

The Integrated Life Plan (ILP) for Work-Life Harmony

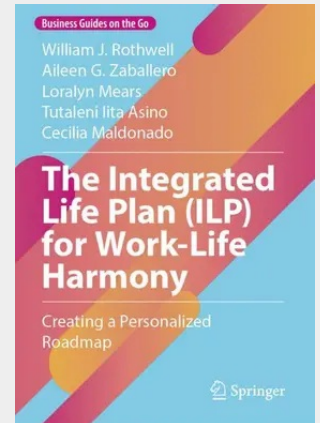
Creating a Personalized Roadmap

Some of us are planners - but most of us are not. We'll likely plan our education and consider our post-secondary path, typically stopping formal education planning once we graduate. As for financial plans, many people set a budget and plan for retirement. Regarding careers, most people take whatever job comes along and find it difficult to plan for the future. And then there's wellness: we usually don't plan for it until we have to. One thing we are certain of is that none of us plans for all four aspects of our lives (education, career, finances, and wellness) in parallel.

That's where the Integrated Life Plan (ILP) comes in. It's a new model designed to give us a fresh look at how these four aspects of our lives change across life's phases, from adolescence to retirement and beyond. The ILP Framework offers a practical roadmap for aligning the parts of your life that compete for the same time, energy, and attention. Grounded in research and real-world practice, it helps you make decisions with clarity, purpose, and long-term direction.

Whether you are a student, professional, entrepreneur, career changer, retiree, or senior citizen, this book helps you connect personal values with meaningful action. Through reflection, self-assessment, and the practical tools, you will learn how to build a balanced life that is meaningful, fulfilling, and personally rewarding.

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