



# FAMILY STRATEGY CANVAS

Date:  
Iteration:

## DO 道

### 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 (90 min)

10

### THREATS

List 3 to 7

5