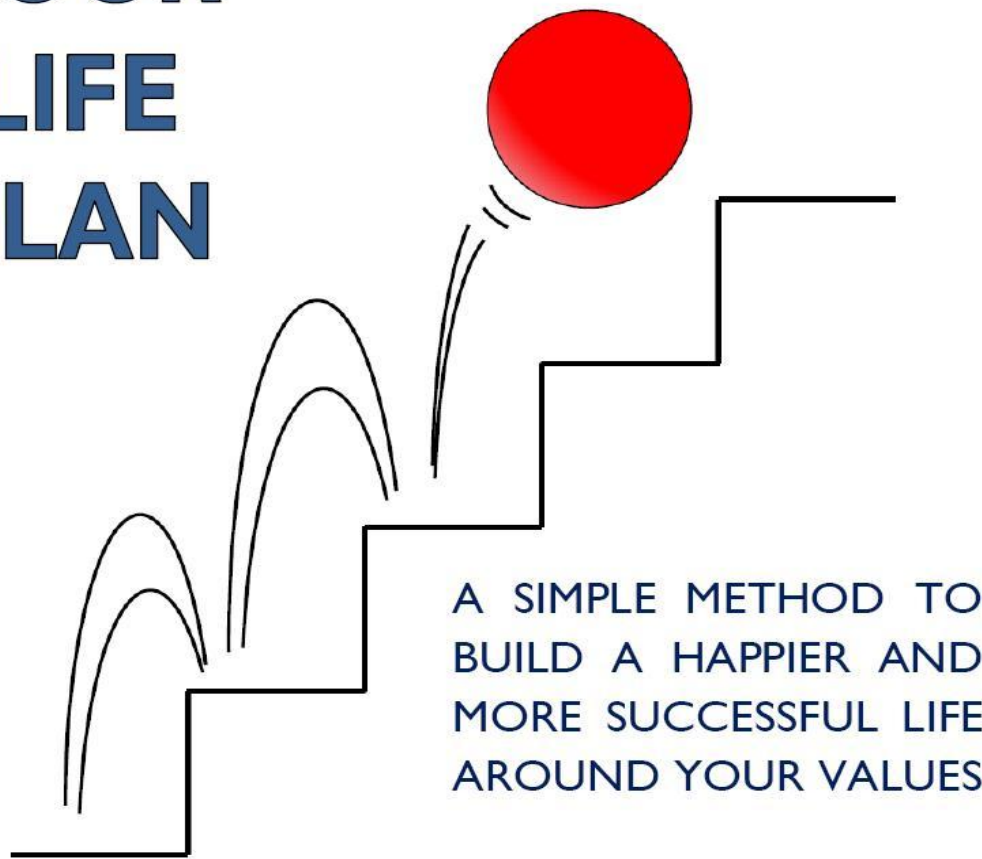


# OBJECTIVE: HAPPINESS

**YOUR  
LIFE  
PLAN**



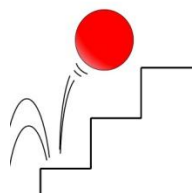
**CHRISTOPHE PELLETIER**

**“The Purpose of Our Lives Is To Be Happy”**

The Dalai Lama

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# Preface

Everyone wants to be happy and fulfilled. Yet, it seems that most people have difficulties to achieve the level of happiness that will make their lives much more enjoyable and successful, on a professional level as well as on a personal level.

There are many books about happiness. There are many methods about how to change your life, and become more fulfilled. Just go in a bookstore or search on internet and you will be overwhelmed by the amount of information and help available. I have reviewed quite a few myself, but I never was able to find something simple enough or practical enough that suited my needs. In the course of my life, I have discovered that I have a high level of empathy. This has allowed me to help people overcome and manage difficult situations, even though I was not involved in the business of happiness as such. In my life, I have helped many people to express their potential, I have opened their eyes, I have transformed their lives for the best, and I have made them achieve things that they did not even think they could ever do.

