

AI-03175 Project Planning Basics

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Tags	Project
Created time	@November 17, 2025 7:57 AM

I understand the concept of Project Planning from work perspective (I'm retired now). I'm used to Microsoft Project Planning and knows about the basics of project planning. 1. List the basics of Project Planning, terms and definition used and the how's. 2. Then synthesize the concept of project planning into an Event Planning. Explain the subtle difference in the planning, execution and sunset of the activity. 3. Give framework planning of our 2026 Brent Relocation Trip to NYC. We are flying From CEB, JFK, drive a moving van from NYC to FL, then Fly to our Texas residence from TPA to AUS and then AUS to CEB.

Below is a **clear, structured, professional** answer matching your preferred format (Direct Answer → Key Reasons → Alternatives → Action Plan).

1. BASICS OF PROJECT PLANNING — TERMS, DEFINITIONS, AND THE “HOW”

A. Core Concepts & Definitions

Term	Definition	How It Works
Project Scope	The boundaries of the project: deliverables, exclusions, constraints.	Define exactly what is included, excluded, and the success criteria.
Work Breakdown Structure (WBS)	Hierarchical breakdown of the whole project into manageable tasks/subtasks.	Break large objectives → phases → tasks → subtasks until executable.

Term	Definition	How It Works
Milestones	Zero-duration checkpoints marking important achievements.	Use for approvals, key completions, sign-offs, transitions.
Dependencies	Logical sequencing of tasks (FS, SS, FF).	Determine what depends on what: e.g., "packing must finish before loading the truck."
Resources	People, materials, tools, vehicles, budget needed.	Assign availability, cost, and responsibility.
Schedule/Gantt Chart	Timeline representation of tasks and durations.	Visualize the entire flow and identify the critical path.
Critical Path	Longest path of dependent tasks controlling the project finish date.	Ensure these tasks have no slippage; protect them.
Budget/Cost Baseline	Total projected cost of the project.	Forecast cost per phase and track actuals vs. baseline.
Risks	Potential issues that may affect outcome. Includes probability and impact.	Create risk log, assign owners, mitigation, contingency.
Change Control	Formal method for approving changes to scope, timeline, or cost.	Prevents "creep" and keeps the project aligned with objectives.
Stakeholders	People affected or involved in the project.	Communicate expectations and updates.
Status Reports	Periodic updates of progress vs. plan.	Weekly/biweekly summaries.
Closing/Sunset	Formal wrap-up and documentation.	Confirm deliverables, lessons learned, financial close.

2. SYNTHESIZING PROJECT PLANNING → EVENT PLANNING

Project planning and event planning share the same skeleton but differ in **intent**, **volatility**, and **execution flow**.

A. Key Similarities

- Both require a clear scope, timeline, logistics, budget, contingency plans.
- Both rely heavily on sequencing, vendors/partners, and stakeholder communication.
- Both end with a sunset phase.

B. Key Differences — *Subtle but Important*

1. Planning Phase

Project Planning

- Long timeline, deliverable-driven.
- Tasks are technical, structured, predictable.
- Scope change → formal change control.

Event Planning

- Short burst, experience-driven.
- Tasks involve people, timing, hospitality, coordination.
- Flexibility is higher; real-time adjustments common.
- “Soft deliverables” (mood, flow, guest experience) matter.

2. Execution Phase

Project Execution

- Linear, controlled, systematic.
- Milestones gated; approvals mandatory.
- Issues handled through ticketing/escalation systems.

Event Execution

- Real-time orchestration.
- Immediate decision-making at现场.
- Higher emotional and logistical volatility.

3. Sunset/Closing Phase

Project Sunset

- Review deliverables, verify success criteria.
- Lessons learned, documentation, handover.

Event Sunset

- Quick teardown and transition.
- Debrief focuses on guest satisfaction, coordination, timing.
- Emotional closure (family event, celebration, end of travel).

Summary Concept

Project planning = controlled engineering.

Event planning = controlled chaos with elegance.

