

*GET YOUR WORK/LIFE  
OUTLINE IN ONLY 20 MINUTES!*

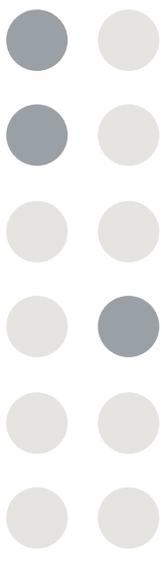
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# THE ULTIMATE WORK-LIFE PLOT CHECKER

4

STEPS TO HELP YOU  
TAKE BACK THE PEN &  
START DRAFTING THE  
STORY OF YOUR LIFE.

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PLOTLINE  LEADERSHIP



*Hello!*

A Plot is a series of significant events that move a story and its characters from one place to another. As both the author and star of your work/life story, it's critical to focus on the things you do, feel, think, and say that propel you toward a **desired outcome**.

Plot is about action. It's about cause and effect. And it's about the internal and external struggles and conflicts that move you forward.

Anyone alive is a tale in progress. And we all have backstories which inform our current circumstance...the setting of our **NOW**.

This guide will help you outline the what's next.

*Are you ready to write your next chapter?*

Let's do this.

*Tim*



## Step 1 - Own Your Backstory

Characters don't simply appear on a page or stumble onto a screen. Everyone...EVERYONE has a purpose...a reason for showing up the way they do.

Who and where you are today depends in part on who you were and where you came from. Understanding your backstory can not only clarify why you are where you are, it can help you take the next action with purpose.

There are many events and experiences that shape our lives. For each category below, write a sentence about a relevant moment that helped define who you are today. Don't stop to think.

What has each topic meant to you throughout your life?

 Career/Money

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 Family

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 Friendships

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 Love/Romance

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 Spiritual/ Religion

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 Other

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## Step 2 - Stand In Your Setting

Of course, the past doesn't define who we are. We are each redefined with every action and every word, every day. The NOW is fleeting, but it's the only thing we ever really own. That is of course, if we act with intention.

So, look around. Where are you? Better still, look inward. Who are you? As the main character in your own story, how do you show up? What is your intention?

Consider the same categories examined in the last exercise. But this time, see them through the lens of the now. Again, don't stop to think.

Just write a sentence about what each topic means to you in this moment.

 Career/Money

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 Family

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 Friendships

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 Love/Romance

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 Spiritual/ Religion

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 Other

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## Step 3 - Visualize Your Ending

Understanding where you are is great. Knowing where you want to go is even better. So, what's your destination?

Don't worry about the HOW for a moment. Just think about the next chapter in your life's story. If everything were to come together perfectly, where and who would you be?

Consider the categories again, only this time picture the climactic moment when the plot comes together, and the hero wins the day.

In a word or two what does that look like? Don't think. Just write.

 Career/Money

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 Family

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 Friendships

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 Love/Romance

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 Spiritual/ Religion

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 Other

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## Step 4 - Navigate the Messy Middle

Okay, this is the hard part.

Once you've defined the bookends of your life - the setting and climactic chapter - it's time to draft the plot that will get you from where you are to where you want to be.

But before setting the proverbial pen to paper, review your desired end-state and consider the following key character questions.

1. *Is this story, really your story? Circle Yes or No*

If NO, is it something someone else (a parent, spouse, or manager) wrote for you?  
Circle Yes or No

If YES, is this the best story arc for the character (you) to follow? Circle Yes or No

2. *What about the journey is compelling...why is it the best road to walk?*

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3. *What's at stake? What happens if you don't move?*

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Note: If you answered **NO** to any question, revisit Step 3 and draft a new destination. If not, complete this final exercise.

What is **ONE ACTION** you can take in the next 24 hours to move your work/life plot in the right direction.

Career/Money\_\_\_\_\_

Family\_\_\_\_\_

Friendships\_\_\_\_\_

Love/Romance\_\_\_\_\_

Spiritual/ Religion\_\_\_\_\_

Other\_\_\_\_\_

## *Congrats!*

You've begun to draft the story of your future work/life.

By understanding where you've come from and accepting where you are, you can take the steps needed to plot a course to your next climactic chapter.

And hey, I get it. At the beginning journeys can seem daunting and the goals we seek so far away. But life stories aren't written in a day. They are written word by word, page by page.

With a clear goal in mind and the will to fill the blank page, you can get to where you most want to be. You just have to begin.

I hope this guide has help you take the first step. If you want to learn more about my work/life coaching services, schedule your FREE fit finder session [here](#).

*Life's short. Have a tale worth telling.*

## *Tim*

