



# A Life Steering Act<sup>®</sup>

*"It matters not how strait the gate, how charged with punishments the scroll, I am the master of my fate: I am the captain of my soul."*

Invictus by William E. Henley

<p>What is I WANT now!</p> <p>To have a desire to possess or do (something); wish for. "I want an apple" <i>synonyms: desire, wish for, hope for, aspire to, fancy, care for, like.</i></p>	<p>What is it I NEED now!</p> <p><b>To require (something) because it is essential or very important. "I need help now" <i>synonyms: require, be in need of, have need of, want; More</i></b></p>						
<p>WHAT?</p> <p>HOW?</p> <p>WHY?</p> <p>WHO?</p>	<p>WHAT?</p> <p>Start off by <i>working off Deviations</i>: regroup/ replenish/restore and look at real issues that have made you deviate from getting things done or simply procrastinating and feeling less than...</p> <p>Life Balancing Action Goals (LBAG 1) Emotional 2) Financial 3) Relationships 4) Work 5) Spiritual: <u>P</u>: Prioritize (mark from 1 to 10 with 1 being the first etc.. (IP means in progress))</p> <table border="1" data-bbox="513 989 1563 1493"> <thead> <tr> <th data-bbox="513 989 573 1024">P</th> <th data-bbox="573 989 667 1024">LBAG</th> <th data-bbox="667 989 1563 1024">Real Issues</th> </tr> </thead> <tbody> <tr> <td data-bbox="513 1024 573 1493"></td> <td data-bbox="573 1024 667 1493"></td> <td data-bbox="667 1024 1563 1493">Use a separate sheet to list.</td> </tr> </tbody> </table> <p>HOW? - Change <b>Environment/perspective</b> e.g. Change Beliefs - Better - Nutrition, Exercise, Meditative/Spiritual Practice, Play, Renewal</p> <p>WHY? <b>Embrace/expand Strengths</b> e.g. Lesson Learned and Opportunities and Threats</p> <p>WHO? <b>Partnerships/Collaborate</b> e.g. Training/education to other?</p>	P	LBAG	Real Issues			Use a separate sheet to list.
P	LBAG	Real Issues					
		Use a separate sheet to list.					