

Ready to Become 5-Star Future You?

Use this checklist in conjunction with the Future You Favor Tracker. If you want to see and feel the fastest results, try this method:

1. Choose ONE area to actively improve. (Energy, Time, Creativity, etc). Please note this doesn't mean you're going to stop doing the habitual favors you're already doing in other areas. For example, if you already make a point to meditate daily, don't change that just because that falls under creativity when you've decided to focus on energy.
2. Choose ONE favor in that category that will be your primary focus and a SECONDARY favor that can be used as a backup on days you're not able to complete your primary favor. For example, let's say you decide the favor you're going to do for Future You is to get 8-9 hours of sleep per night. That's great! However, what if you have a bad night and aren't able to get that many hours? On those days, you'll want to make sure to complete your SECONDARY favor of drinking 1/2 your body weight in ounces of water.

You might be wondering why I don't tell you to pick something in every category. Wouldn't that be the fastest way to improve your entire life?

No.

It's exceedingly difficult to install 5 new habits at one time, which makes it really easy to just quit on all of them and fall back into our old patterns. More importantly, it takes forever to see any progress, which is disheartening at best.

The fastest way to improve your life is to gain some momentum and success in one area that you can use to fuel your motivation as you try more difficult things.

I left some additional space for you to add activities to the below checklist as I know you'll have some great ideas of your own! You've got this!

- Mel

FAVORS YOU CAN DO FOR *Future You*

	ENERGY
<input type="checkbox"/>	Get quality sleep (8-9 hours)
<input type="checkbox"/>	Eat more greens, less sugar, and fewer processed foods
<input type="checkbox"/>	Drink ½ your body weight in ounces of water
<input type="checkbox"/>	Exercise 4x/week
<input type="checkbox"/>	Write down 5 things you're grateful for every day
<input type="checkbox"/>	Send a loving note or text
<input type="checkbox"/>	Call or spend time with a friend
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
	TIME
<input type="checkbox"/>	Use a Daily 3 Things List
<input type="checkbox"/>	Set a daily mini goal & get accountability
<input type="checkbox"/>	Work on something that moves the needle
<input type="checkbox"/>	Block out time on your calendar for what matters
<input type="checkbox"/>	Create before you consume
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
	CREATIVITY & FOCUS
<input type="checkbox"/>	Use a timer for 25 minutes and only focus on one thing (no checking things or multitasking)
<input type="checkbox"/>	Create solitude
<input type="checkbox"/>	Use a positive mantra while you're creating
<input type="checkbox"/>	Meditate daily
<input type="checkbox"/>	Use a brain dump list
<input type="checkbox"/>	Play... play a game, play with a pet, watch something silly

<input type="checkbox"/>	Enjoy a hobby
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
	MOTIVATION
<input type="checkbox"/>	Make a habit of working/creating
<input type="checkbox"/>	Create a run streak using a habit tracker
<input type="checkbox"/>	Journal about why each of your goals matters
<input type="checkbox"/>	Take a break every 50 minutes
<input type="checkbox"/>	Enjoy some time each day without any devices
<input type="checkbox"/>	Take a vacation or staycation every quarter
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
	DREAMS
<input type="checkbox"/>	Journal/freewrite about your 5-Star Life
<input type="checkbox"/>	Pick an element Future You's life and work on a goal in that direction
<input type="checkbox"/>	Journal about why your dreams matter
<input type="checkbox"/>	Journal about how achieving your dreams will improve the lives of others
<input type="checkbox"/>	Journal about what you stand to lose if you never work towards your dreams
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

The Future You Favor Tracker

Month: November

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Energy																															
Time																															
Motivation																															
Creativity & Focus																															
Dreams																															
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	
Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	Favor(s) I did today:	
- ate greens - slept 8 hrs - did my 3 things	- ate greens - used timer - journaled	- drank 700z water	- ate greens - played w/ dogs	- ate greens - drank 700z water																											
Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31									
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Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31																									
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You can see energy is my primary area of focus, but I'm still giving myself credit for other miscellaneous favors.

IMPORTANT: hang this somewhere you can SEE it. That way you'll be inspired to fill it out every day. :)

The Future You *Favor* Tracker

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