I have experienced and initiated many changes in my personal and professional life as well. I have changed locations, countries and jobs several times. Like everyone else, I have been able to understand gradually what made me happy and fulfilled, and what did not. Over time, this brought me to think more consciously about how my life environment influenced how I felt, and how I was able to help successfully, others improve their lives. The main conclusion that came to me was that happiness depends strongly on a harmonious relation between people's own values and the values of their environment, at home, with their families and friends, and at work with the values of their colleagues and employers.

Like most people, I always have aimed at increasing my level of happiness and fulfillment in life. Several years ago, I felt a need to make an evaluation of my life. Although I felt happy, I also felt that I could feel happier. Somehow, I was missing something, but I could not quite figure out what it was. Although there were many methods and programs available, none of them was quite satisfying. This is why I decided to develop my own method. I wanted to analyze what I was truly looking for, what values were actually important to me and why I was missing something. I set up a simple and practical system that did wonders for me. Then, I was able to assess my life and my environment. With a few simple analytical tools, I could evaluate how my main values were fulfilled, and which ones were not. I found out which parts of my life needed to change in order to increase my overall feeling of fulfillment and success. With a couple of steps, I was able to develop for myself a simple and clear action plan that I could monitor according to the timelines that I had set. It worked incredibly well for me. The choices that I have made in my personal life and in my professional life have brought me much more happiness and fulfillment than I could have obtained without carrying out this exercise.

Because it worked so well for me, I felt that I should share this method with others. I must admit that it took me years of hesitation to make this decision, because of the wide range of existing similar products. Is my method offering something original? I believe so. The “Life Plan” as I like to call it is simple and fun. The process is rather quick and it delivers lasting results.

Therefore, here is the Life Plan as I developed it. Enjoy the exercise of identifying your core values, and developing your action plan to have a happier life!

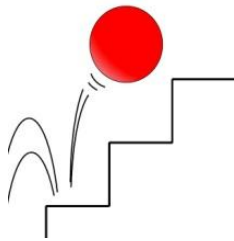
I wish you a happy future!

*Christophe Pelletier*

President

The Happy Future Group Consulting Ltd.

# **Your Life Plan**



# Objectives

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To be happy is easier than you may think. It starts with you. If you decide that you want to be happy, you already have made huge strides towards achieving this goal. Nobody else but you can take the lead and make the necessary effort to become happy. Then you will notice that others will help you when they understand what you are trying to achieve. By initiating the quest towards more happiness, you create the positive dynamics that will support your endeavor.

The benefits of happiness are many. Not only does it make you feel good inside, but your happiness also shows to others. For happy people, life is more enjoyable, problems are much easier to overcome, they have a better and stronger health, they are more active, they are more attractive to others, and they feel more successful.

Happiness will not happen just because you have decided so, though. Like many things in life, it requires work and training. The more you exercise, the easier it becomes to succeed. When you exercise regularly enough, becoming happy will become a natural and almost unconscious process.

The purpose of the Life Plan is to help you understand what drives you in your life, and thus make the right decisions that will increase the level of satisfaction of your needs and values.

In order to build your plan, which is the final objective of this program, you will follow a number of steps to identify your values, your needs and develop an action plan to achieve your goals.

The purpose of this exercise is to eliminate subjective thinking as much as possible and to assess your current situation in a rational manner. While making progress through the steps of this plan, you will identify the hierarchy of your needs. You will feel gradually more empowered. The result will be a list of actions that are achievable. This method has the advantage of being non-threatening. You do not have to disclose any embarrassing little “secret” to any third party.

Although you may not always be aware of what makes you feel the way you feel, you have this information stored inside your mind. The Life Plan just allows you to activate this information and use it in a positive manner. This is why the Life Plan will help improve your level of fulfillment and happiness.

Although the Life Plan is an effective tool, it is not design to perform miracles. It is not a form of therapy. It is only a tool, and the results will depend largely on how much energy, dedication and discipline you are willing to spend. It has not the pretention to be a boot camp or any esoteric experience, either. It is a simple and systematic method. It will guide you through the steps of drawing the road map of your future.

