

# NO TRY LIFE



Focus • Priorities • Discipline

These priorities belong to:

This booklet is important to me –  
If found please return to:

Today's date:

My accountability partner is:

Set a Goal +

Make a Plan +

Do the Work =

# SUCCESS



Humans are goal-seeking creatures. Our brains are hardwired to align to our outer and inner worlds. If we deliberately, rather than passively, seek something, we will find it. It's the law of attraction.

If you take the time to clearly define what you want and chart a realistic course, you will be successful. It sounds simple because it is. Where most people fall short is personal accountability. You must develop successful goal setting and tracking habits to accomplish your goals. Use this booklet as your tool.

**"We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons." -JIM ROHN, AUTHOR**

# THE FIVE F'S

For each of the five areas of your life, rate your level of satisfaction for each area by scoring it 0 to 10. (0 = Lowest level of satisfaction and 10 = Highest level of satisfaction) Place a dot on the line that represents your score.

**FAMILY**- spouse, parents, children, extended relatives, vacations, travel, intimacy, parenting skills

**FINANCE**- wealth planning, bookkeeping, credit, loans, goal setting, tax planning, estate planning, wills, career development

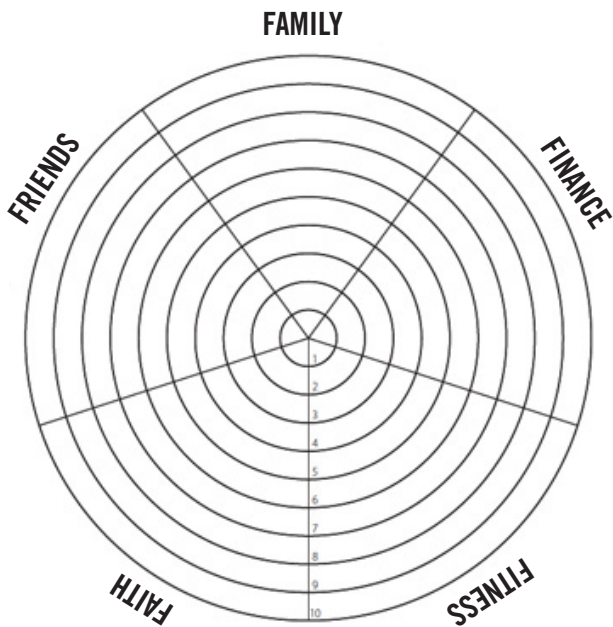
**FAITH**- morals & ethics, spiritual accountability, self-esteem, stewardship, church/ministry, meditation, art, literature

**FITNESS**- physical fitness, nutrition, stress reduction, medicine/healing, mind-body wellness, healthy living

**FRIENDS**- friends, community, neighbors, social groups, sports, hobbies, workplace relations

# WHERE ARE YOU NOW?

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# YOUR ATTENTION PLEASE

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**NO ONE** is coming  
to save you.

This life is **100%**  
your responsibility.



You are **STRONGER**  
than you think you are.

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You are **SMARTER**  
than you think you are.

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You have more  
**POTENTIAL** than you  
can possibly imagine.



# MY FLOW CHART

When my life **works well** and I feel **in focus**, I am doing these things regularly:

64 oz. of water, exercise 30 mins., read 20 mins, meditate...

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# PRIORITIES

My three big **life** priorities: \*Written as if you have already achieved them

# WHAT IS THE SPECIFIC RESULT?

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“Get in shape.”



“I have a healthy lifestyle,  
weigh less than 185 lbs.,  
and have a blood pressure  
under 125/85.”



# PRIORITIES

What top 3 priorities will you achieve **this year**?

\*These are your "annual priorities"

# HOW DO YOU REACH YOUR GOALS?

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## KPIs - Key Performance Indicators

- **I will** work out at the gym at least four hours per week.
- **I will** drink eight glasses of water a day.
- **I will** consume less than 2,200 calories per day.



# KPIs

These are my key performance indicators (KPIs) for each of my annual priorities:

\*List three KPIs/annual priorities

Priority #1


Priority #2


Priority #3




# DISCOVER YOUR WHY

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Ask **WHY**  
Three Times

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You must know **WHY**  
your priorities are  
important to **YOU**.



# WHY

What is the purpose, cause or belief that inspires you to go do the work?

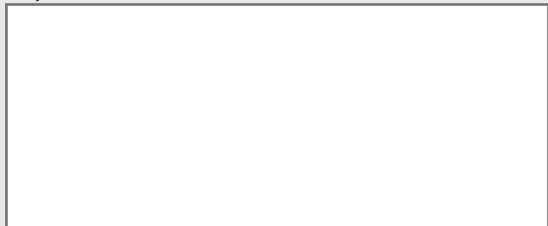
Why #1



Why #2



Why #3



# 1

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## **TAKE ONE ACTION LARGE OR SMALL ON A CONSISTENT BASIS TO ACHIEVE YOUR RESULTS**

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Every morning for the next 30 day, rewrite your three annual priorities in the boxes below (do not look back). Then write what you will do today to move toward accomplishing each priority.





# DAY 1

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 2

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 3

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 4

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 5

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 6

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 7

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 8

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...



# DAY 9

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 10

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 11

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 12

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 13

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 14

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 15

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 16

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...



# DAY 17

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 18

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 19

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 20

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 21

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 22

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 23

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 24

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...



# DAY 25

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 26

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 27

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 28

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 29

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

# DAY 30

Date \_\_\_\_\_

Flow Chart:

Priority #1

Today I will...

Priority #2

Today I will...

Priority #3

Today I will...

You've successfully tracked  
your priorities and tasks  
for 30 days.

# CONGRATULATIONS!

30 days is all it takes to start  
forming a habit. Now that you're  
setting and tracking what's  
important to you, keep it up!

The remaining pages are blank.  
We challenge you to take the  
reins and continue tracking your  
progress toward your annual  
priorities, one day at a time.



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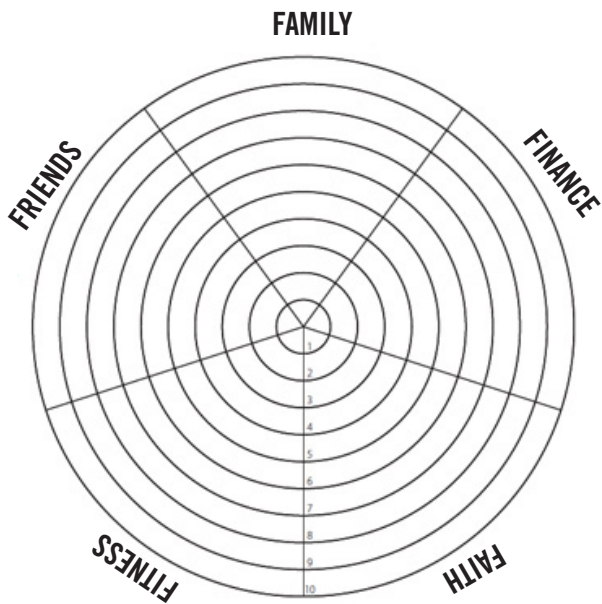
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# WHERE ARE YOU AFTER THE 30 DAYS?

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align



Find out more about aligning to accomplish priorities by visiting:

[PetraCoach.com](http://PetraCoach.com)    [AlignToday.com](http://AlignToday.com)

[BetterBookClub.com](http://BetterBookClub.com)