

Life as a Project: *The Starter Kit*

A project manager's toolkit for designing your life on purpose.

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Before we plan anything, we need to know **where we actually are.**

Most planning tools skip the most important step.

They hand you a blank page and tell you to write your goals — before you've taken stock of where you're starting from, what actually matters to you, and what you're building toward in the first place.

This kit doesn't do that.

What you're holding is a structured thinking tool, not a goal-setting worksheet. It's built on the same logic I use in project management: before you scope the work, you audit the situation. Before you set milestones, you define what success actually looks like. Before you execute, you plan with clarity — not just optimism.

Four tools inside:

01 — The Life Audit

02 — Values + Priorities Map

03 — Your Project Milestone Number

04 — Your 90-Day Intention

Work through them in order. Some people sit with each tool for a day before moving to the next. There's no wrong way, as long as you're honest.

This is how we start designing on purpose.

You'll also notice this kit doesn't just ask you to think. It asks you to notice what your body already knows — where you're holding tension, where you're moving freely, where you've been frozen. That data matters too.



The Life Audit

Which phase of the project lifecycle are you in — right now, in each area of your life?

In project management, every project moves through five phases. Each phase has a different energy, different priorities, and different signs of progress. The mistake most people make is trying to execute when they're still in the planning phase — or holding on when they're actually in the closing phase.

Your life works the same way. Different areas of your life are at different phases at the same time — and recognizing where you actually are changes what you need to do next. Some phases call for action. Others call for stillness. The first step is knowing which one you're in.

1 — INITIATING

Something new is beginning. A direction is forming, an idea is taking shape, or a chapter is opening. You're casting vision more than making moves.

2 — PLANNING

You know what you want to build. Now you're figuring out the how — gathering information, mapping resources, making decisions.

3 — EXECUTING

You're in the work. Plans are in motion. The focus here is follow-through, not figuring it out.

4 — MONITORING

You're checking whether it's actually working. Adjusting, recalibrating, staying honest about progress.

5 — CLOSING

Something is ending or needs to be released. This phase gets avoided most — but it's how space gets made for what's next.

Where are you right now?

For each area, write the phase you're in and one honest note about why.

LIFE AREA

CURRENT PHASE

ONE HONEST NOTE

Career / Work

Finances

Body & Movement

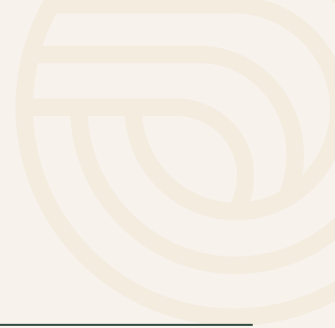
Relationships

Personal Growth

Purpose / Meaning

Rest & Play

Which area surprised you most? Which phase have you been in the longest — and is it by design or by default? Notice if any area feels like your body already knew the answer before your mind did.



Values + Priorities Map

What actually matters to you — and is your life reflecting it?

A project without clear priorities will always drift toward whatever feels most urgent. Life works the same way. When we don't know our values explicitly, we end up living by default — optimizing for what others expect, what looks good, or what's easiest to measure.

This tool has two parts. The first is choosing. The second is honest.

PART A — Choose Your Top 5

Instruction: Circle or mark the five values that feel most true to who you are right now — not who you want to be, not who you were five years ago. Right now.

Freedom	Integrity	Curiosity	Learning
Growth	Connection	Discipline	Loyalty
Security	Excellence	Family	Meaning
Creativity	Contribution	Health	Order
Impact	Balance	Independence	Peace
Adventure	Courage	Leadership	Purpose
Service	Simplicity	Visibility	Wealth
Vitality	Embodiment	Expression	

Your Top 5 (fill-in lines):

1. _____
2. _____
3. _____
4. _____
5. _____



Values + Priorities Map

PART B — The Honest Check

Instruction: For each value you chose, rate how much your current life actually reflects it. Not the life you're planning — the one you're living right now.

1 = Barely present · 5 = Deeply reflected

VALUE	RATING (1–5)	WHAT'S CREATING THE GAP?

The gap between what you value and how you're living is where the real design work begins. Which gap is costing you the most — and have you been honest with yourself about why it's still there?

Your Project Milestone Number

Every project needs a clear milestone. In life design, this is yours.

In project management, we don't start a project without defining what success looks like. We set a milestone — a specific, measurable point that tells us we've reached something meaningful.

Most people have a vague sense that they want "financial freedom" — but they've never defined what that actually means in numbers. So it stays a feeling, not a target. And without a target, there's no plan.

Your Project Milestone Number is the amount of money — saved or invested — that generates enough passive income to cover your ideal monthly life. It's not about being rich. It's about buying back your time — your freedom to move, to rest, to build, on your own terms.

STEP 1: YOUR IDEAL MONTHLY LIFE COST

What does the life you want to be living actually cost per month? Include housing, food, transportation, health, travel, leisure, savings — everything. Don't underestimate. Be honest.

My ideal monthly life costs: ₱ _____

STEP 2: YOUR ANNUAL TARGET

Multiply your monthly cost by 12.

₱ _____ × 12 = ₱ _____ per year

This is the income your life requires when you're no longer trading time for money.

STEP 3: YOUR PROJECT MILESTONE NUMBER

Divide your annual target by 0.05 (a conservative 5% annual return estimate).

₱ _____ ÷ 0.05 = ₱ _____

This is your Project Milestone Number.

Note: This is a simplified starting-point calculation — a directional number, not a financial plan. You may get your financial freedom number full report at: <https://weannechu.com/financial-freedom-calculator/>

Your 90-Day Intention

Projects don't start with a 10-year plan. They start with the next sprint.

Looking at your Life Audit and Values Map together, one area likely stood out — something that needs attention, a gap that's been sitting there longer than it should, or a direction that keeps pulling at you even when you try to ignore it.

That's your focus for the next 90 days. Not everything. Not a complete life overhaul. Just one area, one milestone, and the discipline — and yes, sometimes the courage — to stay with it long enough to see what shifts.

My focus area for the next 90 days:

From your Life Audit — which phase needs your attention most?

My milestone for this quarter:

What does progress look like by Day 90? Make it specific enough to measure.

My three priorities that support this milestone:

1. _____
2. _____
3. _____

One thing I'm stopping: _____

One thing I'm starting: _____

One thing I'm continuing: _____

My weekly check-in question:

One question you ask yourself every week to stay honest about progress.

The Life as a Project Workbook goes deeper on each of these tools — with guided prompts, a full 90-day execution system, and the complete framework applied to your life. It's coming soon. If you want early access, reply to the email that delivered this kit with the word WORKBOOK.

You now have four things most people skip.

A clear picture of where you are.
An honest map of what matters to you.
A number to build toward.
A direction for the next 90 days.

That's not nothing. That's actually how intentional living begins — not with a perfectly organized life, but with a clearer one.

The work from here is simple, even when it's hard: return to these tools. Update them as things shift. Let the gaps between where you are and where you want to be guide your decisions instead of your anxiety.

This is what moving by design looks like in practice — one honest audit, one number, one intention at a time.

If something inside this kit landed for you — a reflection, an uncomfortable gap, a number that surprised you — I'd genuinely love to hear it. Reply to the email that delivered this kit, or find me on Instagram at @weannesanico. I read everything.

See you in the next chapter.

Weanne

Weanne Chu is a PMP-certified project manager, licensed financial advisor, and the creator of the Life as a Project framework — a system for designing your life with the same strategic thinking you'd bring to your most important work.

She moves her body, manages projects, and designs her life — not as separate things, but as one integrated practice. She's building that framework in public, for people who are done living by default.

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