



# DO 道

# PERSONAL STRATEGY CANVAS

Designed by Genaro Torres Celis

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