## Why a Life Plan?

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You probably have heard the saying “The failure to plan is to plan the failure”.

Things do not need to sound gloomy, but having a plan substantially increases the chances of achieving greater success and greater fulfillment. Often, modern lifestyles leave you with little time to reflect effectively on at which point of your life you are, and what the next step should be. Too often, the environment takes over.

With the Life Plan, you will take charge again and make the decisions that are right for you. It provides a very effective tool. It will help you increase your level of self-awareness. You will be able to review objectively your past and current achievements. Then, you will be able to identify and define what goals you wish to achieve in the future. Finally, you will make the decisions that will lead you to a more fulfilling life, as well professionally as personally.

There are three people in every one of us:

- Who we think we are
- Who others think we are
- Who we actually are

With this method, you will find out the latter one.



## Who Should Make a Life Plan?

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Such a plan is something that actually everyone should make on a regular basis, because it really helps making better decisions about the future.

This method is especially useful for the people who are considering making changes in their lives, or for those who are feeling stuck and who are wishing to regain control on their lives.

At some point, we all face similar questions. In most cases, it is more about missing something than being unhappy. Often, the most difficult part is to identify what is missing and how to change the situation.

# What Can You Expect from the Life Plan?

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One step at a time, the Life Plan will help you make the decisions that will lead to improving your life. The method has four steps.

## **Identification of your key values**

Happiness depends for a large part on the level of harmony between your values and the values of your environment. The stronger the harmony, the happier you feel. On the contrary, if there is a discrepancy in values, life becomes more of a struggle and the level of happiness and of fulfillment decreases. It is a fact that most people are not quite aware what their true values are, either.

## **Assessment of your current level of fulfillment**

Once you have identified the top five values that drive you as a person, you will assess to which extent a number of key parameters in your life meet and satisfy these values.

The results appear in a visual chart, and you will be able to see immediately in which areas of your life the main actions are required.

## **Define new goals**

From the previous assessment and analysis, you will review what the causes are of the discrepancy in fulfillment of your values.

You will identify the areas that are missing, and you will list the actions that are required to increase the satisfaction score for each one of the top five values.

## **Setting the process to achieve the goals and implement the plan**

Once you have completed all of the above, you will set up the plan.

You will define the steps, the timelines and the people involved to insure a proper progress. This is the phase where the plan comes to action and this part will require work and discipline. This is why it will be useful to have someone “watching” your progress to keep you motivated.

# Making the Plan

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## Identifying your key values

Every person has a different set of values that define their ideal of happiness and success. The difference in the values mix between individuals explains why it is impossible to give a definition of happiness that would meet everyone's desires. Every person is unique and his/her aspirations depend on their own specific values mix.

This method uses a list of 28 values. Here follows brief definitions for each value.

**Achievement:** Exploring possibilities and reaching objectives are important, lack of ambition and giving up are not options

**Adventure:** Looking for new and challenging experiences makes life worthwhile; taking risk is an acceptable part of life

**Affection:** Life is interesting only if it brings love, kindness and warmth

**Co-operation:** Working with others, sharing team spirit is essential; working alone is not exciting

**Creativity:** Life becomes satisfying when it something new can happen; one's imagination, originality and innovative spirit must be stimulated

**Desire to Progress:** Some people like to explore their potential, having the desire to get to the next level and to improve is an essential part of life

**Fame:** Passing through life without being recognized is not an acceptable thought; one needs to get attention and to be known by many people

**Family:** Close relationships with relatives and family members is essential to a fulfilling life

**Financial Security:** Making good money or having enough money on hand is a necessity in life

**Freedom:** Being independent and having the ability to make one's own choices is crucial to live fully

**Friendship:** Close relationships with other people and regular contacts are important to feel happy

**Health:** Physical and psychological well-being are paramount for a happy life

**Inner Harmony:** Being in harmony with oneself and with others and having a feeling of inner peace are important parts of life