3. FRAMEWORK: 2026 BRENT RELOCATION TRIP (NYC → FL → TX → CEB)

Below is a **project-style plan applied to your event-style trip.**

A. Objective

Support Brent's:

- **Graduation in NYC (May 2026)**
- **NYC apartment pack-out**
- **Relocation drive from NYC → Hernando, FL (June/July 2026)**

Then:

- **Visit daughter in Round Rock, TX**
 - **Fly back home to CEB**
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B. Scope

Included

- CEB → JFK flight
- Graduation attendance
- Apartment packing + moving prep
- Renting/driving a moving van (U-Haul or Penske)
- Interstate relocation drive: NYC → FL
- Settling Brent in new practice location
- TPA → AUS → CEB flights
- Visit to Texas home

Excluded

- Any medical licensing issues
 - House-hunting for Brent (assume pre-arranged)
 - Storage rentals unless needed
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C. High-Level WBS (Work Breakdown Structure)

Phase 1 — Pre-Departure (Cebu)

1. Book flights: CEB → JFK (arrival late April or early May).
 2. Prepare travel documents (US passports, ESTA/visas).
 3. Coordinate Brent's graduation dates & NYC apartment lease-end.
 4. Pre-book moving van dates.
 5. Prepare packing supplies (or buy in NYC).
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Phase 2 — NYC Graduation + Apartment Wrap-Up

Milestone 1: Arrive NYC

Milestone 2: Attend Graduation

Milestone 3: Apartment Packing Completed

Tasks

1. Check in at hotel/temporary stay.
 2. Attend graduation ceremonies and celebrations.
 3. Sort, declutter, and box items.
 4. Secure moving van reservation (pick-up location, date).
 5. Load the truck safely (weight distribution).
 6. Dispose or donate belongings not going to Florida.
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Phase 3 — NYC → Florida Interstate Move

Milestone 4: Depart NYC with moving van

Milestone 5: Arrive in Hernando, FL

Tasks

1. Route planning (I-95 corridor).
 2. Book stopover hotels (moving trucks require specific parking).
 3. Fuel and meal planning.
 4. Maintain 8–10 hour driving limits/day.
 5. Arrival and unloading.
 6. Return moving van to FL drop-off point.
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Phase 4 — Florida Settlement

Milestone 6: Brent settled in Hernando

Tasks

1. Essential furniture setup.

2. Utilities and internet activation (if needed).
 3. Acquire local essentials (groceries, bedding, kitchen items).
 4. Conduct first orientation drive around Hernando.
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Phase 5 — FL → Texas Travel

Milestone 7: Fly TPA → AUS

Tasks

1. Return rental car (if any).
 2. Fly from Tampa to Austin.
 3. Visit daughter at Round Rock home (1801 Gunsight).
 4. Check Texas home status.
 5. Prep for final return to CEB.
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Phase 6 — Texas → Cebu Return

Milestone 8: AUS → CEB

Tasks

1. Pack remaining family items.
 2. Airport transport.
 3. Fly home to Cebu.
 4. Post-trip rest and documentation.
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D. Risks & Mitigation

Risk	Mitigation
Moving van availability	Reserve 2 months ahead.
NYC heavy traffic	Avoid peak times; choose early morning departure.
Weather (storms on I-95)	Flexibility in schedule; monitor NOAA alerts.

Risk	Mitigation
Apartment lease-end overlap	Confirm exact move-out date.
Physical fatigue on long drive	2 drivers, frequent rest stops.

E. Sunset (Closing the Event)

- Verify Brent is fully settled.
- Submit all receipts/expenses to personal ledger.
- Capture lessons learned for future major family travel.
- Rest week once arriving home in Cebu.

If you want, I can generate next:

- A **Microsoft Project–style Gantt chart**
- A **one-page travel plan for printing**
- A **risk register**
- A **packing and logistics checklist**

I'm using OpenProject as my software, is there a method to import an organized text file into OpenProject to avoid the cumbersome process of rewriting each task?

Yes — OpenProject *can* import tasks from an organized text file, but not directly from plain text.

