

Personal Excellence Objectives and Strategies

Short-term, mid-term and long-term goals,
current strategies, obstacles faced, mentality, and
internal and external environment
Keeping yourself accountable

Personal Excellence

Physical Health

Yearly comprehensive health screening
Making time daily for workout
Taking up a new sport

Career Development/Wealth

Relevancy of your role in the company, in the
industry, and the evolving economy

Promotion, Increment, Bonuses, Welfare, and
other Career Benefits for self and family

Staying ahead of inflation

Meeting your short-term, mid-term and long-term
career (broader skills and competency in breadth,
or deeper specialised skills and competence in-
depth)

Meeting your short-term, mid-term and long-term
wealth goals (investing in another major asset,
Children's education, retirement)

Soar in all 5 Pillars of your
Life and Witness your
breakthroughs!

$$E + R = O$$

Events + Response = Outcome

Family

Family Planning (based on physical, mental
and financial health)
Allocating quality time with family
New experiences and creating new core
memory with loved ones

Social/ Cultural

Life journey with soulmates, friends, and spiritual family
Establishing a community and network you may
contribute positively to, and seek support
Positive legacy to those whom you meet

Personal Development

Enhancements and upgrading in professional work
Taking up a new skill for a side hustle
Learning a new skill for interest and passion
Keeping up with the times and taking courses to
relate to the younger and future generations

