how awesome your life has been so far!

You can have fun with the collage, look back through your camera roll and pull photos from the times in your life that have been awesome, shown growth, or are significant in some way!

Or, if you're more of a words kind of person, fill the page with words and phrases that showcase your accomplishments in the past.

Or, if you’re just an all over the place person (like us), do both!

I am:

You’ve already reflected on your past peaks and valleys. Good news is that every day is a new day and an opportunity to start anew towards your goals! In this section write three “I am” statements (one each for past, present, and future) in each category that reflect your truest self!

Then, reflecting on all that is truly you, come up with a tag line for your life’s movie at the bottom of the page. Think something like Sir Francis Drake’s motto, “Greatness from small beginnings.” Feel free to use google to find some inspiration that speaks to your “I am” statements.

Looking Forward:

Who do you want to be? What does the best version of you do everyday? What future accomplishments will you be most proud of? Have fun with the collage, aim high and dream BIG for this exercise. Nothing about your future is off the table; be sure to add in anything that is important for you in your future whether it be in your personal life, career, or investments. As before there are no rules to how you fill out this page. Do what works for your own creativity. The key here is to day dream with clarity in mind. If you want to be a writer, how will your daily life look? Be specific.

How To Use the LifeBook (Continued)

Autobiography:

It is exactly what it sounds like. Write your autobiography from the point of view of your retired self looking back. Just as with your looking forward collage consider the details and be sure to include everything you want to achieve!

5, 2.5, & 1 year Plans:

Let's be real...10 years is too far out, so we broke this down into a more digestible way of planning out your future. Aim high for your long-term (5 year) plan. Use those goals to determine what you will need to do by your half way point (2.5 year) and then do the same to determine your 1 year plan.

By mapping out our future we can stay focused on our goals and attain amazing things in the next 5 years!

Daily Planner:

Having an idea of what tasks you need to complete on a daily basis is key to keep you on track, allowing you to keep the ball moving forward towards your annual and long term goals. Determining your morning and evening routine so that you can just go through a flow without having to think too much is going to help you form positive habits and keep you in autopilot, allowing you to fly through those necessary daily tasks.

On a daily basis its also important to take some time to reflect on anything that may no longer be serving you, and let it go. Take a similar approach to determine what your focus of the day, what you are grateful for and things that you may be excited about. It is important to focus on the good [non-work related experiences] as well as the tasks that keep you moving forward, because finding the balance between work and play is key to your longevity in business and in life!

Note your top three priorities and give yourself a check off when they are complete (that can be one of the most rewarding parts of the day). Even if you have a digital calendar and digital reminder list that map out your day, write them out, this helps to solidify what you need to complete each day. Lastly, write down your word of the year as a daily reminder of your goal as well as your affirmation for the day (which can change on a daily basis).

Do the work! Get yourself unstuck and commit to what's now your dream and bring it into reality. You have everything you need to become the person who achieves your dreams. Be sure to review this annually to revise and edit as needed. You got this!

- Cel & Josh

LookingBack

What I've done so far

3 things I'm
most proud of:

☐ _____ ☐

☐ _____ ☐

☐ _____ ☐

3 things I've done that
make me happy:

☐ _____ ☐

☐ _____ ☐

☐ _____ ☐

"My Life So Far"

*(Fill this space with Words and images that show off
how awesome my life has already been)*

I Am...

Past, Present & Future: This is me.

CAREER

I was...

I am...

I will
be...

Health & Wellness

I was...

I am...

I will
be...

Friends & Family

I was...

I am...

I will
be...

My Life's Movie Trailer Tag Line or Motto

□

□

Looking Forward

What I will do

3 things I'm going to do that
I will be most proud of:

☐ _____ ☐

☐ _____ ☐

☐ _____ ☐

3 things I'm going to do that
will give me the most joy:

☐ _____ ☐

☐ _____ ☐

☐ _____ ☐

"My Future"

*(Fill this space with Words and images that show off
the awesome things I'm going to do with the rest of my life)*

Autobiography

What will you write about yourself in your golden years?

5-YearPlan

Age:

Words to focus on for the 5-year plan:

Income:

I n c o m e S o u r c e s :

What I do in order to make that income:

Career

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Health & Wellness

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Family & Friends

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Hobbies & Leisure

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Projects:

between 2.5 and 5 years from now

<input type="text"/>
<input type="text"/>
<input type="text"/>

<input type="text"/>
<input type="text"/>
<input type="text"/>

2.5-Year Plan

Age:

Words to focus on for the 2.5-year plan:

Income:

I n c o m e S o u r c e s :

What I do in order to make that income:

Career

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Health & Wellness

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Family & Friends

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Hobbies & Leisure

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Projects:

between 1 and 2.5 years from now

<input type="text"/>
<input type="text"/>
<input type="text"/>

<input type="text"/>
<input type="text"/>
<input type="text"/>

1-YearPlan

Age:

Focus word of the Year

Income:

Income Sources:

What I do in order to make that income:

Career

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Health & Wellness

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Family & Friends

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Hobbies & Leisure

<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>

Projects:
For This Year

Today's Date:

Daily Planner

☐

Review LifeBook

Morning Routine

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

I will let go of...

I will focus on...

I am grateful for...

Evening Routine

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

The things I get to look forward to today are...

Today's productivity priorities are...

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Appointments

To Do:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

My Word of the year

Daily Affirmation: Today I am...