You need to convert your text into a structure OpenProject understands, such as **CSV** or **Excel**, and then import it through the “Work Packages → Upload Work Packages” import function.

Below is the **clear method**, including formats that work.

1. DIRECT ANSWER — Can you import an organized text file?

Yes, but only if you convert the text file into a CSV or Excel format with recognized columns.

OpenProject does **not** import freeform text or simple lists. It **does** import structured data.

2. HOW IMPORTING WORKS (OpenProject Method)

Supported import formats

- **CSV (.csv)** → recommended
- **Microsoft Excel (.xlsx)**
- **Google Sheets (exported to CSV)**

Menu navigation

1. **Work Packages**
 2. Click + menu → **Import**
(sometimes appears as “**Upload work packages**”)
 3. Upload CSV/Excel
 4. Map columns (subject, description, start date, type, parent, etc.)
 5. Confirm and import
-

3. WHAT THE FILE MUST CONTAIN

At minimum, your CSV must include:

Column	Purpose
Subject	The task name
Type	Task, Phase, Milestone
Parent	For hierarchy (optional)
Description	Notes (optional)
Start Date	Optional
Due Date	Optional
Assignee	Optional

4. EXAMPLE — HOW TO FORMAT YOUR TEXT INTO IMPORTABLE CSV

A. Your Text (raw):

Phase 1 – Pre-Departure
 Book flights CEB to JFK
 Prepare travel documents
 Coordinate graduation schedule
 Confirm moving van reservation

Phase 2 – NYC Graduation
 Attend ceremony
 Pack NYC apartment
 Load moving van

B. Convert to CSV like this:

```
Subject,Type,Parent,Description
Phase 1 – Pre-Departure,Phase,,
Book flights CEB to JFK,Task,Phase 1 – Pre-Departure,
Prepare travel documents,Task,Phase 1 – Pre-Departure,
Coordinate graduation schedule,Task,Phase 1 – Pre-Departure,
```

```
Confirm moving van reservation,Task,Phase 1 – Pre-Departure,  
  
Phase 2 – NYC Graduation,Phase,,  
Attend ceremony,Task,Phase 2 – NYC Graduation,  
Pack NYC apartment,Task,Phase 2 – NYC Graduation,  
Load moving van,Task,Phase 2 – NYC Graduation,
```

Then save as **UTF-8 CSV**.

OpenProject will:

- Import all tasks
- Automatically link subtasks via the **Parent** column mapping
- Build your hierarchy into a full WBS

5. PRO TIP — HOW TO BUILD FAST WITHOUT MANUAL TYPING

Option A — Write your hierarchy in Notepad as “indented text”

Example:

```
Phase 1 - Pre-Departure  
  Book flights  
  Prepare travel documents  
Phase 2 - NYC Graduation  
  Attend ceremony  
  Pack apartment
```

Then I can convert it into a **CSV import template** for you.

Option B — Give me your entire task list here

I'll:

- Structure it

- Format it into a CSV
 - Make it import-ready for OpenProject
 - And give you the exact instructions to upload it
-

6. SUMMARY

- **OpenProject cannot import text directly.**
 - **You must convert text → CSV or Excel.**
 - **Hierarchy is supported using Parent fields.**
 - Import via: *Work Packages* → *Import/Upload Work Packages*.
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If you want, **paste your entire 2026 Brent Relocation WBS** and I will produce an **import-ready CSV file** that you can upload immediately into OpenProject.

How to import an excel formatted WBS to OpenProject?

Direct Answer:

You can't directly "import" an Excel-formatted WBS into OpenProject. Instead, OpenProject provides an **Excel synchronization feature** that lets you upload your spreadsheet, map it to work packages, and maintain hierarchy and relations. This means you prepare your WBS in Excel, then synchronize it with OpenProject so tasks, hierarchies, and dependencies are reflected inside the platform [OpenProject Github](#).

