

PREPARING THE PROMISE

Here are some exercises to help you reflect on how to shape your 'promise' to yourself.

If you find it hard to get started on these exercises, try the online Mission Statement Builder for inspiration: www.franklincovey.com/msb

It is inevitable. But not just yet. The end.
Nonetheless, we'd like to invite you to start thinking about what people would say about you at your funeral (the eulogy).

What would people say in your eulogy if you lead your life based on your deepest desires?



Summarize this eulogy as a one-liner for your gravestone:

What would people say in your eulogy if you carry on living as you do now?



Summarize this eulogy as a one-liner for your gravestone:

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Imagine that you are leaving the company you now work for. Your colleagues, your boss make speeches at your leaving party. Which words would give you satisfaction? How do you want the people you work with to remember you?



Happy birthday! You've just turned 85.
What would you like the most important people in your life, the partners in your various roles, to say about you when they look back on your life?



PREPARING THE PROMISE: ANALYSIS

Revisit the previous Signposts (inventory, miracle, talents, roles, resilience).
What really strikes you? What moves you?
Write your insights in the columns below:

I want to do/be more ...

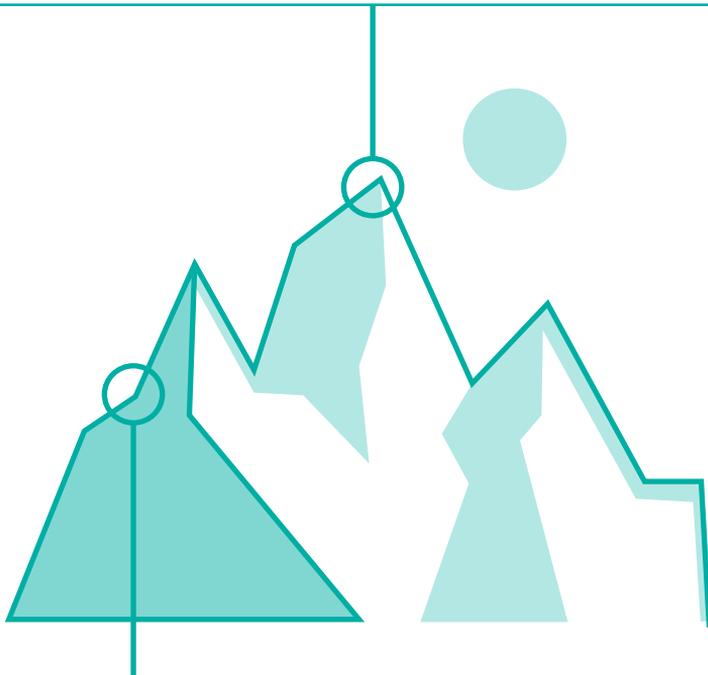
I want to do/be less ...

FORMULATING LONG & MEDIUM-TERM PROMISE

Now decide on your 'Doing the Right Stuff Checkup' promise:

In 3 to 5 years' time I will be ...

I will have succeeded in ...

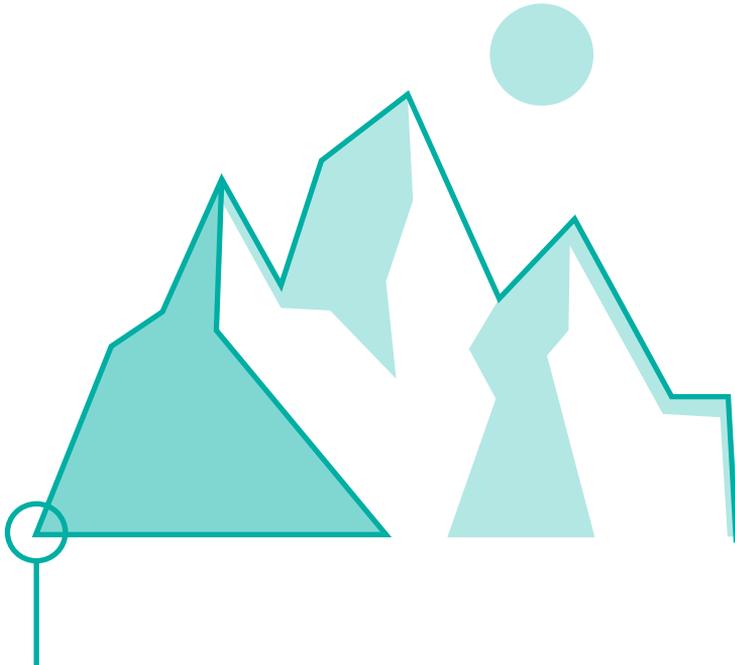


In 1 years' time I will be

I will have succeeded in ...

FORMULATING SHORT-TERM PROMISE

Now decide on your 'Doing the Right Stuff Checkup' promise:



In the next quarter I will be

I will have succeeded in ...



1. Remember to plan specific actions in your schedule!
2. Make the action plan tangible and trackable for yourself and for others!
3. Check progress every week!

PREPARING THE PROMISE : GET CREATIVE



1. Keeping in mind the insights from the previous reflections, look at some magazines and cut out those photos and quotes which illustrate, translate and shape the things you want to focus on this year. You may find yourself drawn each time to the same types of images or messages. And that's okay. Give them the space they 'demand'. Even if you've not yet acknowledged them rationally, they clearly want to be in your picture.
2. Draw a picture, choose an image which symbolizes you and paste it at the centre of your page (after all, it's about you).
3. Position the material you've found in the way that feels best for you and which will most help you to maintain focus this year on the promises you've made to yourself.
4. Frame this.
5. Put the framed picture in a prominent place where you can see it: take a photo for your desktop screen (PC, smartphone), or hang it on the wall (office, kitchen, bedroom,).