

*Empower your life with 'Creating Your Living Plan.' Discover a step-by-step guide to align your goals with your values, fostering purpose, and achieving a fulfilling future. Ideal for those seeking clarity, balance, and a meaningful life.*

## **Create Your Living Plan:**

**A Step-by-Step Guide and Interactive Workbook to Align Your Life with Your Values and Achieve Your Greatest Aspirations**

By Christopher Westlove Castoro

**Order the book from the publisher [Booklocker.com](https://www.booklocker.com)**

**<https://www.booklocker.com/p/books/13631.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**

# CREATE YOUR LIVING PLAN

A dark blue background with a light-colored, winding road that curves from the top right towards the bottom left. The road has white dashed lines and a glowing effect. Four yellow location pins with white circular centers are placed along the road: one at the top, one on the left side, one on the right side, and one at the bottom left.

**A STEP-BY-STEP GUIDE AND  
INTERACTIVE WORKBOOK  
TO ALIGN YOUR LIFE  
WITH YOUR VALUES AND ACHIEVE  
YOUR GREATEST ASPIRATIONS**

**CHRISTOPHER WESTLOVE CASTORO**

Copyright © 2024 Christopher Westlove Castoro

Print ISBN: 978-1-959621-06-5

Ebook ISBN: 979-8-88531-839-6

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.

2024

First Edition

Library of Congress Cataloging in Publication Data

Castoro, Christopher Westlove

Create Your Living Plan: A Step-by-Step Guide and Interactive Workbook to Align Your Life with Your Values and Achieve Your Greatest Aspirations by Christopher Westlove Castoro

Library of Congress Control Number: 2024919757

# Contents

Introduction .....	1
What, exactly, is this process of Create Your Living Plan?.....	1
Who Can Benefit from This Process? .....	2
Who Will Benefit the Most? .....	3
A quick word about the Author .....	5
Create Your Living Plan: An Overview .....	5
The Set Up .....	6
Outline Schedule to Create Your Living Plan.....	9
The Four Categories .....	11
Physical Health & Fitness .....	12
Mental & Emotional.....	13
Social .....	14
Purpose.....	15
Values: A Word Bank.....	17
The Process .....	19
1st Writing Session: Centering Gratitude Journaling. 5-minutes.....	19
Values reveal. untimed .....	23
2nd Writing Session: Five-Year Aspirational Creation. 10 MINUTES .....	23
Break: 5 minutes .....	28
3rd Writing Session: Editing and Aligning your Five-Year Goals. Untimed.....	28
4th Writing Session: 1-Year Action Plan. 10 minutes.....	33
Break: 5 minutes .....	37
5th Writing Session: Editing and Aligning your One-Year Goals. Untimed .....	37
Commit Your Actions to your Calendar!.....	40
Now What? .....	40
Final Thoughts .....	43
About the Author .....	45
Glossary .....	49

# Introduction

Have you ever wondered what your life would look like if you could fully align your daily actions with your deepest values<sup>1</sup>? If every decision you made brought you one step closer to the life you truly want?

In a world that constantly pulls us in a thousand different directions, how do we create a life that feels authentically ours? This book is about a process that creates that alignment, enabling you to focus on the most important aspects of your life and clarifying the path forward, so that you can live with intention, purpose, and fulfillment.

A Living Plan<sup>2</sup> is a dynamic and holistic process, encompassing all aspects of well-being, from health and fitness to emotional wellness, to interactions with family, friends, and the broader community. A Living Plan is an evolving roadmap that captures not just a static snapshot of your life but the ongoing journey.

## **What, exactly, is this process of Create Your Living Plan?**

Simply put, Create Your Living Plan is a two-hour guided program designed to help you define your Ideal Life, identify the Values you will use to create it, and generate a step-by-step process toward five-year Goals<sup>3</sup> to achieve it. This is an ongoing process seamlessly integrated into your daily life, continually guiding you toward your aspirations and helping you live in alignment with your core values.

By breaking your timetable into manageable chunks—be it a year, months, weeks, or even daily goals (like exercise)—you create a roadmap to your Ideal Life. Each short-term action builds on the previous one, creating a continuous feedback loop. Regular reviews, built into the Living Plan, allow you to adjust and refine your Goals as needed, ensuring you stay on target or adapt as circumstances change. The process feeds back on itself.

This isn't designed to be a "one and done" process. While even a single use will provide immediate insights and direction, the true power of a Living Plan lies in its adaptability. Unlike having a static "goal", it evolves with you, helping you make choices based on your clearly understood Values, and guiding you toward your best possible life. This is a process that, once implemented, adapts and expands to fit your life, and by regularly reviewing and updating your plan, you "spiral up," constantly moving closer to your ideal life.

