



Developing a Personal and Family

# Life Plan

This Life Plan workbook is intended to help you discover how God might combine your unique S.H.A.P.E. (Spiritual Gifts – Heart – Abilities – Personality – Experiences), as well as, personal interests, roles, responsibilities, and geographic placement, into a gospel-centered, God glorifying Life Plan.

This resource is intended to walk you through a process of applying your S.H.A.P.E. Assessment learnings (along with “missional living” learnings), into a Life Plan. It is so important that prayer be a key component of this process. After all, our real intention is not that we develop our plan, but that we develop God’s plan for our lives.

If you’re married and/or have children, and you’re interested in developing a Family Plan, feel free to bring the kids into the conversation and start developing a Family Plan with them. You can also go the route where you and your spouse develop a plan first, together or individually, and then begin thinking and praying about what a Family Life Plan might look like. Either way, don’t rush into it. Take your time.

Your Life Plan is just that... your plan. It can be adjusted, tweaked, revised, and rewritten from year to year. This plan is intended to serve you, not the other way around. Additionally, whether you’re a plan and goal oriented person or not, this exercise of praying and thinking through the development of a Life Plan will be of great benefit.

An additional resource that may be very helpful in this process is:

*The Journey: in Pursuit of a Life Plan*

a free PDF download available <https://www.perimeter.org/lifeplanpdf>

by Randy Pope

# Getting In S.H.A.P.E.

Below is a small sampling of the many ways that you might connect to in living out your S.H.A.P.E. as a unique expression of the heart of God to those around you. From this list, you might identify specific actions that can be included in the mission part of your life plan.

- 🍏 Becoming a friend to a refugee family (locally, through World Relief)
- 🍏 Befriend new people (i.e. neighbors, co-workers, classmates, church attendees, etc.)
- 🍏 Being a friend to a senior adult in an assisted living facility
- 🍏 Coaching in a Youth Sports League
- 🍏 Connect Group (Social) Host
- 🍏 Financial Counseling to people struggling with their finances
- 🍏 Fostering and Adoption (bringing a child into your home)
- 🍏 Fostering and Adoption (providing support and care for a family that has adopted)
- 🍏 Getting involved with Worship & Arts (i.e. music, singing, tech, lighting, etc.)
- 🍏 Graphic Design (i.e. website development, communications, etc.)
- 🍏 Helping the jobless find employment (i.e. resume writing, coaching, networking, computer skills, etc.)
- 🍏 Home Repairs, Lawn Care, etc.
- 🍏 Hosting a neighborhood coffee social
- 🍏 Inviting neighbors into your home (i.e. watch a game, share a meal, etc.)
- 🍏 Journey Group (Discipleship) Leader
- 🍏 Leading a Bible study for non or new Christians.
- 🍏 Mentoring (i.e. elementary children, single moms, engaged couples, newlyweds, etc.)
- 🍏 Playing music
- 🍏 Political involvement
- 🍏 Prayer Ministry
- 🍏 Prison ministry (youth or adults)
- 🍏 Provide relief to orphanage workers
- 🍏 Serving (i.e. coffee, ushering, parking attendant, etc.)
- 🍏 Serving and developing relationships with multi-ethnic people
- 🍏 Serving as an adult volunteer at The Bricks (Jr. High Friday nights)
- 🍏 Serving at a local food pantry (i.e. stocking food, client intake, pray for clients, leading a Bible study, etc.)
- 🍏 Serving on or starting a Neighborhood Welcome Committee
- 🍏 Serving on your HOA Board
- 🍏 Serving on your school PTA
- 🍏 Serving people who are experiencing major life struggles (i.e. divorce, addiction, discouragement, etc.)
- 🍏 Sharing your skills with others in need (i.e. computers, healthcare, finance, auto repair, etc.)
- 🍏 Starting an All Pro Dad chapter at your child's school
- 🍏 Teaching a workshop on something that you enjoy (i.e. art, wood working, music, gardening, cooking, brewing, evangelism, prayer, etc.)
- 🍏 Teaching English as a Second Language
- 🍏 Welcoming people to church
- 🍏 Writing (i.e. blogs, articles, etc.)
- 🍏 Other: \_\_\_\_\_

**Developing a Life Plan**  
**Who? What? Why? Where? How?**  
**Summary Notes**

This worksheet is intended to help you gather the most important information you have discovered about yourself that will be instrumental in helping you begin to develop a Life Plan.

**Who? (IDENTITY)**

Who are you? Where do you find your deepest significance and identity (vocational, spiritual, recreational, etc)? What roles do you currently play (i.e. husband / wife, father / mother, neighbor, manager, etc.)? *Reference: Genesis 1:26, 27, Psalm 139:13-18, Romans 8:14-17, Galatians 4:4-7*

I am: \_\_\_\_\_

My roles include: \_\_\_\_\_

**What? (PURPOSE)**

What do you love to do? What are your greatest interests and enjoyments of life? What are your “holy discontents”? What are your most painful and difficult experiences?

I love to: \_\_\_\_\_

My “holy discontent(s)” include: \_\_\_\_\_

My most painful and difficult life experience(s) include: \_\_\_\_\_

**Why? (MOTIVATION)**

Why do you want to live missionally and develop a Life Plan?

My motivation for missional living is: \_\_\_\_\_

**Where? (LOCATION)**

Where do you live, work, go to school, play, and spend your time throughout the week? Which of these places that you’ve identified seem to offer the greatest opportunities for sharing the hope of Christ with people who are outside of relationship with Christ?

The places I spend time throughout the week include: \_\_\_\_\_

**How? (S.H.A.P.E.)**

How has God gifted you (i.e. spiritual gifts, talents, skills, abilities, etc.)? How might God use your gifts to bless, benefit, and build relationships with people who are outside of relationship with Christ?

My spiritual gifts, talents, skills, and abilities include: \_\_\_\_\_

# Life Plan

## Putting it all Together

Using the information you have compiled above, complete the following sentences. This is your first step towards identifying your Purpose (Why do you exist?), Vision (What are you trying to accomplish?), and Mission (How do you plan to accomplish your vision)?

### PURPOSE

I am (identity) \_\_\_\_\_ and I exist (reason for living) to \_\_\_\_\_.  
\_\_\_\_\_.

### VISION

I have been uniquely created by God to make a difference for His Kingdom (specific calling) by \_\_\_\_\_.  
\_\_\_\_\_ so that (what you're trying to accomplish) \_\_\_\_\_.

### MISSION

The way(s) in which I will seek to bring my vision to life include: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

[First Draft]

# Life Plan

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- John Haggai*

**PURPOSE** (Why I exist / Reason for living):

**VISION** (What I'm trying to accomplish / Specific calling):

**MISSION** (How I will plan to accomplish my vision):

**VALUES** (These are non-negotiable, absolutely necessary, and critical to accomplishing the vision):

**GOALS** (daily, weekly, monthly, yearly):

**OPTIONAL: Life Verse, Inspirational Quote(s), Motto, Reminders, etc.**

Feel free to change or add anything you'd like to make your Life Plan more uniquely personal.

[Final Draft]

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