

Handout

7 Levels of Goals for Each Habit Sphere

Levels/Habit Sphere	Self-agency/Self-control	Health	Relationships/Love/Friendships	Lifelong learning	Creation	Leisure	Wealth
1. Philosophy of the good life for each sphere							
2. Determine what your self-identity is as it relates to this vision							
3. Long term goals for that sphere							
4. Short term goals for that sphere							
5. Core daily habits for these goals							
6. Nice, non-core habits for these goals							
7. Micro 60 second habits (including 10 second affirmations on goals)							

