

The Exponential Life

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#	Goal Universals	Checklist
1	Health Live a long, pain-free, high-energy life	Diet
		Micronutrients
		Exercise
		Posture
		Sleep
		Relaxation & Leisure
		Meditation
2	Relationships Build a large, diverse, loving network that you feel connected to	Significant Other (Wife / Husband / Girlfriend / Boyfriend)
		Close Friends
		Mentors
		Mentees
		Networking / Learning Network
		Kids
		Parents
3	Money Accumulate enough money to live your ideal lifestyle, to not have to worry about bills or your future.	Saving / Investing
		Earning
		Spending
4	Work Job where you can work on your strengths and passion in a way that gives you autonomy, connectedness, and purpose.	Prioritization
		Productivity
		Meetings
		Technical work (i.e., mgmt, strategy, design, programming, writing)
5	Learning & Growth Invest in the knowledge and skills that help you solve challenges now and in the future.	Mindset
		Reading
		Reflection
		Experimentation
		Feedback
6	Purpose Live a life that matters	Social Impact (environment, social causes, community, etc.)
		Meaning, Compassion & Aliveness
		Spirituality/Religion

Business

#	Goal Universals	Checklist
1	Marketing	Channels
		Strategies
		Ads
2	HR	Recruitment
		Management
3	Clients	Quantity
		Revenue
		Profit
4	Projects	Prioritization
5	Product	Features

Industries

#	Goal Universals	Checklist
1	Content	
2	Software	
3	Investing	
4	Design	
5	Product	
6	Consulting	
7	Coaching	

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Customization Ideas From Other Members

My Question: What is one subarea of life that I did NOT include in the Exponential Life Tool that you will add to your version?

Your Responses:

- **Unplugging From Technology**
 - Something along the lines of 'unplugging from technology' could be a useful one too.
- **Environmental impact**
- **Money**
 - I just separated saving and investing into two separate rows because both take a lot of effort/attention/learning so I thought it was important to separate them out.
 - I've split "Saving/Investing" into two separate things since they are two different things.
- **Meditation**
 - If I had to add one thing, it would be in the Learning & Growth or maybe Purpose and it would be meditation. I think you essentially covered this between reflection / spirituality / experimentation. I'm not sure if this is something that needs to be spelled separate from 'Reflection' but I think sitting alone for 15 minutes to think something over is valuable. As the saying goes "All of humanity's problems stem from man's inability to sit quietly in a room alone.
 - What I have added into the exponential life checklist is Meditation. I have added it into the Health section, but my experience is that a minimum of 20 minutes of meditation per day impacts all of these sections in a noticeable manner. It's impact is similar to a good night's sleep. Think of it as a micronutrient for your mind.
 - I'll be adding a line item to Health around Meditation.
 - "Meditation" to 1, Health
- **Learning & Growth**
 - "Idea exchanges with really smart people"
 - "Blogging to receive feedback"
 - I've added "Spreading knowledge". a) One of the best ways to learn is to teach. b) plays well with "social impact" in the next section.
 - Communication - improve communication skills in relationship and work
 - Jumping into stretch challenges (might be what you meant by experimentation)
 - Surrounding myself with others to emulate, preferably at much higher level than I'm currently operating.

- **Gratitude**

- Writing in a notebook something that I am grateful for each day, makes me happy and it's something good to look back on.

- **Prayer**

- **Communication**

- Adding communication to the relationships and work portions

- **Rest, Relaxation, Leisure**

- I added rest, relaxation and leisure to the health section
- I have wiped posture out of the Health list - and inserted Recreation (could have been leisure - either way - healthy life has to have fun!)
- I am adding fun and hobbies. It may intersect with other sections, but I think that it is important to enjoy yourself along the way as well and this section will be a reminder of that. Subsections of that could be Travel, Doing something random/spontaneous and Hobbies.

- **Work**

- I've added tools. I work as a researcher/software developer and knowing my tools well gives a pretty good boost to the productivity and it's often overlooked.

- **General Health**

- Doctor checks -> if you can learn one year earlier, that you have e.g. cancer, it can save your life. Similar to the going stomatologist. Maybe it's not "everyday stuff", but it doesn't mean it's less important and that's why it's easier to overlook.
- Not a big issue for me, but some of my friends have this problem, that they don't go for a vacation too often.
- I included sunlight in the health section, even though the benefits of sunlight are mostly related to vitamin D which I guess is covered in micronutrients? It's important enough for me to make it a separate entry though.
- Hydration

- **Purpose**

- I've added "Family Impact" since caring about the family is not only about the relationships but also about creating the best possible environment for my wife and children, etc.
- Added "Existential Risks" since it's more specific than "Social impact" and covers exactly what my purpose is.
- Relationship with Jesus

- **Other Types Of Customization**

- Was also thinking about adding one thing in red for each of the six core areas that will ensure I'm not able to accomplish the Exponential Life so I'm aware of what I need to avoid.
- Sexual life (relationships-significant other)

Application Ideas From Other Members

My Question: Beyond printing and posting copies of the The Exponential Life Checklist where you will see them, what is another way that you will remind yourself to apply the mental models?