**Integrity:** Honesty, justice and consistence with own convictions are essential elements for a satisfying life

**Leisure:** Fun and happiness are important; not having pleasure in life would be so terrible

**Loyalty:** When reliability, dedication and involvement to the group matters

**Order:** Life needs organization, structure and systematic

**Performance Drive:** The desire to win, to be the best is what counts in life

**Personal Development:** Learning, expressing one's potential and growing are necessary for a fulfilled life

**Power:** When having Influence and authority, being important is a big deal

**Recognition:** When getting respect from others and having some status is important

**Responsibility:** Taking charge, having a sense of duty and reliability

**Self-Respect:** Believing in own potential and having a good opinion of oneself makes one feel good

**Social Involvement:** Helping others, improving society are part of a fulfilling life

**Social Life:** Undertaking with others, involving them contributes to the feeling of belonging

**Spirituality:** Strong spiritual convictions, faith give a meaning to life

**Wealth:** Having a lot of money, getting rich is apriority

**Wisdom:** Building knowledge, having insight and reaching enlightenment are key for a fulfilled life

The first step in this program is to identify your top five values. In the worksheet file called "Your Values", located at the following URL: <http://objectivehappiness.files.wordpress.com/2012/07/your-values.xls>, every step of the process is simple to follow.

### **More of a good thing**

The first tab, called “MORE” looks at what happens when the level of satisfaction for each individual value increases. For each value, you must answer the question “How would you feel if the satisfaction level of this value increased strongly in your life?” by giving a score based on a scale from 1 to 5. The scale is defined as follows:

- 1 = It would not matter
- 2 = It would be nice
- 3 = It would make me feel good
- 4 = It would be a major improvement
- 5 = It would be fantastic

Once you have given all the values your personal score, you may proceed to the next tab called “LESS”.

### **Less of a good thing**

The “LESS” tab looks at what happens when the level of satisfaction for each individual value decreases. For each value, you must answer the question “How would you feel if the satisfaction level of this value decreased strongly in your life?” by giving a score based on a scale from 1 to 5. The scale is defined as follows:

- 1 = It would not matter
- 2 = It would worry me a bit
- 3 = It would seriously worry me
- 4 = It would make life difficult
- 5 = It would be terrible

### **Your key values**

The spreadsheet calculates automatically the combined score for each value. The results appear visually on the following two tabs.

The “TOP 5 VALUES” tab is the most important. It indicates which values are the most important to you. The top scores appear in cells highlighted in yellow. In the cells, you can also see the total score obtained by each value.

It may happen that more than five values appear highlighted. However, this method works best when you restrict the number of your top values to five. In the case that you would have more than five values appearing, you will have to make a choice and eliminate a few. You can do this by choosing from the list. If you are not sure about which values to keep and which to eliminate, you can re-enter the scores of these particular values in the “MORE” and “LESS” tabs by giving “fine-tuned” scores. For instance, if you gave a certain value a “2”, but you were hesitating between 2 and 3, you can enter a 2.5 score. Similarly, if you had given a certain value a “4”, but you were hesitating between 3 and 4, you may want to give it a 3.5.

The “BOTTOM 5 VALUES” tab is there as an accessory. Your least important values will appear inside red cells. You will not have to work with these values in the next step of the method, but it will give you awareness about what counts less in your life. This will be useful when you get to the identifying of your action plan, later in the process.

# Values Assessment

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Once you have identified your top five values, you may proceed to the worksheet file called “**Values Assessment**” that you will find at the following URL:

<http://objectivehappiness.files.wordpress.com/2013/07/value-assessment.xlsx>

## **STEP 1: Enter your values**

Once you have accessed the file, open the “**VALUES**” tab. On this page, you can enter your top five values. The top five values are the values that you have identified from the worksheet “Your Values”. Your highest-scoring value is #1, the second highest is #2 and son on. Next to the name of the value, also enter the score that you had obtained in the “TOP 5 VALUES” tab of the “Your Values” file.

You are now ready to start working on the assessment of your values according to your current life!