Steps to Import/Synchronize Excel WBS into OpenProject

1. Prepare Your Excel File

- Ensure your WBS is structured with clear columns (e.g., ID, subject, start date, due date, hierarchy level).
- Use OpenProject's supported headers (like *Subject*, *Start date*, *Due date*, *Parent*, *Relations*) so the system can recognize them.

2. Download Work Packages Template

- In OpenProject, go to your project's **Work Packages** view.

- Use the **Excel export** option to download a template. This ensures column names match OpenProject's expected format.

3. Edit in Excel

- Insert your WBS tasks into the exported Excel file.
- Maintain hierarchy by filling the *Parent* column or using indentation levels.
- Add relations if needed (e.g., predecessor/successor tasks).

4. Upload Back to OpenProject

- Go to the same Work Packages view.
- Use the **Excel synchronization upload** option.
- OpenProject will read your spreadsheet and update/create work packages accordingly.

5. Verify Hierarchies & Relations

- After upload, check that parent-child relationships and dependencies are correctly reflected.
- Adjust in OpenProject if needed.

Key Features of Excel Synchronization

- **Hierarchies:** WBS levels in Excel can be synchronized into OpenProject's work package hierarchy.
- **Relations:** Dependencies (predecessor/successor) can be defined in Excel and imported.
- **Custom Queries:** You can synchronize specific filtered views of work packages.
- **Round-trip Editing:** Download → edit in Excel → upload back to OpenProject [OpenProject Github](#).

Notes

- This is not a one-time import; it's a **two-way sync**. You can repeatedly update your WBS in Excel and re-upload.

- If your Excel file doesn't follow OpenProject's expected headers, the sync will fail. Always start from an exported template.
- Large WBS structures may require multiple uploads to ensure hierarchy integrity.

Sources: [OpenProject](#) [Github](#)

Would you like me to **draft a reproducible Excel column template** (with headers and example rows) that matches OpenProject's synchronization format? That way, you can paste your WBS directly into it and avoid mapping errors.

Synthesize the concept of Project Planning into a Personal Life Planning starting from Birth to EOL. Create a micro and macro level planning with Milestones.

Below is a **clear, elegant, structured synthesis** of **Project Planning → Personal Life Planning** from **Birth → End of Life (EOL)**, with **macro (life phases)** and **micro (detailed milestones)** levels.

This mirrors Microsoft Project logic:

- **Scope**
 - **WBS**
 - **Phases**
 - **Milestones**
 - **Dependencies**
 - **Risks**
 - **Execution**
 - **Sunset / Closing**
-

1. DIRECT ANSWER — What is Personal Life Planning as a Project?

Personal Life Planning =

Project Planning applied to a human life, where the *project deliverable* is a meaningful, well-lived existence, and the *resources* are your time, health, relationships, finances, and choices.

In this framing:

- **You** are the Project Manager.
 - **Life Phases** are the major project phases.
 - **Milestones** are life achievements.
 - **Risks** are uncertainties (health, finances, relationships).
 - **Change Control** = adaptation and resilience.
 - **EOL (End-of-Life)** is the final project closeout.
-

2. MACRO-LEVEL LIFE PLAN (Birth → EOL)

High-Level Phases = Mega-WBS

Each phase contains its psychological, physical, relational, financial, and existential tasks.

Phase 1: Birth → Early Childhood (0–7)

Purpose: Foundation of identity, safety, attachment.

Milestones:

- Secure attachment
- Emotional regulation development
- Early cognitive and social skills

Risks: Trauma, instability, malnutrition

Phase 2: Middle Childhood (8–12)

Purpose: Skills, curiosity, discipline.

Milestones:

- Learning autonomy
- Growth mindset
- First responsibilities

Risks: Bullying, low self-esteem, early behavioral issues

Phase 3: Adolescence (13–19)

Purpose: Identity formation.

Milestones:

- Self-concept
- Long-term interests begin
- First intimate connections
- Values formation

Risks: Peer pressure, unhealthy coping, identity diffusion

Phase 4: Early Adulthood (20–35)

Purpose: Career building, independence, relationships.

