

Plan My Life Worksheet©

These questions help you think through what you want to do with your life. If you already have a partner, both of you may want to fill it out and then discuss what you wrote. Copy this as a document. Save these documents on your computer in a folder labeled "My Plan."

Writing your answers in green makes them easy to see.

1. Who do I know that has the kind of life that I want? What about how he manages life impresses me? What about how she manages her life impresses me? (Think of one of for each sex.)
 2. My parents. What personality strengths do they do have that I may have, too? Which ones came from my dad? Which ones came from my mother?
 3. Which of my strengths are completely different from my dad? From my mom?
 4. While I was growing up: What coping strengths, temperament strengths, and values did my friends and I have in common?
 5. What coping strengths, temperament strengths, and values do I like most about myself (Guess what they are before you get your PSA©)?
 6. What coping strengths, temperament strengths, and values do most want my friends have today? Which ones are the same as those in 4.? Which ones are different?
 7. Am I ready to commit to having a relationship with a life partner?
 8. If I answered 7. "No" what is behind that answer?
 9. If I answered 7. "Yes" what is behind that answer?
 10. Do I want to have children? Why?
 11. How many children do I want to have? Why?
 12. How important is it that I have a college degree?
 13. How important is it that I get an additional college degree?
 14. Do I want to work?
 15. If I do not want to work how do I want to make my unique contribution?
 16. What must I do to get along with my family?
 17. About religion and spirituality: What is important to me here?
 - A. Do I believe in a Supreme Being? On a scale of 1-10 how important is this to me?
 - B. Is it a part of my life plan to treat other people like I want to be treated? On a scale of 1-10 how important is this to me?
 18. About politics: What is important to me here? On a scale of 1-10 how important is this to me?
 19. About money: What have I learned about money in my family?
- What do I need when it comes to...
20. Saving money?
 21. Spending money?
 22. Borrowing money?
 23. Do I like conservative, moderate, or high risk/high reward investments?
 24. How important is it to me that someone listens to me?
 - A. What do I do if I feel if someone is not listening to me?
 - B. What do I feel if someone tells me that I am not listening to him/her?
 - C. Do I think that not listening to each other could cause issues in a relationship? At work?

25. What process do I want to use to make decisions?
 - A. When making a decision with another person, what kinds of decisions do I think should require two votes?
 - B. Who else's thoughts should I consider?
 - C. What other factors should I consider?
 - D. Do I think that how two or more people make decisions can cause issues in their relationship? At work?
26. Do I have any trust issues about personal relationships? In work relationships? If so, do I want to clear them up?
27. Do I have any loyalty issues about relationships? About work relationships? If so, do I want to clear them up?
28. Do I want to work internationally?
29. Do I want to travel internationally?
30. Do I want to learn a foreign language?
31. Do I want to learn more than one foreign language?
32. Do I want to own my own home?
33. Do I want to own a second home?
34. Do I want to work for a corporation, the government, or a nonprofit?
35. Do I want to own my own business?
36. Do I want to work until retirement?
37. If I want to work, at what age do I want to retire?
38. What do I want to do after I retire?
39. If I do not want to work in another way after retirement, what do I want to do? Why?
40. What else do I want to consider right now?

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