Enter here your top 5 values in order of importance

Values	Score
#1 Creativity	10
#2 Family	9
#3 Freedom	8
#4 Health	7
#5 Personal Development	7

Have you entered your top 5 values and their score? Then you can proceed to the "INPUT" tab.

## Step 2: Evaluate your values

The “**INPUT**” tab contains a table in which you will give a score to a number of life elements:

- Housing & Location: where you live, such as neighborhood, town, country, people, culture, etc...
- Professional Life: such as job description, employer, company culture, colleagues, etc...
- Private Life: such as family, friends, love, social life, leisure, etc...
- Financial Situation: such as income, debt, savings, cost of living, etc...

You need to evaluate how each of these life elements satisfies your most important values. To fill the table, use a scale from 1 to 5, with 1 being a very low satisfaction of the life element for the value considered, and 5 being very high.

Just ask yourself how much the location where you live helps you fulfill each of your values. Similarly, how does your current professional life allow you to satisfy each value? Find the answer for the role of your private life, your material situation, your basic needs and your aspirations. If the life elements do not allow you to satisfy your values at all, enter “1” in the cell. On the contrary, if a life element allows you to satisfy a fully, then enter a “5” in the cell.

To give you some examples, if your work takes you away from home a lot, while Family is an important value for you, it is likely that you have limited possibilities to enjoy quality time with your relatives. The score of Professional Life for the value Family will probably be low. Similarly, if you like the outdoors, living in a very cold region might frustrate you and the score for the value Leisure would be rather low. On the contrary, if Wealth is an important value of yours, and you are making substantial money, the score of Material Life for the value Wealth is likely to be high.



How much does each life element contribute to fulfill your need for each value?

- 1 = Very negatively
- 2 = Negatively
- 3 = Indifferent
- 4 = Positively
- 5 = Very positively

		YOUR TOP 5 VALUES				
		Creativity	Family	Freedom	Health	Personal Development
Life elements	Housing & Location	3	3	2	2	1
	Professional Life	1	2	3	2	3
	Financial Situation	4	1	3	4	4
	Private Life & Lifestyle	3	1	4	4	5

Have you entered all the scores for your top 5 values? Then you can proceed to the “ASSESSMENT” tab



### Step 3: Results of the assessment

In the “**ASSESSMENT**” tab, you will find an automatic calculation of your level of satisfaction. **You have no data to enter on this tab.**

You will find two tables:

- An overall rating for each value that considers all the different life elements
- An overall rating for each of your top values

The percentage indicates how much of your potential for satisfaction you actually receive. On the right-hand side of the tables, you can find a green-yellow-red light icon that shows if you need to make changes.

- A green light will indicate that your level of satisfaction is high. This is good. However, everything can be improved and you might want to increase the score in the future.
- A yellow light indicates that action is needed, although your level of satisfaction is reasonable. There is nothing to worry about, but you can get much more from life. You are probably not unhappy, but you might feel that you are not receiving the most that you should out of life. You must consider some effective action to improve the score on these values and life elements.
- A red light indicates that serious action is necessary. There is plenty of room for improvement, and the values and life elements that appear with this red light require change.



Your overall level of happiness:	
57%	
Fair, but can be improved	

Creativity	🟡	55%	
Family	🔴	35%	
Freedom	🟡	60%	
Health	🟡	60%	
Personal Development	🟢	80%	

Housing & Location	🟡	46%	
Professional Life	🔴	42%	
Financial Situation	🟡	63%	
Private Life & Lifestyle	🟡	65%	

For the overview of strengths and weaknesses, please proceed to the "ANALYSIS" tab.

#### **Step 4: Analysis**

The next tab, called “**ANALYSIS LEVEL**” gives a quick visual impression of where to act to improve your life. The table gives a more detailed view of what lies under the results showed on the “ASSESSMENT” tab. **You have no data to enter in this tab.** Green cells show the areas of satisfaction, while the red and yellow cells show the area that need change. This helps defining the area for improvement in the action plan.



