

Clarity is power:  
envision a life that pulls you forward



# Personal Intro

Our time on this planet is limited and precious. Even though we cannot always choose the music life plays for us, we are free to decide if and how we dance. For me, a fulfilled life is one with perspective, purpose, and joy - a realization that crystallized after I lost close family members and suddenly found myself at a turning point in my career due to restructuring. Whatever the external circumstances, we are the captain of our ship, we can choose the direction and create new perspectives for ourselves!

I help ambitious professionals and leaders unleash their exceptional capabilities by combining high performance best practices with mindfulness, aimed at holistic, long term success.

If you would like to learn more, please feel free to book a [strategy call](#) for your non-binding situation assessment.

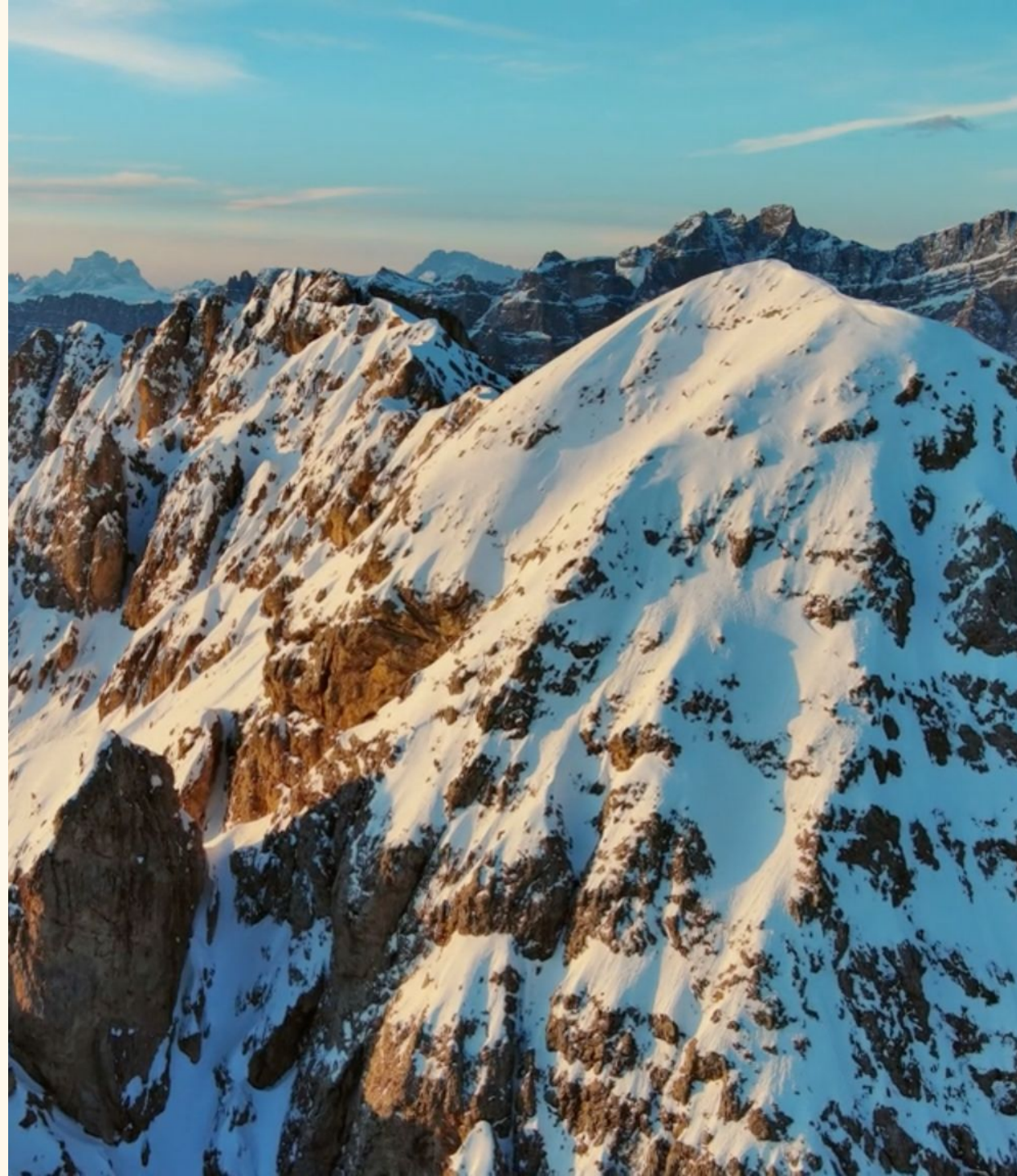
I look forward to getting to know you.

Sincerely,  
Reto Brogle

*"Have the courage to follow your heart and intuition. They somehow already know what you truly want!" Steve Jobs*



Life assessment template  
North Star template  
Purpose template



# How to envision a life that pulls you forward

## Life areas

- ☐ Love
- ☐ Family
- ☐ Friends
- ☐ Health
- ☐ Mission
- ☐ Finances
- ☐ Hobby
- ☐ Mindfulness
- ☐ ...

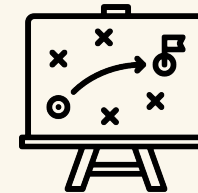
## Fulfillment (1 min - 10 max)



## Desires/Goals



## Strategy



## Just do it



## DETERMINE

1

define/pick  
areas  
important  
to you



## RATE

2

your weekly  
checkpoint  
(to stay  
aligned)



## ENVISION

3

- see your winning scene,  
your magic desire  
that fires you up,  
your moon shot
- write down goals  
(incl. target date!)



## PLAN

4

- develop strategy to get  
there, research, ask,  
leverage AI
- define steps needed
- schedule deadlines
- social support



## ACTION

5

- create practices around  
your goals
- focus needle movers
- weekly planning
- daily prio. action
- avoid distraction
- everyday richness



## Life assessment

### Life areas

### Fulfillment

(1 min - 10 max)

### Big dreams/Desires/Goals

Love

Family

Friends

Health

Mission

Finances

Hobby

Adventure

Spirituality

.....

.....

.....



# Define your North Star



How would the best version of you be  
(self), interact with others and be  
successful (success markers)?

## Self

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## Interactions

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## Success

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



# Define your purpose

How do you want to be?  
What do you want to do?  
Why do you want to do it?

I am (be)

and (do)

so that (why)

# Just do it!