

PURPOSE & SUCCESS ROUTINE

Date _____



YOUR IDEAL SELF & LIFE

DESCRIBE YOUR IDEAL SELF & LIFESTYLE IN DETAIL. HOW WOULD YOU FEEL? WHAT / WHO / WHERE WOULD BE INCLUDED AND WHAT ABSOLUTELY WOULD NOT BE A PART OF IT? WHAT WOULD YOU DO? WHAT KIND OF EXPERIENCES WOULD YOU HAVE THAT WOULD BRING YOU DEEP MEANING AND JOY?



GOALS & VALUES

WHAT VALUES & GOALS WILL GET YOU TO YOUR IDEAL LIFESTYLE & SELF? WHICH GOALS, & VALUES DO OTHERS HAVE THAT ALREADY LIVE A LIFESTYLE SIMILAR TO YOUR IDEAL LIFE? HOW CAN YOU INTEGRATE THESE GOALS, & VALUES INTO YOUR LIFE TODAY?



MEANINGFUL TASKS & HABITS

LIST 1-10 ACTIVITIES IN ORDER OF PRIORITY. EACH TASK OR HABIT SHOULD BE WORKING TOWARDS AN IMPORTANT GOAL OR VALUE. SCHEDULE EACH TASK OR HABIT FOR A SPECIFIC TIME BLOCK. ADD BEHAVIORAL SCIENCE NUDGES TO DRASTICALLY INCREASE YOUR CHANCES OF COMPLETING THEM

Priority	Time	Task or habit	Nudge(s)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

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ACCOUNTABILITY CONNECTION

FIND AN ACCOUNTABILITY BUDDY WHO IDEALLY HAS COMPLETED A SIMILAR GOAL TO YOU, IS WORKING ON A SIMILAR GOAL TO YOU (OR HAS A DESIRE TO ACHIEVE A GOAL OF SOME KIND). EACH NIGHT SHARE YOUR MAIN PRIORITY FOR THE NEXT DAY AND IF YOU COMPLETED YOUR MAIN PRIORITY FOR THE PREVIOUS DAY. WRITE YOUR CONVERSATION NOTES BELOW.



LEARN

SPEND TIME LEARNING ABOUT ONE OF THE LIFE-CHANGING HABITS IN YOUR ROUTINE SO YOU CAN BECOME MORE KNOWLEDGEABLE AND PROFICIENT IN IT OR TO LEARN A SPECIFIC SKILL OR BODY OF KNOWLEDGE THAT IS CRUCIAL TO YOUR LIFE IN SOME WAY EITHER PERSONALLY OR PROFESSIONALLY. WRITE DOWN THE SUBJECT YOU LEARNED ABOUT AND THE AMOUNT OF TIME YOU SPENT LEARNING. USE THE NOTES SECTION TO WRITE DOWN ANY KEY POINTS FROM YOUR LEARNING SESSION.

NOTES

SUBJECT OF
LEARNING

TIME
LEARNING