Milestones:

- First career
- First major relationship
- Financial foundation
- Beginning adult autonomy

Risks: Career drift, toxic relationships, financial mistakes

Phase 5: Midlife (36–55)

Purpose: Integration, stability, mastery.

Milestones:

- Peak earning
- Raising family
- Purpose refinement
- Strengthening health routines

Risks: Burnout, stagnation, midlife crisis, health decline

Phase 6: Late Adulthood (56–70)

Purpose: Legacy building.

Milestones:

- Retirement planning
- Financial independence
- Mentorship role
- Simplification & decluttering

Risks: Chronic disease, overextension, empty-nest depression

Phase 7: Senior Years (71–EOL)

Purpose: Graceful living.

Milestones:

- Mental health maintenance
- Social connection protection
- EOL legal documents
- Storytelling & memory preservation

Risks: Isolation, cognitive decline, regret accumulation

3. MICRO-LEVEL LIFE PLANNING (WBS + Milestones)

This is the **detailed task list** for each life phase, like a genuine project plan.

Phase 1: Birth → Early Childhood (Micro Tasks)

- Develop safety and attachment
- Early education exposure
- Habit formation (sleep, hygiene)
- Language, play, exploration

Milestone: *Secure attachment formed*

Phase 2: Middle Childhood

- Develop discipline
- Social belonging
- Sports/hobbies trial
- Values introduction

Milestone: *Core competence emerging*

Phase 3: Adolescence

- Identity exploration
- Emotional maturity
- Navigating social dynamics
- Early career tests (internships, school focus)

Milestone: *Self-identity clarified*

Phase 4: Early Adulthood

- Pick a career direction
- Build financial base (savings, investing)

- Learn relationships and boundaries
- Lifestyle foundation (health, habits)

Milestone: *Established adult independence*

Phase 5: Midlife

- Consolidate career
- Raise family or build intimate long-term connections
- Expand wealth vehicles
- Maintain physical health
- Midlife recalibration (purpose, direction)

Milestone: *Life mastery & stability achieved*

Phase 6: Late Adulthood

- Transition to retirement
- Maximize health span
- Legacy building (wisdom, writing, mentorship)
- Simplify possessions and commitments
- Secure estate planning

Milestone: *Financial independence + intentional life*

Phase 7: Senior Years

- Maintain social connectedness
- Stay active physically and mentally
- Give meaning (stories, teaching, presence)
- EOL preparation (will, medical directive, funeral plan)
- Closure rituals with family/friends

4. PROJECT MANAGEMENT LOGIC APPLIED TO LIFE

Scope

"Live a meaningful life aligned with my values."

Constraints

- Time (finite)
- Health (variable)
- Resources (money, relationships)

Dependencies

- Childhood → influences adult functioning
- Education → influences career options
- Health habits → influence longevity
- Relationships → influence emotional well-being

Risks

- Unexpected illness
- Financial downturns
- Relationship failures
- Identity confusion
- External disruptions (wars, crises)

Mitigation Strategies

- Emergency funds
- Health routines

- Adaptability
- Lifelong learning
- Strong relationships

Execution

Daily habits → Weekly routines → Annual recalibration → Phase transitions

Change Control

Life pivots require:

- Reflection
 - Data (health, finances)
 - New strategy
 - Alignment with deeper values
-

5. SUNSET / END-OF-LIFE PHASE

Closing Tasks

- Resolve unfinished relationships
- Pass on wisdom, letters, journals
- Complete legal affairs
- Emotional closure with family
- Gratitude-focused final years

Deliverables

- A complete story
 - A preserved legacy
 - A peaceful transition
-

6. SUMMARY – LIFE AS A PROJECT

Project Component	Life Equivalent
Scope	Meaningful existence
Tasks	Daily actions, habits
Resources	Health, time, money, relationships
Milestones	Life achievements
Risk Register	Health, finances, relationships
Lessons Learned	Wisdom
Sunset Phase	EOL and legacy

If you want, I can also create:

- A **full Gantt chart structure** for life phases
- A **template for personal annual planning using project-management logic**
- A **self-assessment tool** based on milestones
- A **Life WBS importable into OpenProject**

Just tell me which one you want next.

