

# Life Planning & Analysis

Know yourself, commitments,  
and life goals.

**Stephen H Berkey**  
**J.S. Wellman**



**GETWISDOM**  
PUBLISHING

Author: Stephen H Berkey



Author: J. S. Wellman

# LIFE ANALYSIS

## Know Yourself

The first step in any planning process or self-improvement activity is to know and understand who and where you are today. What is your present life situation? What is impacting your decisions and ultimately your life today? What do you like to do? What are your gifts, talents, attributes, characteristics, and experiences? What goals or commitments have you made? That's what this resource will help you do – think about all the characteristics that define you at this point in time.

Before we begin, take note of the following suggestions:

- During this process you may find that you draw a blank on a particular question. If that happens, move on to the next question and return to the unanswered questions later.
- If the question doesn't apply to you for some reason, leave it blank and move on.
- This is not an exhaustive exercise. It has been condensed to provide a meaningful review of the important characteristics and circumstances of your life.

### 1. KNOW YOURSELF – Interests

**What are the things and activities you love to do? What gives you joy?**

INSTRUCTION: Enter your answers here.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

### 2. KNOW YOURSELF – Skills/Strengths

**What are the most important skills, abilities, and strengths you possess?**

Possible skills: speaking, negotiation, electronics, writing, organizing, finance, art, music, mathematics, social media, scholarship, leadership, etc.

INSTRUCTION: Check the list above for possible skills or talents you may possess. This list isn't comprehensive. It's just to get you started thinking. Use the blanks below to fill-in your significant skills, talents, or strengths.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

**3. KNOW YOURSELF – Weaknesses**

**What are your weaknesses?**

INSTRUCTION: Identify and explain your major weaknesses.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

**4. KNOW YOURSELF – Reputation**

**What is your current reputation? What do others say about you?**

INSTRUCTION: What do others respect, appreciate, or admire about you? Alternatively, what characteristics might bother others about you? How would others describe you?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

**5. KNOW YOURSELF - Roadblocks**

**Are there any roadblocks, distractions, or hindrances that would prevent you from improving your life in any way?**

Who or what things do you fear the most? What situations will be difficult to overcome?

INSTRUCTION: Circle any of the following that might apply and add your own in the blank boxes.

Disabilities	Failure	Bankruptcy	Divorce	Loss of job
Public speaking	No life purpose	Insecurities	Fears	Death
Poor health	My boss	Guilt	No patience	Bad habits
Time	Apathy	No core values	Peer pressure	Family
Inability to stand firm	Immoral behavior	Unethical behavior	Lack of skills and abilities	Emotions and feelings

INSTRUCTION: Based on what you circled above, record any serious roadblocks or hindrances that could prevent you from achieving your best life. Indicate the reason they are roadblocks.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

**6. KNOW YOURSELF - Character**

**Do you have any existing character flaws?**

How would you evaluate your personal character? Do you have any serious character flaws? If so, you may need to deal with them separately in order to make real progress toward living your best life.

Do you lack honesty, kindness/goodness, caring, forgiveness, hope, humility, trustworthiness, love, diligence, respect, patience, generosity, peace, self-control, gratitude, discipline, obedience, gentleness, sincerity, etc.

Do you have existing character flaws like: bad language, anger, pride, slander, cheating, stubbornness, hostility, envy, rebellion, foolishness, ingratitude, immorality, addictions, jealousy, bitterness, deceit, revenge, etc.

INSTRUCTION: Review the issues you have identified and list anything below that could seriously hinder achieving your best life. List the issue and how it would negatively impact your ability to achieve your objectives.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

**7. KNOW YOURSELF – Legacy**

**If you wrote your own epitaph, what would it say? What do you want it to say?**

INSTRUCTION: Write your epitaph or list what you would hope it included:

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**8. KNOW YOURSELF – Defining Life Experiences**

**What defining life experiences have shaped your life?**

DEFINITION: A defining life experience is one that impacted your life in a substantial way and altered the way you lived or acted. Examples of possible defining experiences include: marriage, birth of children, job/career, death, divorce, addiction, salvation, education, leaving home, relocation, vocation, care of aging parent, loss or acquisition of a friend, change in health, etc.

