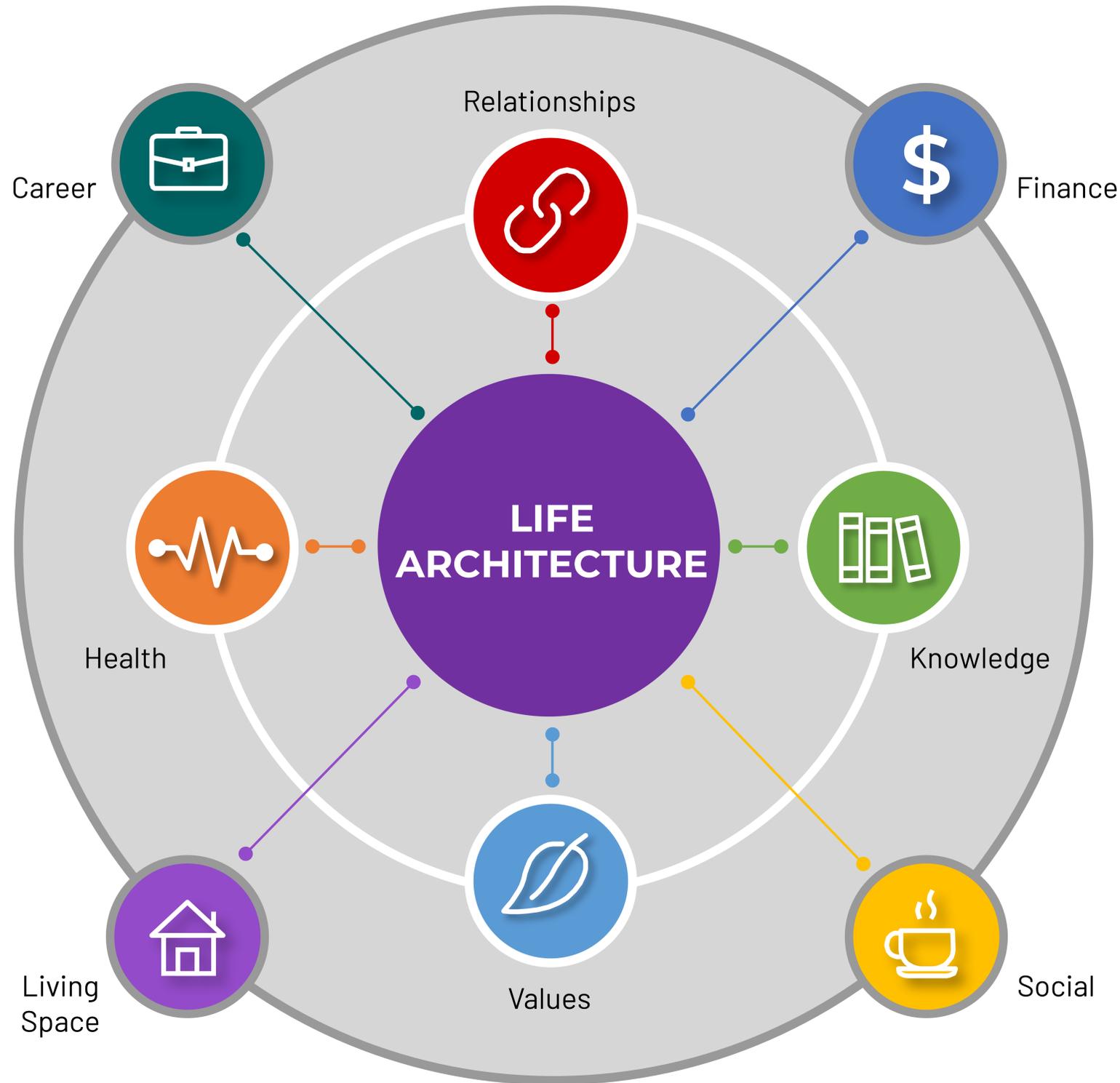


THE CONCEPT OF LIFE ARCHITECTURE



Life architecture is a framework used to evaluate the current state of a person's life against a set of key domains and a blueprint for future life changes and personal goal achievements. It's about applying the same rigor and structured thinking that we routinely use within our businesses – but practiced inwardly to benefit ourselves.

This process provides individuals with clarity, stress reduction, increased overall health and happiness. The life architecture framework offers a reliable method for measuring the effectiveness of personal goals.



transformation