
A COMPANION TO

What Are You Building For?

by Patrick Mahakpong & Joyce Chudatamee

REFLECTION GUIDE & Companion Worksheet

*Fill in. Reflect. Revisit as your life evolves.
Print it. Pin it to your wall. Rewrite it every year.*

THE STAR CHART

Map 8 dimensions
of your life

THE A4 PAPER

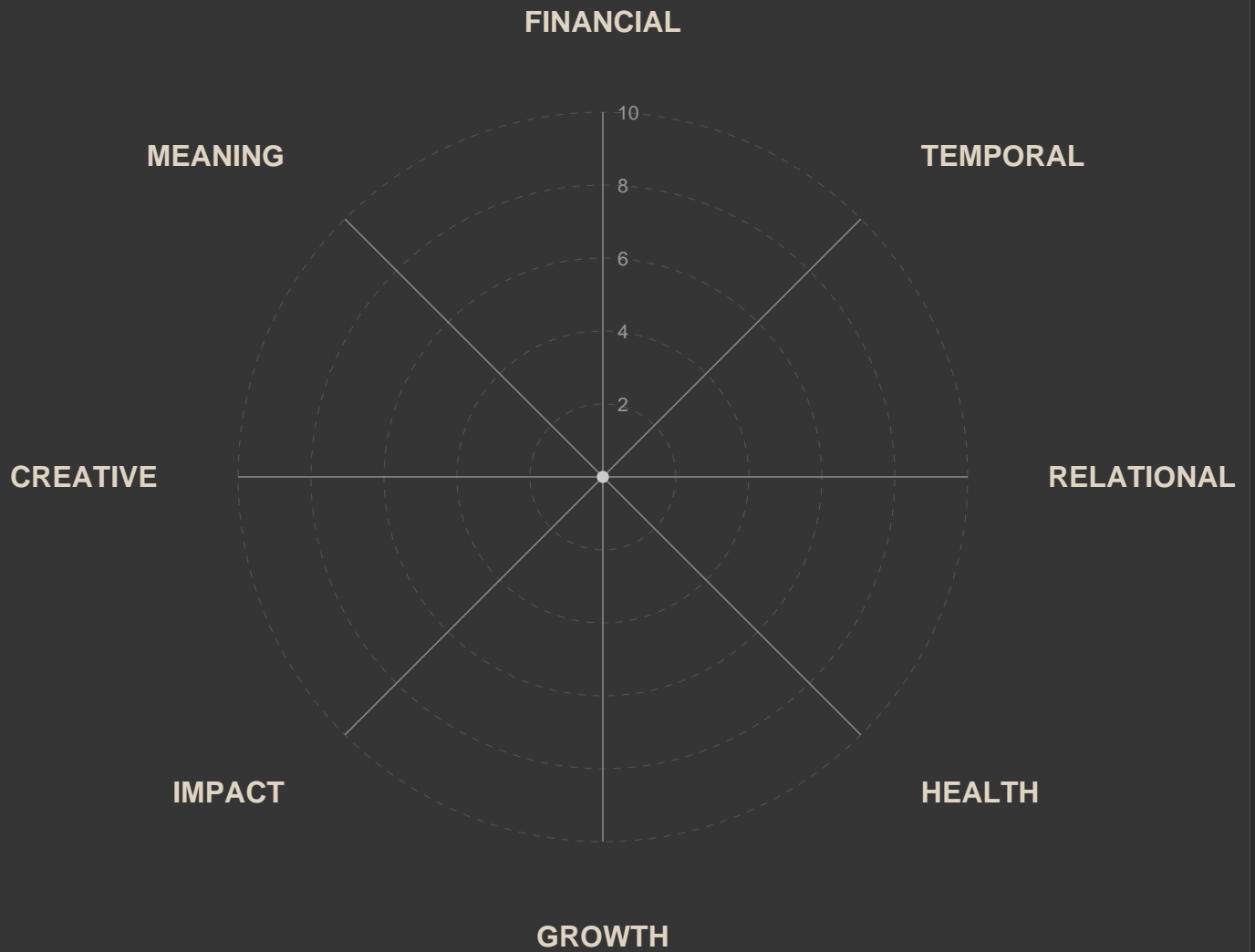
Year → Month → Week
goal cascade

LIFE REFLECTION

Quarterly check-in
& recalibration

LAUNCH BONUS · NOT FOR RESALE

THE STAR CHART



*Rate yourself 1–10 on each axis. Connect the dots.
What you see is the shape of your life.*

THE A4 PAPER SYSTEM

THIS YEAR

3–5 goals you're committed to

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

THIS MONTH

Milestones that advance your yearly goals

- _____
- _____
- _____
- _____
- _____

THIS WEEK

Concrete tasks that must happen now

- Mon _____
- Tue _____
- Wed _____
- Thu _____
- Fri _____
- Sat _____
- Sun _____

LIFE REFLECTION

Revisit quarterly. Be honest. Growth starts with truth.

What am I most proud of this quarter?

Where am I out of alignment with what I really want?

What would I do differently if I had zero fear?

Which Star Chart axis needs the most attention now?

What is one thing I will stop doing?

What is one thing I will start doing?

"Design your life, or someone else will."

— Patrick Mahakapong