

## NEW YEAR – MINI REFLECTION

*“Reflection is the compass that guides growth. Review Humbly, Plan Honestly, Commit to Hardwork.”*

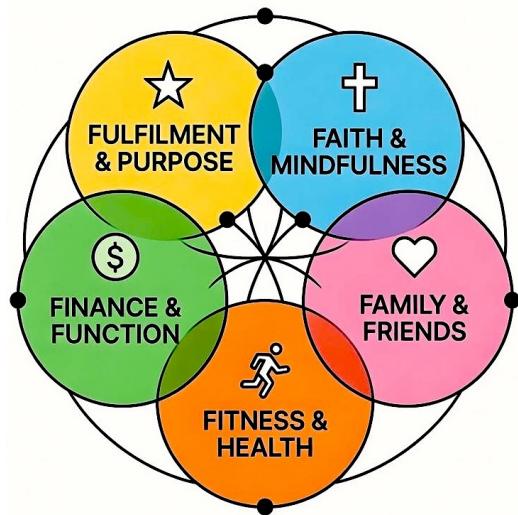
Working with leaders for over 20 years, few have achieved significant success at work without compromising their personal lives – family, fitness, friends even fulfilment.

But where there is a balanced LifePlan – work is more meaningful, effective and sustainable.

### 5F'S LIFEPLAN FRAMEWORK: A QUICK SUMMARY

The Marvin Five F's is a modern framework for human well-being that reimagines traditional motivation theories for contemporary life. Unlike Maslow's sequential pyramid, it presents five interconnected pursuits that must be balanced as much as possible:

- 1. FAITH & MINDFULNESS** - Your internal foundation: spiritual connection, mental health, core values, mindfulness practices, and inner peace
- 2. FAMILY & FRIENDS** - Deep relationships, belonging, emotional support, and meaningful social connections
- 3. FITNESS & HEALTH** - Physical wellness, energy, and preventive care that powers your other pursuits
- 4. FINANCE & FUNCTION** - Financial security, practical skills, career development, and resource management
- 5. FULFILMENT & PURPOSE** - Personal meaning, creative expression, self-actualisation, and contributing to something greater



### KEY INSIGHT

The framework starts with your internal state (Faith & Mindfulness) rather than external needs. It recognises that a stable inner world - clear values, mental clarity, resilience - is the true foundation for building meaningful relationships, maintaining health, achieving financial stability, and ultimately living with purpose.

This integrated approach acknowledges that you don't need to "complete" one level before working on another - all five areas can be developed together for balanced, sustainable well-being in modern life.

As we commence a new year, we encourage you to first consider the five key areas of your life – The Five F's.

Take some time to write down what worked, what didn't and what commitments you are willing to make for the year ahead.

Apply the rule of three - any more and the likelihood of follow-through decline.

## LIFEPLAN ANNUAL REVIEW

### What Worked

### Where I Fell Short

### Key Goals/Commitments

#### FAITH (MINDFULNESS, SPIRITUALITY, MENTAL HEALTH)

1		
2		
3		

#### FAMILY & FRIENDS (RELATIONSHIPS, INTERACTIONS)

1		
2		
3		

#### FITNESS (HEALTH, MOVEMENT, MUSCLE)

1		
2		
3		

#### FINANCE (FUNCTION/WORK, INVESTMENTS, STABILITY)

1		
2		
3		

#### FULFILMENT (LEGACY, CONTRIBUTION, PURPOSE)

1		
2		
3		

## REFLECTION SUMMARY

3 Achievements Last Year that I'm grateful for


3 Areas of Concern/Improvement/Failure last year

**PATTERN RECOGNITION** - What keeps repeating year after year that I want to change?


## WORK ANNUAL REVIEW & ACTION PLAN

### 1. PURPOSE: FIGHTING THE RIGHT FIGHT - MY PROFESSIONAL WHY (REASON FOR BEING):

At work, does the changing environment require me/us to revisit mission/purpose, my fundamentals?


What am I/we better at than others? What brings energy? What are the strengths?


What gap do I/we fill? What problems are solved?? What value is created? What pains are removed?


## 2. PEOPLE: FIGHTING THE GOOD FIGHT

*Character is the congruence of one's moral compass and consistent behaviours—especially when no one is watching.*

What are my top three values? Are my behaviours aligned to them? List if they do or don't?

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One rule or habit that propels me forward and reinforces my character?

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Who are the people in my network or team that I need to exclude?

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Who are the people in my network or team that I need to recruit – how am I going to accomplish this?

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## PERFORMANCE – COMMITMENTS & ACCOUNTABILITIES

*"Results require disciplined effort – a cost, a price to be paid, upfront, and at least proportionate to the desired outcome."*

In terms of work and legacy what are my top priorities for this year?

- 1.

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- 2.

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- 3.

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Who and how will I hold myself accountable? What action/habit will I take for these 3 Priorities?

Next Week	1	1	1
Next month	2	2	2
Next 90 Days	3	3	3