	YOUR TOP 5 VALUES				
	Creativity	Family	Freedom	Health	Personal Development
Housing & Location	3	3	2	2	1
Professional Life	1	2	3	2	3
Financial Situation	4	1	3	4	4
Private Life & Lifestyle	3	1	4	4	5

## Spot What Is Missing In Your Life!

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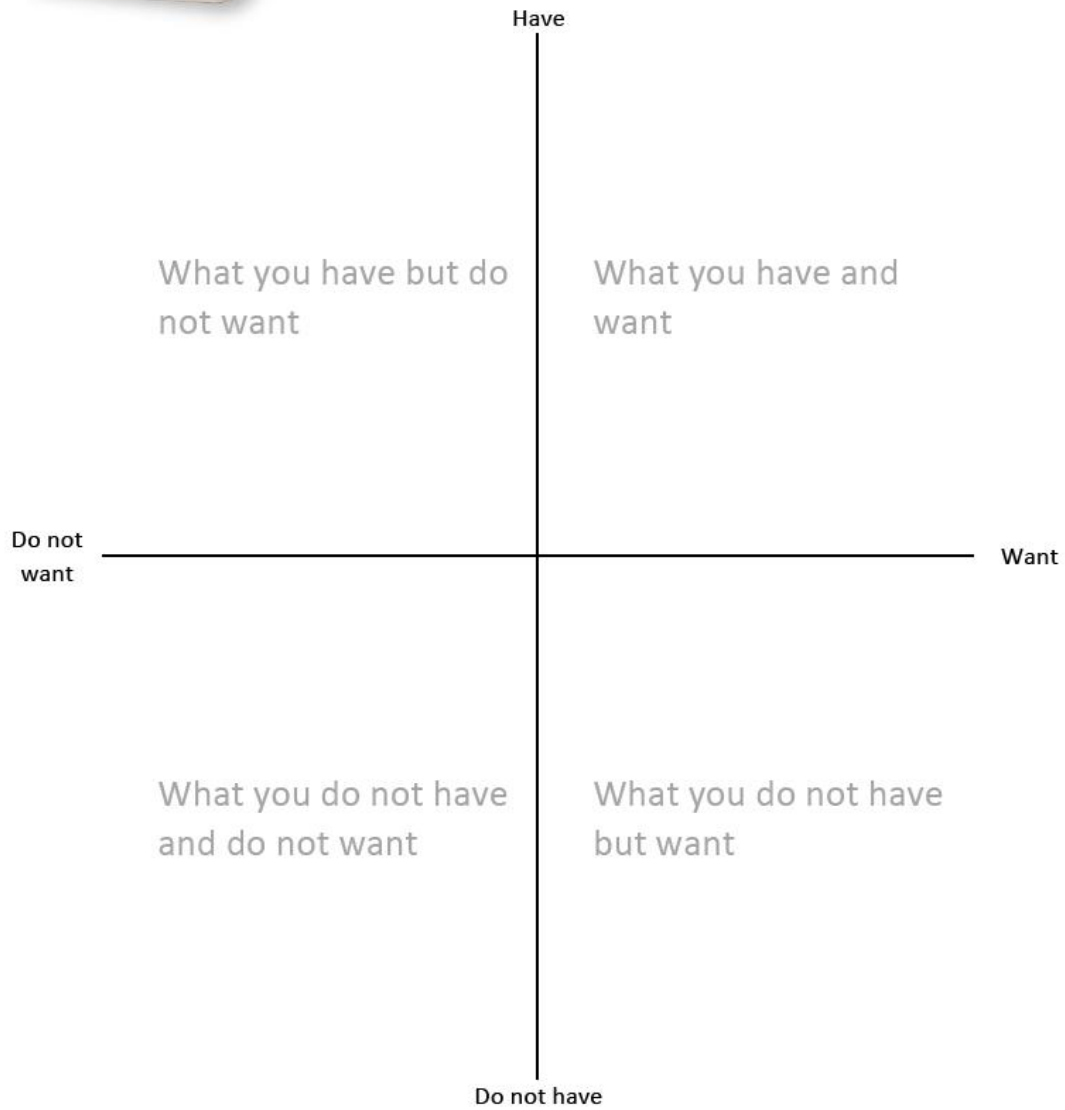
In the previous analysis, you found which areas require improvement. The question that you need to answer is “what is missing in my life?”

