



The Existential Playbook

The Existential Playbook (TEP) is a **10-step personal development system**, created by top executive coach, Stephen Bruyant-Langer, as a sequel to The Personal Business Plan from 1996. See more at thepersonalbusinessplan.com.

With insights from experts in philosophy, psychology, neurology, and strategy, TEP offers a new executive coaching system and a brand-new Nordic Leadership Model. Stephen's approach builds on **existentialist principles of choice, action and responsibility**, providing you with a transformative roadmap to successfully edit your past, curate your present and design a future you'll love.

4 phases

10 sessions - 12 months - 1 plan

Our Human Condition

Transformation

Going Further

Existential Hacks

Find meaning in Life

1

A New Phase in Life

*What are your most fulfilling years?
What made them stand out?
Make the rest of your life meaningful
What is holding you back?*

2

Measure Success the Right Way

*How do you define yourself as successful?
What is your best failure so far?
Which new goals have you set?
Should you let go of some of your old ones?*

3

What Makes You Thrive?

*Do you have time to play and have fun?
Do you have time for reflection?
How can you get meditation into your life?
What new skill will you learn?*

4

The Quest for Self

*Get rid of your negative inner dialogue
Take responsibility for your actions
What do you want to stand for?
If others should judge you only by your deeds, what would their judgment be?*

5

Show Me Your Friends

*Which five people do you take most care of?
Who can you rely on no matter what?
And who can rely on you?
Do you know people with different backgrounds and values?*

6

The Strategy of Reinvention

*What do you long for?
What must you do to be your own hero?
How do you find resilience in hard times?
How do you recharge?*

7

Navigating the Bigger Perspective

*Is the world better or worse today than in your youth?
Consider what makes you feel that way
Do you reserve sufficient time to reflect on your life and actions?
How are you trying to improve the World around you?*

8

How to Thrive at Work

*What makes somebody a good leader? List 5 to 7 qualities
Explain it in a way that a young, ambitious person would understand
What does your own ideal work life look like?
Are you living it? If not, why not? And what will you do about it?*

9

Lessons for Transformation

*What is my next existential choice?
What is my next existential act?
Which existential responsibility do I still need to address?
What is keeping me from choosing, acting and being responsible?*

10

Epilogue: Ten Existential Hacks

*Reach out
Expose yourself to awe
Play and have fun
The right time is now
Practice courage*

*Be someone rather than something
Relearn how to learn
Shake things up
Stay physically active
Believe in free will*

Take action!

Work through our TEP system over 12 months

Do it on your own – or reap the ultimate benefits and do it together with Stephen Bruyant-Langer

The Existential Playbook



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Our company offers services built on the unique and impactful methodologies of **The Personal Business Plan** and **The Existential Playbook** systems. The principles of both systems are integrated in all our services. It is a **complete universe**.

See more and Sign up at thepersonalbusinessplan.com. More and more, we work under framework agreements.

We offer these products and services:

Top Executive Coaching: The Personal Business Plan and The Existential Playbook

- Full coaching programs of 10 sessions over 12 months
- Customised coaching programs tailored to your personal and specific needs
- Coaching performed by Stephen Bruyant-Langer or by our certified PBP Partners

The PBP Book Trilogy

- The Existential Playbook: How to survive, live and thrive, Right Book Press, 2024
- The Personal Business Plan: A blueprint for running your life, Wiley, 2013
- Your Next Career: The headhunter's guide to lifelong success, L&R, 2012 (in Danish)

The Personal Business Plan Toolkit

- The complete online system to build your own Personal Business Plan through 10 authoritative steps and 40 exercises, carefully laid out in a sequence based on Stephen's vast experience
- A goldmine of tools, techniques, templates, examples, and exercises
- Create your own e-book about yourself

Keynote Speaking and Workshops

- Inspirational keynotes on personal and professional success based on life ambition, personal reinvention, learning agility, and courage to commit by Stephen Bruyant-Langer.
- See more at a-speakers.com/speakers/stephen-bruyant-langer.
- Reinforcing Top Team Cohesion workshops and seminars, tailored to your audience and perspective.

Find Meaning in Life

Design your future