

OLI ANDERSON COACHING

Lifestyle Design Canvas

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INTRO AND INSTRUCTIONS

This canvas is a simple tool designed to allow you to gain insight about your life so you can figure out your next moves and create a compelling vision for where you're taking yourself. If you're stuck on a crossroads or just need more clarity in general, this tool will help you find yourself, the world and reality again.

The canvas gives an overview of the three main areas of your life:

1. Self (Internal) – your internal experience and relationship with yourself.
2. World (External) – the way you relate to the external world with your goals and purpose (etc.)
3. Reality (Relationships) – the way that you show up in relation to others (either real or unreal based on your relationship with self and world)

It also has a section about the thoughts, feelings, and points of view that keep you from understanding these areas fully (this can be seen as a kind of Matrix).

Instructions:

Fill this in however you like but the recommended way is to do Self, World, Matrix, then Reality. There is also a section at the end for translating the insight you get into ACTION so that you can start to implement this stuff.

Self (Internality)	World (Externality)	Matrix (Thoughts, Feelings, & POV)	Reality (Relationships)
<p><u>Values:</u> What are your five core values? - See the list at the end of this document.</p>	<p><u>Goals:</u> What are your major goals in life? How do they link to your values?</p>	<p><u>Social Programming:</u> What sources of information are defining what the world is for you? What untested assumptions are you acting on?</p>	<p><u>Nearest and Dearest:</u> What are the most important relationships in your life? How can you nourish them further?</p>
<p><u>Feeling Alive:</u> When have you felt most alive in your life so far? What are you passionate about?</p>	<p><u>Purpose:</u> If you could turn your values into an overarching purpose what might this be? How will you make the world a better place?</p>		<p><u>Go Deeper:</u> What truths have you wanted to share with people that you haven't shared yet due to your fears?</p>
<p><u>Dreams:</u> What dreams have you had your whole life but never realised?</p>	<p><u>Desire:</u> What are the five most important things in your life? What else do you want?</p>		<p><u>Dramas:</u> What unnecessary drama do you have in your life with other people? How can you step away from it or stop engaging? Who do you need to walk away from (if anybody)?</p>
<p><u>Gratitude:</u> What are you grateful for?</p>	<p><u>Distractions:</u> What are the biggest external distractions in your life?</p>		<p><u>Identity Issues:</u> Where have you become overly attached with your feelings or ideas? How are they holding you back from what you actually want?</p>
<p><u>Internal Barriers:</u> How are you holding yourself back in the world? What conflicts do you have inside yourself? What can you start doing to resolve them?</p>			

Self (Internality)	World (Externality)	Matrix (Thoughts, Feelings, & POV)	Reality (Relationships)
<p><u>Becoming</u>: What qualities does the person you want to become have? How can you start to develop them?</p>	<p><u>Work</u>: Is your work aligned with your values? What do you need to change to be more satisfied in your career?</p>	<p><u>Negative and Positive</u>: Where are you being too 'negative'? Where are you being unnecessarily 'positive'? How can you be real instead?</p>	<p><u>Leaders</u>: Who are you leading in life? How are you helping them grow more real?</p>
<p><u>Shame, Guilt, and/or Trauma</u>: How are these three things causing you to hold back or hide from who you really are?</p>	<p><u>Fear</u>: What would you be doing in the world if you weren't afraid?</p>		<p><u>Leaders and Followers</u>: Who can you lead? Who is worth following? What causes or groups are you playing a role in? Are they linked to your values?</p>
<p><u>Strengths and weaknesses</u>: What strengths do you need to build on? What weaknesses do you need to overcome?</p>	<p><u>Physical Health</u>: What are you doing to keep your health as good as it can be?</p>		<p><u>Tribe</u>: Where does your tribe hang out? Are you spending enough time with the right people?</p>
<p><u>Energy</u>: What do you need to let go of to give yourself more energy?</p>	<p><u>Mental Health</u>: What changes do you need to make to be able to improve your mental health?</p>		<p><u>Ideology</u>: What ideologies or ideas have you become attached to that are holding you back?</p>

NOTES

Use this space to start ACTING on the insights you've learned above. What goals do you have in each of the areas covered in this canvas?

Self	World	Matrix	Reality
Write other notes here:			

VALUES LIST

Abundance	Character	Control	Discipline
Acceptance	Choice	Conviction	Diversity
Accountability	Clarity	Cooperation	Duty
Achievement	Collaboration	Country	Earth
Activity	Comfort	Courage	Edge
Action	Compassion	Courtesy	Education
Advancement	Communication	Creativity	Effectiveness
Adventure	Community	Death	Empathy
Affection	Competence	Dedication	Empowerment
Authenticity	Competition	Decisiveness	Entrepreneurship
Balance	Confrontation	Democracy	Environment
Beauty	Connectedness	Development	Equality
Caring	Consciousness	Dialogue	Excellence
Challenge	Consensus	Difference	Excitement
Change	Context	Dignity	Experience

Expertise	'Happiness'	Integrity	Moments
Faith	Harmony	Intelligence	Money
Fairness	Healing	Interdependence	Motivation
Fallibility	Health	Internality	Nature
Fame	Home	Involvement	Openness
Family	Honesty	Joy	Opportunity
Fidelity	Honour	Justice	Order
Flexibility	Human Nature	Kindness	Originality
Flux	Humanity	Knowledge	Paradox
Forgiveness	Humility	Leadership	Participation
Freedom	Humour	Learning	Partnership
Friendship	Imagination	Life	Passion
Fun	Impact	Love	Patience
'God'	Imperfection	Loyalty	Peace
Goodness	Independence	Meaning	Perfection
Gratitude	Individuality	Meditation	Perseverance
Greatness	Influence	Mercy	Philanthropy
Growth	Innovation	Merit	Planning

Pleasure	Recognition	Self-esteem	Teaching
Possibility	Reflection	Self-guidance	Team Work
Positivity	Relationships	Self-investment	Time
Potential	Religion	Self-leadership	Tradition
Power	Respect	Self-reflection	Trust
Presence	Responsibility	Self-transcendence	Truth
Privacy	Responsiveness	Serenity	Uncertainty
Process	Resolution	Solitude	Understanding
Productivity	Risk-taking	Spirituality	Uniqueness
Professionalism	Ritual	Stability	Variety
Progress	Safety	Status	Vision
Prosperity	Sanctuary	Stewardship	Vitality
Provocation	Security	Stewardship	Vivacity
Purpose	Self	Strength	Vulnerability
Quality	Self-acceptance	Substance	Wealth
Questions	Self-actualisation	Surrender	Wellness
Reality	Self-awareness	Success	Wholeness
Reason	Self-creation	Systems	Wisdom

Email hello@olianderson.co.uk if you have any questions or need help.