

Big Reason

Define my journey & state why I choose to start or continue it.

Opportunities

Identify present opportunities & opportunities I see coming.

Antidotes

Identify the solutions that cure my Poisons & Pains.

Powers

Identify 3 or more talents, skills, or advantages that will help me succeed.

Name Drop

Name friends & allies who will advance, promote, or support my success.

Badges

List 3+ achievements already completed and 3+ milestones I will soon achieve.

Start with Success

Describe success like I already achieved it.

Time Spent

Consider how time spent will lead to success. List 3 things, 3 places, and 3 people I will put first.

LEAN
LIFE
CANVAS

Pains

Realize what feels missing or incomplete in my life right now.

Poisons

Disclose limitations, habits, or events that slow or threaten my progress.

Grind

Schedule the serious business that has to be handled - like it or not.