Improve Your Life - Example

2016 is a pivotal year for me, with lots of hardships and adversity. Fortunately, all of this creates opportunity to grow, overcome, and become resilient. It is April 1st, and the start of my summer break will be approximately May 1st, so this month should be transformative in a way to make me happier, fitter, healthier, and smarter.

The **key words** for the next months are:

Location Independence

Meditation

Positive Thoughts/Inspiring

Social Events

Healthy Eating

Fitness

My **goals** for the next month is:

Get leaner

Write 5 blog posts

Write 1st Chapter of Book

Make as much money as possible

Meditate 12 times about positivity

Goal Tracker

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | T | F | S | S |
| Eat Breakfast |  |  |  |  |  |  |  |
| Drink Tea Daily |  |  |  |  |  |  |  |
| Run/ Yoga/Gym |  |  |  |  |  |  |  |
| Hypnosis 3/week |  |  |  |  |  |  |  |
| Social Event |  |  |  |  |  |  |  |
| Sauna Daily |  |  |  |  |  |  |  |
| Fruits + Veggie |  |  |  |  |  |  |  |
| Coconut Oil |  |  |  |  |  |  |  |
| Positive Quotes |  |  |  |  |  |  |  |
| Create something |  |  |  |  |  |  |  |
| Read a Book |  |  |  |  |  |  |  |
| Record Something |  |  |  |  |  |  |  |

Goal Points Tracker

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | T | F | S | S |
| Eat Breakfast | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Drink Tea Daily | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Run/ Yoga/Gym | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Hypnosis 3/week | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Social Event | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Sauna Daily | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Fruits + Veggie | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Coconut Oil | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Positive Quotes | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Create something | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Read a Book | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| **TOTAL** |  |  |  |  |  |  |  |

Weekly Progress

M /100 %

T /100 %

W /100 %

T /100 %

F /100 %

S /100 %

S /100 %

MTW /300 %

WTF /300 %

FSS /300 %

MTWTF /500 %

MTWTFSS /700 %

**Academic Deadlines for April**

|  |  |
| --- | --- |
| Task | Deadline |
| REM400 Assignment | April 13th |
| REM600 Exam | April 19th |
| ECN321 Exam | April 21st |
| FIN401 Exam | April 22th |
| REM400 Exam | April 29th |
| POL607 Exam | April 29th |

**Personal Deadlines for April**

|  |  |  |
| --- | --- | --- |
| Task | Deadline | Completed |
| Complete Toronto  Tour Website | April 10th |  |
| Write 1st Blog Post | April 12th |  |
| Write 5th Blog Post | April 30th |  |
| Plan at least 1 trip | April 30th |  |

Day/Night Rituals

Day Ritual

|  |  |
| --- | --- |
| Wake Up | 8AM |
| Eat Breakfast | 8:30AM |
| Morning Jog | 9AM |
| Vitamin Supplements | 10AM |
| Morning Hypnosis Session | 10AM |
| Yoga if time allows | 10:30AM |
| Reflect on what I want to accomplish today | 11AM |
| Cold Shower | 11:15AM |

Night Ritual

|  |  |
| --- | --- |
| Drink Tea | 9PM |
| Take a bath/shower | 9:30PM |
| Dim lights and light candle | 10PM |
| Reflect on day and write notes | 10:15PM |
| Think of ideas to achieve the next day | 10:30PM |
| Read a book | 10:45PM |
| Sleep Meditation | 12:00AM |