

Living Wisely

The Life Planning Guide

Wisdom That Transforms.
Action That Lasts.

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Discover Timeless Wisdom

 **GETWISDOM**
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Living Wisely

A Quick-Start Guide to Purposeful Living and Wise Decisions!

"Happiness is not something ready-made. It comes from your own actions." Dalai Lama XIV

Discover Timeless Wisdom for Better Choices and a More Fulfilled Life!

Life doesn't come with a manual—but it can come with wisdom. This guide is your invitation to pause, reflect, and realign your choices and your life. Whether you're facing uncertainty, pursuing a new direction, or just want to live more intentionally, *Living Wisely* provides the clarity and tools to help you take control and thrive.

A: WHY WISDOM MATTERS

Wisdom matters today more than ever! In a world of endless opinions, and distractions we often face two common challenges:

1. **Decision Fatigue:** Too many options and no clear direction.
2. **Life Drift:** A sense of coasting or reacting instead of living purposely.

But wisdom cuts through the noise. It offers time-tested principles. It provides the ability to make choices that lead to a better life—not just a busier one. Wisdom delivers clarity in the complexities of life.

Wisdom is more than knowledge. It's the ability to apply truth and logic to real-life decisions and get good outcomes.

B: THE FIVE LIFE DOMAINS

Let's examine your life. Wise living means seeing your life as a whole – the big picture. You can use the following five life domains to take an inventory and make intentional improvements:

1. Purpose

- Are you clear about what matters most to you?
- What are your priorities?
- Have you made any life commitments?
- Do your daily choices reflect your deepest values?

Reflection Prompt: What legacy do you want to leave behind? Take a couple of minutes and write it down if you can (or, jot down thoughts and ideas):

2. People

- Who are the key relationships in your life?
- Are you investing in relationships that build you up—or are they draining your energy?

Reflection Prompt: Who are the three most important people in your life and which relationship needs more intentional care this week?

3. Principles

- What are your non-negotiables—your core values?
- Are you living with integrity or reacting by impulse?
- Do you have values or standards you live by?

Reflection Prompt: Do I need to establish core values? What core value do I need to strengthen? What values are currently driving my decisions?

4. Productivity

- Does your focus and energy align with your priorities?
- Do you have any habits you need to break?
- Do you feel in control or are you constantly trying to catch up?

Reflection Prompt: What's one habit I could change to reclaim my time?

5. Perspective

- How do you process success or difficulties?
- Do you have a world-view?
- Are you hopeful and encouraging or do you feel weighed down?

Reflection Prompt: What story are you telling yourself? Is it helping or hurting you?

C: THE WISDOM LIFE MAP

Do you need to begin intentional living? Use this simple Life Map framework to move forward with your life purposes:

Step 1: Define What Matters Most

What do you truly value? What are your guiding beliefs or core values regarding life, people, and purpose?

Action Step: Write down your Top 5 Life Values. Examples: Integrity, Growth, Love, Contribution, Faith, Compassion, Gratitude, Fun, Work, Faith Generosity, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2: Identify If Anything is Out of Sync

Where are your life choices or values not aligned with your core values?

Action Step: Choose one area (health, finances, faith, personal growth, relationships, etc.) where you feel misaligned, stuck, or off track. Describe (simply) your concern:

Step 3: Set a Small or Simple Goal

Big change begins with small steps. Set a goal tied to your values.

Action Step: Create one weekly action step. Example: "Spend 15 minutes each morning in prayer, reflection, or meditation before checking my phone."

Step 4: Track & Adjust

Check your progress weekly. Adjust your actions—not your values.

Action Step: Use a simple journal or checklist. Each week ask yourself: What worked? What didn't? What needs to change? What should I do differently?

D: FIVE PRACTICAL WISDOM PRINCIPLES FOR DAILY LIFE

The following truths have the glue to stick. Use them wisely to guide your choices:

- **Purpose beats busyness.** Don't confuse motion with meaning.
- **Consistency beats intensity.** Start small and build daily.
- **Choices become habits, habits become identity.** Your identity is who you really are.
- **Peace comes from alignment.** Live true to your core values.
- **Boundaries aren't barriers—they're freedom tools.** Use them wisely.

E. STAYING ENCOURAGED — HOPE FOR THE JOURNEY

Even when life feels out of control, you are not helpless. Wisdom is always available. You can:

- **Start anew today**—no matter what yesterday looked like.
- **Choose what you focus on**—and change your perspective.
- **Move forward**—not by being perfect, but by being intentional.
- **You can change/fix it at any time**—there is no time like the present.

Encouragement: Your life matters. Your choices shape your future. Every wise step forward makes a difference.

THE NEXT STEP!

Choose an action from this guide—and do it today.

The ideas in this guide are just the beginning. For deeper growth discover the resources available from Get Wisdom Publishing. Explore our **Life Planning Series** (personal growth) and **Jesus Follower Series** (faith based) for powerful wisdom-based resources. Or explore the following specific books:

Personal Growth:

- [The Life Planning Handbook](#)
- [CHOOSE Core Values: Build Your Life or Business on Ethical Principles.](#)

Faith Based:

- [CHOOSE Faith: Guidebook for spiritual questions about God, religion, heaven, etc.](#)
- [The Focus For a Jesus Follower: Keep your eyes on Jesus!](#)
- [The Commitments of a Jesus Follower: Practical Christian living and discipleship.](#)

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