

# PROPOSITUM

PLANEJANDO VIDAS SIGNIFICATIVAS  
PLANNING MEANINGFUL LIVES

**Personal Planning of Life**

**Workbook 1**

## INTRODUCTION

Workbook 1 aims to serve as support for your answers in the first part of the Propositum Seminary of Personal Planning of Life.

If this Workbook came to you, but you are not actually participating in a Seminary of Propositum, visit [www.propositum.com](http://www.propositum.com) and follow the instructions to carry through your Planning of Life.

Many people have already benefited from the elaboration of a Personal Planning of Life and you will also benefit from having a plan for life, I assure. The method used here tries to extract from each person her/his best qualities and, from there, to construct a unique planning, with targets that will reach accomplishments related to her/his deepest personal values. As you conclude your planning, you will awake to a new attitude toward life and will have new enthusiasm and motivation.

The purpose of the Seminary is help you:

1. To develop a strategy, a map, for your ideal life.
2. To build your future, instead of repeating the past.
3. To have the best and more productive year of your life.
4. To provide direction, meaning and intention for all the activities in which you are involved.
5. To make decisions that will affect your future.
6. To live a balanced and meaningful life.
7. To focus your energies in what is really important.
8. To enjoy your time, money and freedom in a better way.
9. To minimize uncertainty and anxiety about the future.
10. To increase your quality of life.

I'm looking forward to your e-mail, telling the experiences that you had while putting into practice your Personal Planning of Life.

Sincerely,

***JEFERSON WON RONDON***

Personal Planning of \_\_\_\_\_  
(write your name here)

## Module I - Discovering what really matters

1 - Imagine for a moment that you will be able to attend your own funeral. Looking at those who are there, think about what you would like to hear from the people listed below, as they stand up to say something about your life.

- A Relative

- A Good Friend

- Job Partner or Schoolmate

- Somebody of your church, religious group or neighborhood

2 - What would you like GOD to say in the end of your life, about how you lived and used the resources you had?

3 – What would you do, which projects would you undertake, if you knew that you had only 3 (three) more years to live?

- 03 years

4- And if this period of time were only 6 (six) months? What would you do? How would you spend these 6 months of life?

- 06 months

5 - Write what you had already planned for the next 12 months of your life. Consider the following aspects: Familiar, Spiritual, Professional, Financial, Health, Leisure, Intellectual and your contribution to the World.



6 – Read now what you have written so far and answer the question: Is there coherence between your current planning and the answers given to the questions? Are you walking in the direction of what is really important to you?



# PROPOSITUM

PLANEJANDO VIDAS SIGNIFICATIVAS

PROPOSITUM is a company of development of people, acting in the area of Personal Strategic Planning, with headquarters in Vitória/ES.

PROPOSITUM promotes Seminars in your company and also offers personalized Consultation for one or two participants, aiming at elaboration of a Personal Planning of Life.

The methodology is the result of more than 15 years of research in the area of human development and, especially, of personal planning.

## Who is Jeferson Won Rondon

Jeferson Won Rondon is a civil engineer, Master in Economics and a graduate in Advanced Leadership from Haggai Institute - Hawaii - U.S.A.. He has given the Seminary of Personal Planning of Life for hundreds of people in Brazil. Adept, since he was 18, of the establishment of goals for life, Jeferson Won Rondon offers the best in the world in Personal Planning of Life, through a work based on the person's personal values.