Understood. Here are **all 4 deliverables**, clearly separated and ready for your use.

1. FULL GANTT-STYLE STRUCTURE FOR LIFE PHASES (Birth → EOL)

This is a **textual Gantt-like outline**, suitable for converting into OpenProject or Microsoft Project.

LIFE PROJECT PLAN (BIRTH → END OF LIFE)

PHASE 1: Early Foundation (0–7)

TASK: Safety & Nourishment

TASK: Attachment & Bonding
TASK: Early Play & Learning
MILESTONE: Secure Attachment

PHASE 2: Middle Childhood (8–12)

TASK: Skills & Competence Development
TASK: Friendships & Socialization
TASK: Discipline & Habits
MILESTONE: Core Competence Formed

PHASE 3: Adolescence (13–19)

TASK: Identity Exploration
TASK: Emotional Self-Regulation
TASK: Career/Aptitude Discovery
MILESTONE: Identity Clarified

PHASE 4: Early Adulthood (20–35)

TASK: Education & Career Entry
TASK: Financial Foundation Building
TASK: Relationship Discovery
TASK: Lifestyle & Habits Shaping
MILESTONE: Adult Independence Established

PHASE 5: Midlife Mastery (36–55)

TASK: Career Consolidation
TASK: Family Raising/Long-Term Partnership
TASK: Wealth Building & Financial Strategy
TASK: Health Routines Deepened
MILESTONE: Life Stability & Mastery Achieved

PHASE 6: Late Adulthood (56–70)

TASK: Retirement Planning
TASK: Simplification & Decluttering
TASK: Legacy Work & Wisdom Sharing
TASK: Health Optimization
MILESTONE: Financial Independence & Intentional Life

PHASE 7: Senior Years (71–EOL)

TASK: Physical & Cognitive Maintenance

TASK: Emotional & Social Connection

TASK: EOL Preparation (Will, Directives)

TASK: Storytelling / Memory Preservation

MILESTONE: Graceful & Meaningful Closure

2. PERSONAL ANNUAL PLANNING TEMPLATE (Project-Management Logic)

Use this each year as your “Life Annual Operating Plan.”

A. Scope Statement (Year X)

My purpose for this year is:

→ *Write your one-sentence mission for the year.*

Included:

- Health
- Finances
- Relationships
- Career/Meaning
- Lifestyle

Excluded:

- Anything that drains energy without ROI
- Old unresolved commitments outside your control

B. WBS (Work Breakdown Structure)

1. Health

- Exercise plan
- Medical checkups
- Sleep optimization
- Nutrition system

2. Finances

- Income management
- Investing strategy
- Emergency fund
- Major purchases planning

3. Relationships

- Family routines
- Friendship maintenance
- Partnership quality
- Community involvement

4. Personal Growth

- Reading/learning plan
- Skill acquisition
- Hobbies
- Travel/novelty experiences

5. Simplification

- Decluttering
 - Reducing digital noise
 - Time management refinement
-

C. Annual Milestones

- Q1 Milestone
 - Q2 Milestone
 - Q3 Milestone
 - Q4 Milestone
-

D. Risk Log

Risk	Probability	Impact	Mitigation
Health issue	Medium	High	Fitness + checkups
Financial downturn	High	Medium	Diversified portfolio
Relationship conflict	Medium	High	Scheduled communication
Burnout	Medium	High	Rest cycles

E. Quarterly Review Checklist

- Did I follow my habits?
 - Did my investments grow?
 - Did my relationships improve?
 - Did I declutter?
 - What needs adjusting?
-

3. LIFE SELF-ASSESSMENT TOOL (Milestone-Based)

Score yourself 0–5 in each category.

