

Quest Setting Template - Q2 2025

Getting rid of the old

Before starting the new, we should take a quick look at what holds you back right now.

1. Put 5 min on your timer and list your daily default behaviors that form the boulder that is standing in your way (social media scrolling, etc.)

My boulder:

1. Write here
2. Write here
3. ...

2. Choose ONE thing from that list to eliminate or replace *today!*

The thing I want to start eliminating from today on is ...

I want to delete it, because ...

3. Decide on a tiny first step toward something meaningful (just 5-10 min)

This will free up ... min/h every day, which I will now be using to ...

I decided to do this instead, because it will improve the following skills/aspects/hobbies/etc:

1. Write here
2. ...

4. Set a specific time to take that step (not “later or “when I feel like it” or “Tomorrow”)

I will do this new thing starting ... (date, ideally now?) and I will repeat it or keep working on it every ...

5. Tell someone else about your intention to create accountability

I am so glad I took this step, but to make sure someone kicks me in the ***, if I start falling back into my old habits, I will tell ... about it, because I know I will get 100% support from there.

Resetting for Q2

My Main Quarterly Quests - Work:

Think of something that you have been always wanting to tackle on in work, whether it is tackling an impossible problem, no one has figured out yet at the company you work in or starting your own little side hustle to earn money with the creative mind of yours or hitting the next highest revenue goal for your newly found business - *Think about what is the one thing that when achieved would bring you closer to the vision you have of yourself in the future!*

Commit to changing your life:

I commit to achieve ...(be specific, don't say "be more productive")

This is the most important thing to me because ...

I make a commitment to myself that by ... I will have done the following things:

- Write here (be specific, don't say "I will have made more money")

Now break down this big goal into smaller actionable steps:

- Write here

My Main Quarterly Quests - Life:

Think of a hobby you have been wanting to try, take your friend's offer of going to play tennis, grab your partner's hand and go step on those feet on the dance floor or finally try and learn that new skill you were dreaming about, but thought it was just not meant for you - *Think about what is the one thing that when achieved would bring you inner peace, a sense of fulfilment and a balanced lifestyle!*

Commit to changing your life:

I commit to achieve ...(be specific, don't say "be healthier")

This is the most important thing to me because ...

I make a commitment to myself that by ... I will have done the following things:

- Write here (be specific, don't say "Thought about quitting smoking")

Now break down this big goal into smaller actionable steps:

- Write here (for example: have one lesson a day)

My Side Quests:

I know it will not be easy and I might get distracted by the day to day life and wonder off the path towards my main Quarterly Quests. This is why I will also be pursuing the following side quests (max 3 Life and 3 Work), to let my mind wander and explore and be curious.

I would like to work towards these work side quests:

- Write here

I would like to work towards these life side quests:

- Write here

Follow up

Now that you have set up your main quests and your side quests, make sure you reflect on them on a weekly basis. Set up a file or use this same doc. Create a page for each week and break down those action points you have come up with above. Think about what little things you can achieve each week that would make you one step closer to the final goal.

On a daily basis focus on the most important thing to accomplish the weekly subtask. I also recommend just journaling about your day to reflect on what thoughts you have had, what you liked and what you didn't. This frees up a lot of mental space and gives you the opportunity to vent without anyone judging you.

Finally review your week at the end of each one and think about the following:

1. What went right and what did I like and enjoy doing?
2. What went wrong and what went not as planned or was annoying to do?
3. How will I make sure next week will be better?

Congrats

If you follow this very basic template (you can always find better ones and go more in depth with the help of AI and other tools), I assure you will transform your life just as I have managed to. You will feel less tired and more accomplished every time you cross off one of the tasks you set out for.

I would love for you to leave a review if you found this helpful and a comment with what your goals are and whether you have managed to complete them at the end of the Q!

Thank you a lot!