

Quality of life plan

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Let's Talk 2e Adult conference

Premise: We all want to be happy, healthy and successful, however we define those things.

But: For 2e adults with Executive Function challenges, it's important to understand that EF is literally a "quality of life issue". This will help you understand the "quality of life" frame in a meaningful way so you can feel empowered when you're trying to get important things done. It will give you insights and strategies for your strengths and struggles, you can apply right away.

How I define quality of life

Think **big**. Date: _____ (redo this 3-4x a year)

My short definition of quality of life (3-5 sentences or bullets):

Get clear on EF, etc.. that holds me back

How I want to **feel**

Wild and crazy unrealistic quality of life goal

Inner critic labels

Inner Mindset I want more often

Define ideals of quality in key areas:

Relationships, connection: Family/friends:	Career/work:
Physical, Health, sleep, exercise, nutrition:	Fun, hobbies:
Learning, cognitive, mental:	Financial:
Spiritual:	Service/giving back:
Romance, love:	Other _____

3 strengths

3 weaknesses/challenges

Strengths from others

Weaknesses from others (challenges) - What are 3 things I could do better?

Gifts or talents

Interests, passions, curiosities, hobbies

Meaning, puppose, what matters to me

Bucket list

Gratitudes

ACTION

Get clear on 1 or 2 easy ideas for each one you **want** to address

EF that holds me back

Procrastination, use alerts better, google ideas

How I want to **feel**

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ACTION IDEAS

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ACTION IDEAS

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Critical EF Strategies to take Action:

Planning: Is calendar reliable?

Task manager? keep? docs?

Declutter?

ACCOUNTABILITY to take Action:

How will I create realistic action plans and accountability?

What can I delegate?

Where can I learn?

Can I ask for help?