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# PERSONAL STRATEGY CANVAS

Date:

Iteration:



## STRENGTHS

List 3 to 7

1



## VALUES

List 3 to 7 unquestionable values

2



## PURPOSE

Describe your purpose in 8 words

3



## VISION

Describe your future 5 years from now (35 words maximum)

4



## OPPORTUNITIES

List 3 to 7

1



## INTERNAL GOALS

List maximum 3 (attitudes/ habits)

6



## AFFIRMATIONS

List a maximum of 10 positive statements in present tense to which you commit with yourself

8



## EXTERNAL GOALS

List maximum 3 (projects)

7



## WEAKNESSES

List 3 to 7

5



## PRIORITIES

List 3 to 7 key actions that will ensure the achievement of your goals

9



## DAILY FOCUS

3 daily focus activities (90min)

10



## THREATS

List 3 to 7

5