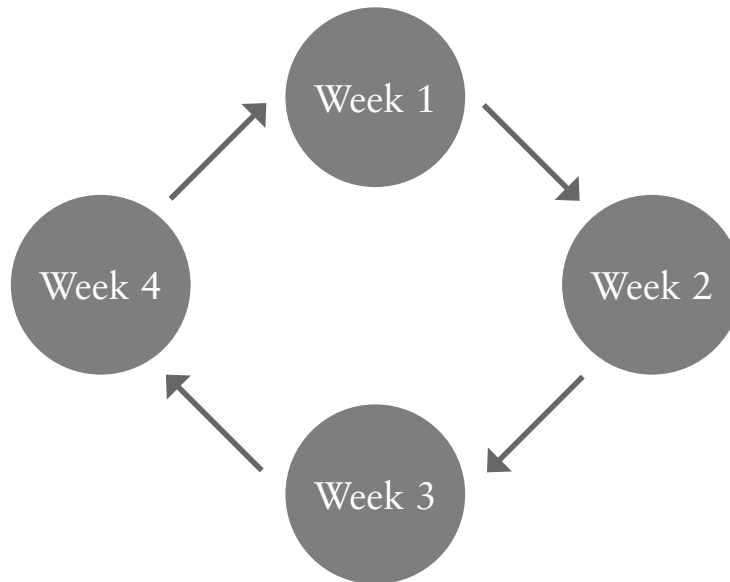


## 1. MONTHLY RHYTHM

*What is not completed in week 1 is carried over to week 2 and so on.*



### *Month*

Week 1 main project: \_\_\_\_\_

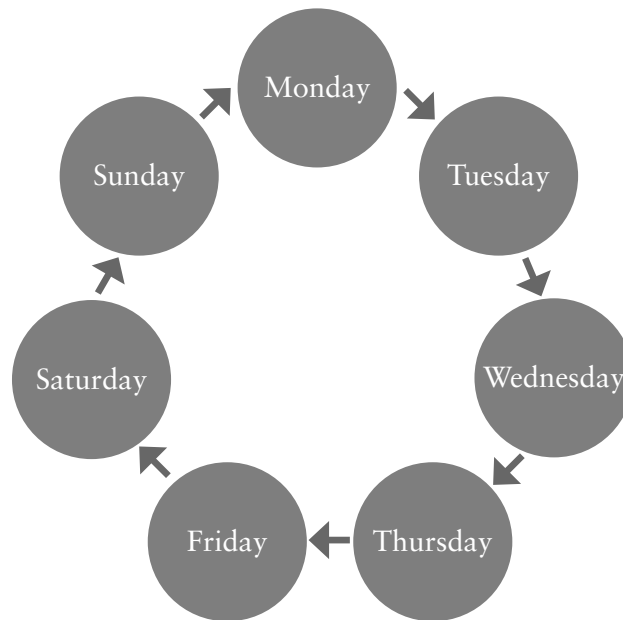
Week 2 main project: \_\_\_\_\_

Week 3 main project: \_\_\_\_\_

Week 4 main project: \_\_\_\_\_

## 2. WEEKLY RHYTHM

*What is not completed in day 1 is carried over to day 2 and so on. Decide what you want your schedule to look like and how many days to schedule your work. Block out days or weekends if desired.*



*Day*

Week 1 main project: \_\_\_\_\_

Week 2 main project: \_\_\_\_\_

To do: \_\_\_\_\_

To do: \_\_\_\_\_

To do: \_\_\_\_\_

To do: \_\_\_\_\_

### 3. HABITS

*This chart can be filled out monthly or even weekly if desired. It is meant to help you set achievable short-term goals for physical, fiscal and spiritual areas of your life.*

Sleep

Diet

Exercise

Debt

Finances

Higher Power

## APPLICATION

Do you have some powerhouse habits you have created? Name those here, or brainstorm at least one you can start right away.

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How have you encountered cheap ambition in your life and what was the result?

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What steps are you taking to create authentic ambition, focusing on a true expert status?

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Differentiate technical versus adaptive approaches and how they both apply in your life.

- Technical approach

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- Adaptive approach

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Name some healthy physical habits you plan to put in place or improve:

- Sleep

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- Diet

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- Exercise

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What fiscal habit will you implement or improve?

- Debt

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- Financial Advisor

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What, if any, higher power decision do you need to make?

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