

Here's your guide to developing the 3 key areas:

Use this template to develop a more holistic self-development skill set. Again, **I want you to do 3 main things here:** (1) Identify a goal or two in the "goals" section, (2) identify some knowledge-pieces and techniques *you already have* in the "knowledge" section and (3) share that wisdom with someone who needs it.

I want you to step into the teaching role because it'll help (a) reinforce the things you already know and (b) also reinforce *the idea* that you already HAVE made a significant amount of progress, even if there's still some work to be done...

"YOU ALREADY HAVE MADE SIGNIFICANT PROGRESS, EVEN IF THERE'S STILL SOME WORK TO BE DONE..."

Examples of goals:

Write down simple action steps you can take...if you want to zoom out and start looking at the big picture, that's fine, but be sure you have some action oriented steps in there too. ("Start a spending journal to get an overview of what my spending habits actually are." • "Go out at least twice a week to places I'm likely to meet people I'm compatible with." • "Confront so-and-so about problem X..." etc.)

Examples of knowledge:

You should already have a few conscious friends you talk to "on the regular" for mutual support. Just make it a point to throw a technique - that you actual do - into the conversation whenever seems natural ("Hey, you know one thing I do to make sure I eat better is hide the sugary stuff way back in the top shelf and keep the fruits and healthy snacks out on the table." etc.)



HEALTH

GOALS:

KNOWLEDGE:



CAREER

GOALS:

KNOWLEDGE:



RELATIONSHIPS

GOALS:

KNOWLEDGE: