

Area & Legacy	Life Dreams	GOALS (S=STRETCH)
<b>1. Play</b> <i>He loved the outdoors and went on many great adventures!</i>	<ul style="list-style-type: none"> <li>To travel the world, climb mountains and surf the oceans with family and friends</li> </ul>	<ul style="list-style-type: none"> <li>Annual trips with family to surf or trek - overseas (S)</li> <li>Annual surf or trekking trip with mates – overseas (s)</li> <li>Health &amp; Fitness to surf/ trek/ climb at an advanced level</li> <li>Weekly + surfing and beach with whole family</li> </ul>
<b>2. Work</b> <i>He was inspiring and challenged people to be their best!</i>	<ul style="list-style-type: none"> <li>To be able to help individuals and organisations operate in a state of sustainable high performance.</li> </ul>	<ul style="list-style-type: none"> <li>Build a part-time executive and life coaching practice 1 day p/w</li> <li>Facilitate HPT programs in education 2-3 days p/w</li> <li>Build a positively geared property portfolio to work part-time.</li> <li>Complete Roadknight project and Tassie tourism hobby business</li> </ul>
<b>3. Relationship</b> <i>He loved his partner passionately and completely!</i>	<ul style="list-style-type: none"> <li>Be in a wonderful loving relationship for the rest of my life</li> </ul>	<ul style="list-style-type: none"> <li>Prioritise weekly date days 1 day per week</li> <li>Build shared interests in outdoors and books/ movies/ investing</li> <li>Support Danielle with her wellbeing and life goals</li> </ul>
<b>4. Friends &amp; Family</b> <i>He was generous, supportive and available!</i>	<ul style="list-style-type: none"> <li>Be a super cool dad to my children and have great adventure buddies and close family ties</li> </ul>	<ul style="list-style-type: none"> <li>Annual overseas trips (as per Play goals)</li> <li>Weekend/ hols. beach trips with other family and friends</li> <li>Be present and connected with kids – especially in mornings/ dinner times</li> </ul>

## PART 2. MAKING IT HAPPEN!

**Pete Stebbins 2024 UPDATE**

LIFE QUADRANT	SPECIFIC GOALS	STRATEGIES	RESOURCES	TIMELINE	SUPPORT NETWORKS	SETBACK PLANS
<b>1. Play</b>	<b>Health &amp; Fitness to surf/ trek/ climb at an advanced level</b>	<ul style="list-style-type: none"> <li>Morning yoga, core strength sessions (no phone/ tech use)</li> <li>Post hernia TA Core Recovery</li> <li>Muscle Up strength program.</li> <li>Handstand goal</li> <li>Sam Woods 28s x 3-4 p/w</li> <li>Lap Swimming</li> </ul>	<ul style="list-style-type: none"> <li>Time – get up by 6am everyday</li> <li>Programs/ Equipment – have everything available</li> <li>Reward chart to track progress</li> </ul>	<ul style="list-style-type: none"> <li>Print out core exercise poster ASAP.</li> <li>Sam Woods 28 App ASAP</li> <li>Reward chart commencing October 2024</li> </ul>	<ul style="list-style-type: none"> <li>Accountability buddy</li> <li>Friends to surf/ trek/ climb with</li> <li>Physio advisor</li> </ul>	<ul style="list-style-type: none"> <li>Injuries and aggravations – listen to body more – prioritise core strength</li> <li>Friends too busy – consider clubs or group booking options</li> </ul>
<b>2. Work</b>	<b>Build a part-time executive and life coaching practice 1 day p/w</b>	<ul style="list-style-type: none"> <li>Update and republish Life Strategy</li> <li>Develop Acuity Schedule for Appointment</li> <li>Update coaching program info on HPT and Dr Pete websites</li> <li>Transition clients into actual online appointments</li> </ul>	<ul style="list-style-type: none"> <li>Book publisher/ editor</li> <li>Software install and web integration</li> <li>Accountability partner to ensure I use system and don't skip over it.</li> </ul>	<ul style="list-style-type: none"> <li>Life Strategy republished by October 2024</li> <li>Website update and new booking system to pilot December 2024</li> </ul>	<ul style="list-style-type: none"> <li>Publisher Concept to Reality</li> <li>Emily asst. with website updates</li> <li>Danielle to help with acuity appointment app</li> </ul>	<ul style="list-style-type: none"> <li>Publishing delays – launch e-book instead</li> <li>Website acuity delays – soft launch – google calendar &amp; tip sheet PDFs</li> <li>Lack of bookings – actively promote on LinkedIn</li> </ul>
<b>3. Relationship</b>	<b>Prioritise weekly date days 1 day per week</b>	<ul style="list-style-type: none"> <li>Forward book diaries 6 months ahead</li> <li>Carer support permanent part-time with kids</li> <li>Keep Bilinga unit available</li> <li>Have access to bikes/ boards</li> <li>Develop an interest register of activities/ ideas for date days</li> </ul>	<ul style="list-style-type: none"> <li>Diary planners</li> <li>Baby sitter schedule</li> <li>Household budget \$\$\$</li> <li>White board for activity ideas</li> </ul>	<ul style="list-style-type: none"> <li>Diary schedule to end of 2024 asap</li> <li>Baby sitting until end of 2024 booked in asap</li> <li>Put a white board in study activities register</li> </ul>	<ul style="list-style-type: none"> <li>Bilinga Unit Budget to keep available – Mary accountant</li> <li>Emily asst. with baby sitting</li> <li>Danielle to help with diary planning</li> </ul>	<ul style="list-style-type: none"> <li>Work schedules clash</li> <li>Personal incomes drops force taking on work that interferes</li> <li>Bilinga unit used for other purposes</li> </ul>
<b>4. Family &amp; Friends</b>	<b>Be present &amp; connected with kids – especially in mornings/ dinner times</b>	<ul style="list-style-type: none"> <li>Morning yoga involve kids (no phone/ tech use)</li> <li>Evening card games/ charades before bed very night</li> <li>Family dinners at table at least 2-3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>Yoga mats and spare equipment for kids</li> <li>Card game decks and family activity kits</li> <li>Dinner table clear and available every evening.</li> </ul>	<ul style="list-style-type: none"> <li>Dinners 3 x per week</li> <li>Card games etc. 5x per week</li> <li>6am wake up and kid check-ins</li> </ul>	<ul style="list-style-type: none"> <li>Danielle to help with accountability</li> <li>Afternoon activity schedules to enable 3 family dinner opportunities – Danielle</li> <li>Kids to participate in games</li> </ul>	<ul style="list-style-type: none"> <li>Scheduling doesn't work – have family dinners on weekends too.</li> <li>Kids don't like activities – have other options to offer</li> </ul>