INSTRUCTION: For each of the 2-4 most important events, write a short statement defining the positive influence you want that event to have on your life in the future:

- (a) \_\_\_\_\_  
\_\_\_\_\_
- (b) \_\_\_\_\_  
\_\_\_\_\_

(c) \_\_\_\_\_

\_\_\_\_\_

(d) \_\_\_\_\_

\_\_\_\_\_

## 9. KNOW YOURSELF – Dreams

### What are your dreams for the future?

INSTRUCTION: What are your dreams and passions? What does your best life look like? What do you think will bring you great joy?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

**CONCLUSION:** This concludes the information gathering. You should now have a good overview of your life and what might impact your ability to make improvements or changes. In the remaining pages we will help you draft a personal mission statement, core values, life priorities and commitments, and goals.

## Personal Mission Statement

*A Personal Mission Statement* is a broad general statement aimed at identifying your primary purpose in life. It is the rationale or justification for your existence. It may indicate the activities you intend to perform, the kind of person you want to be, or a major goal you want to accomplish. It defines what you want your life to be about.

### First Draft

Using the information you developed above about yourself and considering:

- what you want to accomplish,
  - what kind of person you want to be, and
  - how you want to use your skills and abilities,
- prepare the first draft of your personal mission statement.

This is a working statement, and it will probably need several revisions. Use a pencil.

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If you feel you need additional guidance in drafting this initial statement, you may wish to consider on one or more of the following concepts:

- How you will use your gifts, talents, or skills.
- What type of steward you will be with your time, talents, skills, and resources.
- Your accomplishments, attitude, or relationships in your job, career, or vocation.
- How you will use your wealth.
- What type of parent or spouse do you want to be?

### Revised Drafts

Now edit your first draft. Try to keep it between 15 - 30 words – the shorter, the better! Ideally it would be short enough that you could easily remember and repeat it. You may come back to this again and again, each time changing it and getting it closer to what you want, as you proceed.

(2<sup>nd</sup>) \_\_\_\_\_

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(3<sup>rd</sup>) \_\_\_\_\_

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(4<sup>th</sup>) \_\_\_\_\_

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## Core Values

What are the standards by which you live? What values do you cherish? What do you believe in? What values or standards will you absolutely not compromise or violate? Those are your core values. Your core values are the standards that are very important to you.

INSTRUCTION: Develop your list of core values and record them here. We suggest you try to list twelve and then cut the list back to the best 5 to 8.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
  
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
  
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## Life Priorities

What are your life priorities? Where do you spend your money and your time? What do you spend your life doing and thinking about? If you do something daily or regularly, then it is probably a priority. If you average more than an hour a day doing something, it's also probably a priority. What do you regularly spend money on? What do you do in the evenings and on weekends?

INSTRUCTION: What are your actual top 8 to 15 life priorities today? Simply answer the question, "What is important to me today, based on how I spend my time and money?"

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

From your list choose the 6-8 that are the most important to you.

## **Life Commitments**

Life Commitments are the things you must do to make your Life Priorities a reality in your life. What are your Life Commitments today given your life circumstances? Develop the Life Commitments you feel you need to make in order to help you accomplish your Life Priorities.

### Existing Commitments

INSTRUCTION: List any commitments that already exist in your life because of your present circumstances. For example, you may be committed to caring for a sick relative, or taking care of a child that is not your own. Maybe you are dealing with self-control issues and you have committed to controlling your anger. What are the commitments you already have in your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### New Life Commitments

It's very likely that you will need to make new commitments to accomplish your Core Values and Life Priorities. For example, if your desire is to be honest you will also have to commit to

being trustworthy and dependable. If you desire to guard your speech then you cannot be out of control and let anger control your tongue.

Final Life Commitments

INSTRUCTION: Based on the above, develop the Life Commitments you feel you need to make in order to successfully make the life you desire a reality.

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_
- 4. \_\_\_\_\_  
\_\_\_\_\_
- 5. \_\_\_\_\_  
\_\_\_\_\_
- 6. \_\_\_\_\_  
\_\_\_\_\_
- 7. \_\_\_\_\_  
\_\_\_\_\_
- 8. \_\_\_\_\_  
\_\_\_\_\_

**Your Life Goals**

*"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor."*

Brian Tracy

Typically we would suggest you should have 8-12 Life Goals at any one time in your life. In our Life Planning Handbook we help you define goals in:

- Personal character
- Habits
- Friends and Family Relationships
- Work and Work Ethic
- Education
- Community Service
- Money and Wealth
- Health
- Spiritual

What is a Typical Life Goal? Generally life goals are serious, relatively large, and important objectives you want to achieve in your life. Following are some examples of life goals that you might consider:

1. To be honest, live with integrity, and base my life on truth.
2. To choose my friends wisely.
3. To guard my speech and use my words carefully.
4. To be diligent and a hard worker.
5. To not love money or worship wealth.
6. To be trustworthy – I will not compromise my integrity.
7. To be humble and live my life with gratitude.