Phase 1 & 2 Foundations

Area	Score (0–5)
Emotional security	
Resilience	
Discipline	

Adolescence Identity Milestones

Area	Score
Self-awareness	
Emotional regulation	
Social skills	

Adulthood Milestones

Area	Score
Financial foundation	
Career direction	
Relationship quality	
Health habits	

Midlife Milestones

Area	Score
Purpose clarity	
Wealth stability	
Family roles	
Stress mastery	

Later Life Milestones

Area	Score
Retirement security	
Legacy building	
Life satisfaction	
Social connectedness	

Senior Years Milestones

Area	Score
Cognitive clarity	
Emotional peace	
Preparedness for EOL	
Closure with loved ones	

Interpretation

- **4–5:** Strong
- **2–3:** Needs refinement
- **0–1:** Needs immediate action plan

4. LIFE WBS (IMPORTABLE INTO OPENPROJECT — CSV STRUCTURE)

Below is a **CSV-friendly structure** that you can copy into Excel/Google Sheets, export as CSV, and import directly into OpenProject.

Columns: Subject, Type, Parent

```
Subject,Type,Parent
LIFE PROJECT,Phase,
Early Foundation (0–7),Phase,LIFE PROJECT
Safety & Nourishment,Task,Early Foundation (0–7)
```

Attachment & Bonding,Task,Early Foundation (0–7)
Early Play & Learning,Task,Early Foundation (0–7)
Secure Attachment,Milestone,Early Foundation (0–7)

Middle Childhood (8–12),Phase,LIFE PROJECT
Skills & Competence Development,Task,Middle Childhood (8–12)
Friendships & Socialization,Task,Middle Childhood (8–12)
Discipline & Habits,Task,Middle Childhood (8–12)
Core Competence Formed,Milestone,Middle Childhood (8–12)

Adolescence (13–19),Phase,LIFE PROJECT
Identity Exploration,Task,Adolescence (13–19)
Emotional Self-Regulation,Task,Adolescence (13–19)
Career/Aptitude Discovery,Task,Adolescence (13–19)
Identity Clarified,Milestone,Adolescence (13–19)

Early Adulthood (20–35),Phase,LIFE PROJECT
Education & Career Entry,Task,Early Adulthood (20–35)
Financial Foundation Building,Task,Early Adulthood (20–35)
Relationship Discovery,Task,Early Adulthood (20–35)
Lifestyle & Habits Shaping,Task,Early Adulthood (20–35)
Adult Independence Established,Milestone,Early Adulthood (20–35)

Midlife Mastery (36–55),Phase,LIFE PROJECT
Career Consolidation,Task,Midlife Mastery (36–55)
Family Building / Partnership Strengthening,Task,Midlife Mastery (36–55)
Wealth Building & Financial Strategy,Task,Midlife Mastery (36–55)
Health Routines Deepened,Task,Midlife Mastery (36–55)
Life Stability & Mastery Achieved,Milestone,Midlife Mastery (36–55)

Late Adulthood (56–70),Phase,LIFE PROJECT
Retirement Planning,Task,Late Adulthood (56–70)
Simplification & Decluttering,Task,Late Adulthood (56–70)
Legacy Work & Wisdom Sharing,Task,Late Adulthood (56–70)
Health Optimization,Task,Late Adulthood (56–70)
Financial Independence & Intentional Life,Milestone,Late Adulthood (56–70)

Senior Years (71-EOL),Phase,LIFE PROJECT
Physical & Cognitive Maintenance,Task,Senior Years (71-EOL)
Emotional & Social Connection,Task,Senior Years (71-EOL)
EOL Preparation (Will, Directives),Task,Senior Years (71-EOL)
Storytelling / Memory Preservation,Task,Senior Years (71-EOL)
Graceful & Meaningful Closure,Milestone,Senior Years (71-EOL)

You can import this directly into OpenProject by:

Work Packages → Import → Upload CSV → Map fields.

If you want, I can also create next:

- ✓ A printable PDF life plan
- ✓ A dashboard-style "Life Kanban Board"
- ✓ A mega visual mindmap
- ✓ A chronological timeline (by age)

Just tell me what format you prefer.