

Creator, Steven Lawson, Quotes

I struggled for a long time creating the Monk Manual pages. But one night, at 1 o'clock in the morning, I was sitting there looking at his computer and thought, "*What if I stopped thinking about satisfying an audience and just created what I'd want to hand down to my five-year-old son as a formula for living a good life?*" It became immediately clear what I needed to include and what I needed to scrap. I finished the Monk Manual that night.

I grouped the pages together because from a user standpoint it's clearer when you can just flip back and forth. It's also nice to be able to look from month to month at what was going on. Same with week to week. It broadens our perspective just being able to review the pages and see our history in different time blocks. Our perspective changes from day to week to month, and you see that reflected in what you write out.

You're in a different headspace on each page. Our minds actually kick into different modes. Days are tactics, weeks are strategy, months are vision and check-ins

You cannot be truly intentional by just mapping out a to-do list for the day. A to-do list focuses on the urgent. But the important is almost never urgent. To get to the important we have to work towards that.

To be intentional we absolutely have to have a regular practice of looking back and reflecting. It's too difficult to recognize patterns in the moment. It's also very difficult to drive personal accountability without this reflection.

My hope was that this could in some ways become a sort of daily monastic rule for people. We don't have a rule or manual for life, I'm hoping this can be that.

The simple habit of asking when you felt unrest during a day alone drives more intentionality and progress than you'll find in almost anything in the planning world.

Most planners are focused on doing, this is focused on being and becoming.

Monk Manual Beta-Tester Quotes

As for the impact... I can't put it into words... the Monk Manual is going to change lives.

I am a believer in the necessity of the Monk Manual. It drives purpose, thoughtfulness, and themes to grow in and through each day. It's more than a planner. It offers a system to support holistic personal growth and fulfillment. There is nothing like it.

If you prepare and achieve a small victory at the beginning of your day, you'll set the tone. The very act of preparing gets you in the mindset of ownership of your life because in a very real way you are saying to yourself: *I have this amount of time and I'm going to steward it.* This is extremely empowering.

Once you start putting the most important things first, you'll start to see that what once seemed vital, isn't nearly as important as you thought.

When I sat down and really thought about my day... How dissipated did I feel? What did I decide to spend my mental and heart energy on? When I reflected on and answered these questions honestly... That's when the magic happened. That's when I saw patterns and ways to improve my performance every day.

You won't be meditating all day. It helps you build better habits every month, plan your weeks strategically, and find time in your day for your real priorities.

The biggest lesson the Manual taught my sister-in-law was being productive isn't completing a giant list of things. It's about *doing the most important things well.*

After the first week, our new schedule began falling into place. After two weeks, the amount of sleep increased for everyone. There were no last-minute errands, and we had more one-on-one time with our seven-year-old. Bedtime quickly became a highlight of my day because it was a calm snuggle-session with my littlest babe, and a time of happy reflection with my second grader.

Monk Manual Quote Sheet

Call it a new attitude or a new perspective on life, whatever it is, this monk-inspired routine has truly brought a deeper purpose to my days. I actually enjoy sitting down each night, preparing for the next day, because I know that I'll have time for the things that matter most.

I now have time with my kids that isn't filled with errands and endless "just a minute" excuses. My husband and I are enjoying more moments of quiet and relaxation together. And I am finally experiencing time for myself that is guilt-free and filled with thankfulness.

The Monk Manual was a Godsend for me. I am feeling a peace I never thought I could achieve while gaining insight about myself I never knew possible. I have a new awareness for what happens in our day-to-day lives and how each event affects not only on me but also my whole family.

I'm still far from being the "perfect mom," but establishing simple habits of gratitude and increasing my presence certainly have me feeling pretty darn good.

When I came across the Monk Manual, I was already looking for a manual for adulthood, so I was instantly intrigued. It's hard to resist a guided planner that's backed by science, psychology, and the 5000-year-old text that monks read every day.

The Monk Manual is designed to be a simple 90-day framework for living a full life. When I started using it, I got a glimpse at true happiness - the happiness that comes from experiencing peace.

During my first few weeks of using it, the planner changed my life. It focused my attention on the things that mattered most.

The Monk Manual requires more intent than traditional planners. I still use it for my to-do's and reminders, but it's more than that. It helped me build an infrastructure for my life instead of just building a list of urgent appointments.

Because it operates on a 90-day schedule, my dreams aren't getting shoved into the "work on it later" or "do it when you have time" list. Instead, I'm focusing on my biggest goals and intentionally chipping away at them each day.