## **Who Can Benefit from This Process?**

Anyone who feels bogged down by the day-to-day grind can benefit. If you've ever paused to examine your life—whether in specific areas like physical health, work, or family, or as a whole—and asked yourself, "How did I get here, and where am I going?", this process is for you.

If you've noticed that you're a different person every 5-10 years and want to take control of that transformation, the Living Plan is designed specifically for you. It empowers you to actively shape your future, ensuring that each phase of your life aligns with your values and aspirations.

This process is for you if you're ready to:

- Break free from the monotony of daily routines
- Gain clarity on your personal and professional goals
- Develop a proactive approach to your evolving self
- Create a balanced, fulfilling life that reflects your true self

This process is designed to help you determine:

- **Who do you want to be in 5, 10, or even 20 years?**
- **What are the most important areas of your life you want to focus on?**
- **How can you take control and start creating the best life for yourself?**
- **What are your core Values, and how do you express them in your daily life?**
- **How do your Values influence your decisions and shape who you become?**

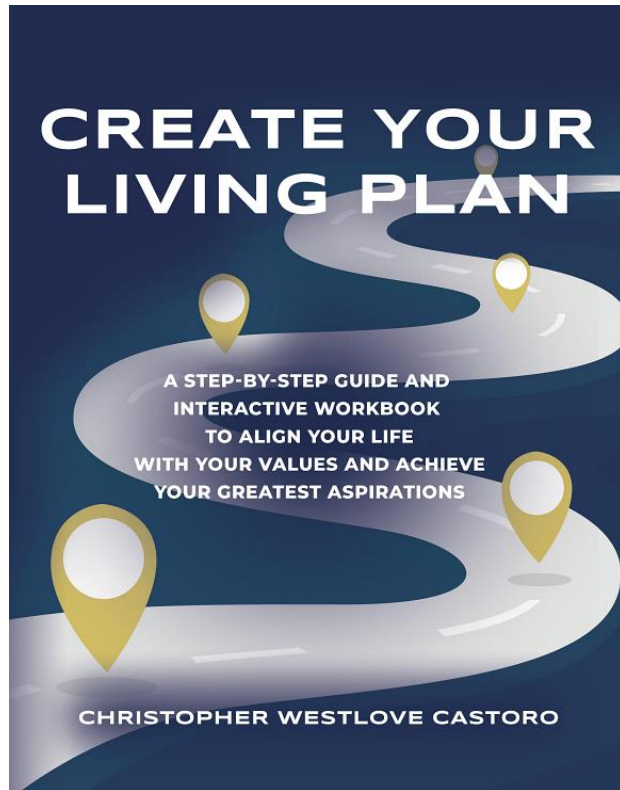
By Creating Your Living Plan you will find answers to these questions that serve as a roadmap to your desired future, guiding you to make decisions that align with your true self and values.

I began informally creating this process in my mid-30s, looking ahead to my 40s and 50s, determined that my best years weren't behind me but lay ahead. I decided to take responsibility for my life and how the rest of it unfolds. It doesn't take years of study, therapy, and self-reflection, to know that many people refer to this period as the beginning of mid-life—often negatively framed as a "mid-life crisis." But it doesn't have to be this way! This book details how I, and many others through my one-on-one workshops, have transformed this potential "crisis" into an empowering stepping-off point. You, too,

can take charge of your life, actively envision your best life five years from now, and take dynamic, living steps to achieve those results.

## **Who Will Benefit the Most?**

People in or near mid-life (loosely defined as ages 30 to 75) with a Growth Mindset will benefit the most from this process. I define Growth Mindset as “the understanding that skills and abilities can be developed through dedication, effort, and learning from experience”. If you're looking to continue to grow and make the coming decades your best years, this process is designed specifically for you. Time will pass anyway, so why not create the best possible life for yourself and those around you? While people outside this age range can also benefit, my initial work has shown that those in their mid-life journey find this format to be the most beneficial.



*Empower your life with 'Creating Your Living Plan.' Discover a step-by-step guide to align your goals with your values, fostering purpose, and achieving a fulfilling future. Ideal for those seeking clarity, balance, and a meaningful life.*

## **Create Your Living Plan:**

**A Step-by-Step Guide and Interactive Workbook to Align Your Life with Your Values and Achieve Your Greatest Aspirations**

By Christopher Westlove Castoro

**Order the book from the publisher [Booklocker.com](https://www.booklocker.com)**

**<https://www.booklocker.com/p/books/13631.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**