A simple way of identifying the actions that you will have to take is to make a large chart. The first step is to draw two axes. One vertical will indicate what you have and what you do not have. The second axis, horizontal, indicates what you want or need and what you do not want or need.

You will end up with four quarters in the chart.

1. What you do not have and do not want/need. This part is of little interest. However, it can be useful to identify what you will not pursue in life.
2. What you have and do not want/need. This group is like a storage locker. You have put in it all that you do not need, but that you have gathered so far in your life. Just browse through it to see what you think is worth keeping and what you can let go. If you hesitate to get rid of something, it might mean that you may find it useful in your life. It may be a cause for satisfaction. Take the time to review all the items thoroughly.
3. What you have and you want. This quarter contains what makes you happy. There is no reason to throw anything away. However, it is good to understand why the items that you will list in this part of the chart are good for you. It will help you understand what matters in your life.
4. What you do not have and you want/need. This area definitely deserves all your attention. This is where you will list what is missing, and what is keeping you from being completely fulfilled.

Now it is your turn. Fill the quarters!



## Building the Action Plan

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The best way to have the “ideal” life is to create it. Only you can decide what is best for you. Nobody will decide that for you, and nobody will make it happen for you. Finding out what is missing is only part of the exercise. The other part is to find out what you have and work towards getting more of it. Once you have listed all the things that you would like to do or to have in the future, it is time to elaborate more on the action plan.

For every item that you have identified as one that you want to do or you want to have, write a precise description of what the item is. Also, write down why it is important to you.

For each action that you identify, indicate the steps you set to complete each action, how you measure progress, and the timelines that you want to meet for every step and the date of the final completion of the action.

The goals that you set to yourself in the Life Plan must be realistic. Make you sure that you think critically when you write them. Setting expectations that are too high always create disappointment over time. This is why most New Year’s resolutions never materialize.

For instance, if you are in poor physical shape, you may decide to go run a half marathon every day from tomorrow on. This is not realistic, and it will result either in your giving up or in getting injured.

Similarly, deciding that you will be a millionaire by the end of the year maybe an exciting goal, but depending on your financial situation, it may end up in a disappointment. Very few people succeed in achieving this in such a short period.

Of course, it is important to set ambitious goals. The appreciation of success will be stronger if it required effort. Achieving something without having to do much about it will give you what you want, but the satisfaction will be short-lived. Becoming happier and more fulfilled is not easy and it requires hard work. It will not happen if you are not willing to go out of your comfort zone.

Here is a convenient table that will help you develop your action plan.

First, write the name of your action points. For each action point, indicate what the objectives and/or benefits for you are to complete this action.

Indicate the date by which you wish this action to be completed. To help the process, it is useful to list the steps that will lead to the completion of the action.

For each step, indicate how you will monitor and measure your progress. Also, write down the deadline by which you wish the steps to be completed.

For each step, and for each action, name a supervisor. The role of the supervisor is to remind you of your deadlines, and to prevent you from yielding to the natural tendency of procrastination that most of us show on a regular basis. The supervisor must commit to play his/her role. Failure to do so would only undermine your chances of progress.



ACTION POINT:			
Objectives/Benefit:			
To be completed by: .....			
Steps	Monitoring	Timelines	Supervisor

## **Good Luck!**

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You have now reached the end of this manual. You have all the material to work on your own Life Plan.

Just take the time to think about all the questions that you have to answer. The Life Plan is not a speed exercise. Do not rush! It is better to take a little longer to go through all the steps and make a solid plan that will work than being hasty and make a poor plan.

Your future will be the result of your efforts.

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