**WHAT NEXT?** Well, that's the key question! We do not have the space to continue this process here. The next two pages provide an overview of the resources available from Get Wisdom Publishing that will help you to take some next steps. The Get Wisdom Vision is:

**"To be a trusted source for wisdom-driven books that inspire growth, guide decisions, and empower readers to live with purpose and fulfillment."**

***Wisdom That Transforms. Action That Lasts.***

# What Next – Faith Based

Do you want to make better decisions and live with clarity and purpose?  
Choose the following path that fits you best:  
Faith Based or Personal Growth.

## Study the Jesus Follower Series

Author: Stephen H Berkey

<https://www.amazon.com/dp/B0DHP39P5J>

### The RELATIONSHIP CHARACTERISTICS of a Jesus Follower:

Are you right with God?

### The ONE ANOTHER INSTRUCTIONS to a Jesus Follower:

Are you right with one another?

### The WORSHIP of a Jesus Follower:

Is your worship acceptable or in vain?

### The PRAYER of a Jesus Follower:

What Scripture says about unleashing the power of God.

### The DANGERS of SIN for a Jesus Follower:

God HATES sin! He abhors sin!

### The FOCUS for a Jesus Follower:

Keep your eyes fixed on Jesus!

### The HEART Requirements of a Jesus Follower:

Follow with all your heart, mind, body, and soul!

### The COMMITMENTS of a Jesus Follower:

Practical Christian living and discipleship.

### The OBEDIENCE Requirements for a Jesus Follower:

Ignore at your own risk!

## Be Challenged by the *OBSCURE* Series

The *OBSCURE* Bible Study Series – Focus on Interesting characters.

<https://www.amazon.com/dp/B08T7TL1B1>

## Know What You Should Pray

Your Personal Prayer Guide

<https://www.amazon.com/What-Should-Pray-Personal-Journal/dp/1952359260/>

## Effective Life Change

Applying Biblical Wisdom to Live Your Best Life!

<https://www.amazon.com/dp/1952359732>

***Deep Biblical Wisdom. Real-Life Faith Application***

# What Next – Personal Growth

Non-Faith Based Resources – Continue the Journey

*Decide to be the Very Best You Can Be*

## **Explore The Life Planning Series**

Author: J. S. Wellman

<https://www.amazon.com/dp/B09TH9SYC4>

### ***CHOOSE Integrity:***

Honesty is the foundation for personal development.

### ***CHOOSE Friends Wisely:***

Make authentic personal connections.

### ***CHOOSE The Right Words:***

Filter your speech for effective personal growth.

### ***CHOOSE Good Work Habits:***

Diligence and hard work produce life improvement.

### ***CHOOSE Financial Responsibility:***

Take control of your financial life.

### ***CHOOSE A Positive Self-Image:***

Self-identity, self-esteem, and self-worth.

### ***CHOOSE Leadership:***

Be an effective leader.

### ***CHOOSE Love and Family:***

Build strong relationships.

### ***CHOOSE Core Values:***

Build your life or business on ethical principles and honorable character traits.

### ***CHOOSE Faith:***

Your spiritual guidebook for questions about religion, God, heaven, truth, evil, and the afterlife.

## ***LIFE PLANNING HANDBOOK***

A Personal Life Plan Is The Key To Personal Growth

<https://www.amazon.com/gp/product/1952359325>

## ***POWERFUL BUSINESS STRATEGIES***

Implementing Core Values For Business Success

<https://www.amazon.com/dp/1952359511>

***Life Planning with Wisdom and Purpose.***

# ***"Wisdom That Transforms. Action That Lasts."***

## **The Get Wisdom Commitment**

At Get Wisdom Publishing we believe that true wisdom has the power to transform lives. Our mission is to equip readers with timeless insights and practical tools that inspire growth, guide decisions, and empower purposeful living. We don't just inform—we empower.

Our books combine profound understanding with real-life application, enabling readers to unlock their potential and navigate life's challenges with clarity and confidence. With each step guided by wisdom, we help you create lasting change and live the life you deserve.

***When wisdom meets purpose, transformation follows.***

