
Introduction to Ten Thousand Choices Planning

You can't go back and change the beginning, but you can start where you are and change the ending.

-C.S. Lewis

Whether it's your career, relationships, finances, or health; feeling stuck is frustrating and a major cause of anxiety. This goal-setting and planning method can be applied to anything -- advancing your career, improving your personal relationships, achieving better health, and being more productive. It provides a practical framework for making better choices in all parts of your life.

This is a planning process similar to the strategic planning techniques often used in business. The tools have been recrafted for easier use, with real-life examples to help you get started.

See the next page for a quick overview of the planning process. If you are already familiar with writing vision statements, goals and project plans, you might not need anything more than this free guide to get started on your plan. If you want instructions and examples, the book and workbook

(<https://www.tenthousandchoices.com/the-book>) are valuable resources to get you on your way to achieving your goals!

Planning Process Overview

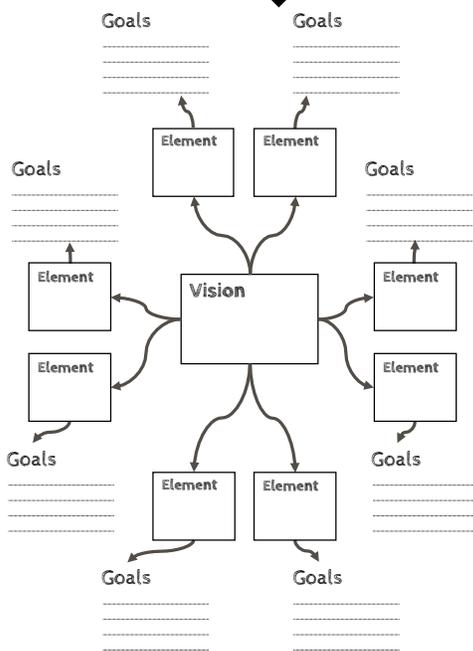
Simple Planning Tools and Concise Instructions

The Ten Thousand Choices planning process includes the initial planning session to get your goals in order, and two review sessions throughout the year to keep you on track.

Start by writing your vision statement, then use that to guide the writing of your short-term and long-term goals. Each of these goals will be organized by the core elements that are most meaningful to you.

After refining your goals, determine the actual choices you will need to make on a day-to-day basis to achieve those goals. Create a project plan that will give discipline and structure to the choices you will make to meet your goals and achieve your vision.

My Vision Statement



Priority	Core Element	Goal	Choices

Priority (e.g., A1, A2, B1)	Core Element	Goal	Choice(s) Actions, tasks and other activities that you are choosing to do	Due Date When should this be completed? What is the timeframe?	Status (e.g., Not started, in progress, pending, complete, abandoned)	Success Measure(s) What does success look like? How will you know when you have accomplished the goal?	Outcome What happened?	Notes Additional info about goal, progress, changes, constraints, etc.
Active								
Planned								
Complete								

Next Steps

Where do you want to go from here?

My goal in writing Ten Thousand Choices is to help people achieve their goals through better life choices. If you would like to expand your understanding and/or help bring it to others, we have a number of options available. Contact me to learn more about any of our offerings.

Email: Rachel@MCTResources.com

Facebook Page: [@TenThousandChoices](https://www.facebook.com/TenThousandChoices)

Website: www.tenthousandchoices.com

Personal Coaching and Career Planning

Making a plan is the starting point for you to take control of your future. Perhaps you have gone through the process and you are ready to go deeper into a particular area such as adapting your personal style to improve communications with others or building a long-term career plan. Or perhaps for you it works better to talk through the process with another human rather than go it alone. Or maybe you just need someone to listen to your concerns and give some feedback on your plan. Whatever your coaching need, we can find an arrangement that works for you. I also work closely with employers to provide executive and developmental coaching in organizations with a career-focused edition of the program.

Workshops and Speaking Engagements

Personal empowerment and success are always good topics for association meetings, conferences, social club events and webinars. This program delights groups whether in multi-day workshops, keynote addresses, or one-hour power sessions. All engagements are customized to the unique needs and interests of the group.

Train the Trainer

A coach training curriculum is available to eligible practitioners. Contact me to discuss certification and licensing options to conduct your own personal coaching and planning engagements.