

Yodha Institutions Private Limited

My Life Plan

My Life Plan Components

My Life Plan

Index

- I. Self Analysis
- II. Health Goals
- III. Professional Goals
- IV. Material Goals
 - a. My dream house
 - b. My dream cars
 - c. My dream office
 - d. My dream holiday destination
 - e. My other properties
 - f. My financial goal
- V. Mental Goals
- VI. Social Goals
- VII. Spiritual Goals
- VIII. My Role-Models
- IX. My commitment
- X. Visualization Time-Table

Yodha Institutions Private Limited

My Life Plan

*If you don't plan your life,
someone else will plan it.*

It is better that you plan it.

My Life Plan

I. Self Analysis

Marking :

1-Very Poor, 2-Poor, 3-Ok, 4-Good, 5-Very Good

1. Health
2. Look
3. Knowledge
4. Confidence level
5. Public speaking ability
6. Education
7. Motivation
8. My financial achievements
9. Degree of extrovertedness
10. Contribution to this world
11. My achievements So Far
12. Smiles on my face
13. My I.Q.
14. My speed of work
15. My reading habits
16. Positive thinking
17. Decision power
18. Interest in learning new things
19. Faith in super power
20. Computer literacy

TOTAL (score) :

Yodha Institutions Private Limited

My Life Plan

II. Health Goal

- 1) I want to live years of healthy life.
- 2) My health qualities will be.....
 - ❖ My weight.....Kg by 20.....and then forever.
 - ❖ My stamina and energy level 100% by 20.... and then forever.
 - ❖ My figure as per the picture by 20..... and then forever.
 - ❖ My Blood Sugar, Cholesterol level, and Blood Pressure will remain in normal limit by 20....." and then forever.
- 3) I will quit my bad habit of by 20....& forever.
- 4) I will be out of present health problem by 20....

I want to live a healthy life all throughout. My Health Mantra is
.....

My Life Plan

III. Professional Goal

I will be No. 1in the
city/state/country/world by 20.....

My other professional achievements will be.....

1.

in the year 20

2.

in the year 20.....

3.

in the year 20

4.

in the year 20

5.

in the year 20

My Professional Mantra is

Yodha Institutions Private Limited

My Life Plan

IV_a. My Dream House

City

Location

Size

Area

Bungalow/Apartment.....

Bed Rooms

Other Facilities.....

In the Year

My Life Plan

IV b. My Dream Cars

Car 1:

Company

Model

Colour

In the Year

Car 2:

Company

Model

Colour

In the Year

Yodha Institutions Private Limited

My Life Plan

IV_c. My Dream Office

City

Location

Size

Floor

No of employees

In the year

1V d. My Dream Holiday Destination

Country.....

Period

In the Year

My Life Plan

IV_e. My Other Properties

(Farmhouse, Factory, Showroom, Godown etc.)

Type of property

City

Location

Size

In the year.....

Yodha Institutions Private Limited

My Life Plan

IVE My Financial Goal

1. My Income...../Month in the year 20
2. My Saving..... /Month in the year 20.....
3. My Bank Balance.....in the year 20.....
4. My Investment in Real Estate in the year 20.
5. My Investment in Gold & Diamonds.....
in the year 20.....
6. My Investment in Financial Market..... in the year

My Life Plan

V. Mental goal

A. My educational degrees

1. in the year 20.....
2. in the year 20.....
3. in the year 20.....
4. in the year 20.....

B. I will read Books / month.

List of Books :

1.
2.
3.
4.
5.

C. I will listen to Audio CD/month.

List of Audio Cds:

1.
2.
3.
4.
5.

Yodha Institutions Private Limited

My Life Plan

D. I Will watch Video CDs/DVDs/Month.

List of DVDs:

1.
2.
3.
4.
5.

E. I Will attend Training Programs/ Years

List of Training Programs :

1.
2.
3.
4.
5.

F. I Will develop _____New Talents/ Year

List of New Talents:

1.
2.
3.
4.
5.

Yodha Institutions Private Limited

My Life Plan

I will spend quality time hours with my wife/
husband every day.

I will spend quality time hours with my children
every day.

I will spend quality time..... hours with my parents every
day.

I want to help my Family in

I want to help my community in

My behavior with all the people in my life will be

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My Social Mantra is

.....

My Life Plan

VII. Spiritual Goal

I will be always kind and helpful to every living on this planet.

I will obey all the rules of the country and the nature.

I will never compromise with my values such as Honesty, Integrity, Modesty, humanity , equality etc.

I will help..... people every month.

I will create20..... and this will be my legacy to this beautiful world

My Spiritual Mantra is

18 My Life Plan

VIII. My Role models

1. Name.....
Qualities
.....
.....
2. Name.....
Qualities
.....
.....
3. Name.....
Qualities
.....
.....
4. Name.....
Qualities
.....
.....

My Life Plan

IX. My commitment to myself

1. I will wake up at..... daily.
2. I will do Exercise/Yoga/Pranayama for minutes daily.
3. I will do relaxation and visualization of my goals ata.m./p.m. daily.
4. I will listen to audio cd/watch video cd for.....minutes daily
5. I will pursue my hobby for minutes daily.
6. I will have my family time from.....to daily.
7. My Breakfast time at
8. My Lunch time at
9. My Dinner time at
10. I will go to bed at..... p.m. daily.
11. I will take weekly off / family off day on.....
12. I will take my annual family vacation in the month..... every year.

Sign :

Date:

X. Visualization Time-Table

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Health

Professional

Material

Mental

Social

Spiritual

Yodha Institutions Private Limited

My Life Plan

Hi friends,

I hope you have understood and filled this book completely.

Now you must refer it daily and do the visualization of the pictures pasted in this book.

This is the most scientifically proven method to enjoy successful and happy life.

When you get results of this method. please write to me on info@yodhainstitutions.com

Yodha Institutions Pvt.Ltd

Door No 205, Number 43, 9th Cross, Parimala Nagar, Nandini Layout,Bengaluru, Karnataka - 560096

7892568376

ALL THE BEST

Dinoj Damodar