Book Review 2 Optimize Your Life! The One-page Strategic Planner by Bernhoff A. Dahl, M.D.

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What a find! I have been looking for a resource on strategic personal planning for awhile now on and found this book while searching for something else. Coaching is based on the use of powerful questions and this book is loaded with them.

The book is well written and easy to read. My first read through took just under 24 hours in three sittings. Aside from the focus on personal planning, one of the added benefits of this book is the supportive material on values and visioning included by Dr. Dahl. The book provides a solid foundation for the personal strategic planning process. The worksheets at the end of each chapter are by themselves, worth the price of the book.

Potential readers should not view the One Page Strategic Plan as being simplistic. If done according to Dr. Dahl’s instructions, the planning process will require some effort and a whole lot of thought. Now that I have read it through once, it is time to reread it, this time completing the worksheets!