Your Responses:

- **Notifications**

- I think adding a popup in your phone at various intervals (a few times a week) reminding me to revisit this checklist works. I don't like being bogged down by my phone too much but it is certainly something that would catch my eye.
- Have a daily recurring post in my todoist with a picture of the sheet

- **Collaboration**

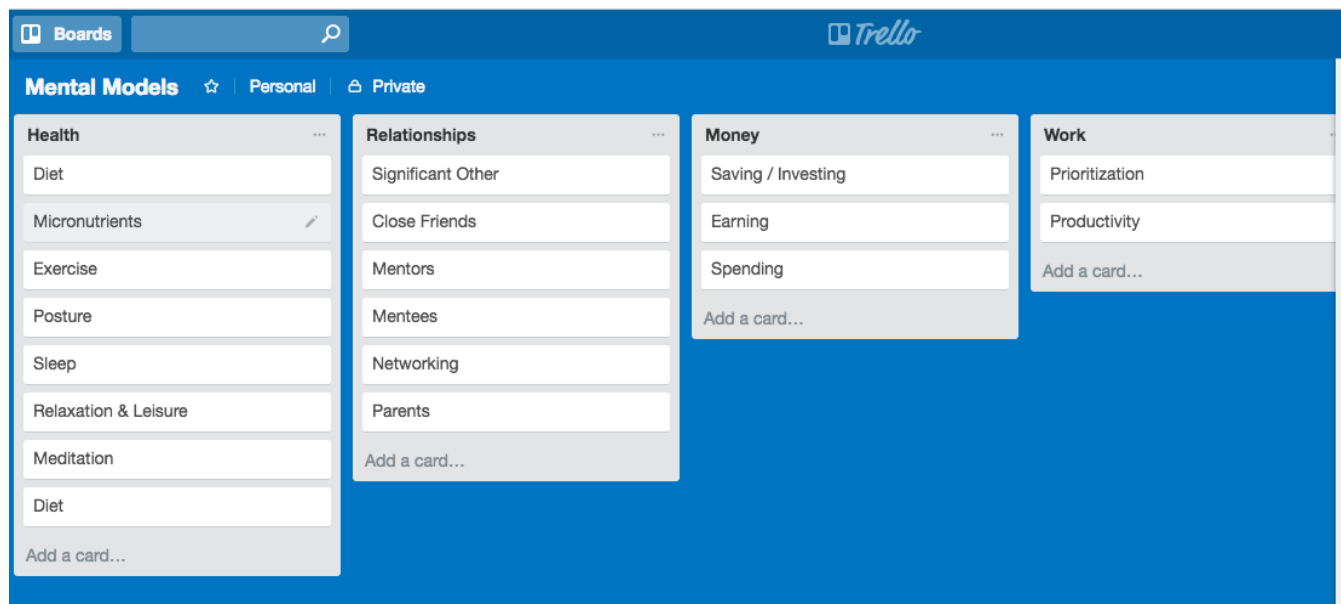
- Partnering with my wife to help me stay on track with the checklist. She is open and understanding and if I asked her to help me stay on top of the checklist periodically she would be game.

- **Desktop Background**

- Use as a desktop background.
- I will take a picture of the document and make it a wallpaper on my mobile.

- **Add On To Existing Process**

- I will include it in my weekly planning as a goal for each weekly section goal to apply that particular model.
- I added a mental model check to daily/weekly review as another way to remind myself to apply them.
- I added "How could I have applied 80/20 to X to make it easier or bring more value (or should I stop doing it)?"
- Include the list within a trello board. By pressing on one of the cards, such as diet, it would allow me to add notes, attachments and collaborate with others, if I wanted. It looks something like this:



- I have a daily checklist with about 15 items, half of them work and half non-work related. I'll be adding MM to this list.

● Other

- I have 15 digital photo frames that I customize with quotes, book excerpts, affirmations, and focusing questions. I will add this to the photo frames.
- I uploaded it to the Notes app on my iPhone where it is easy to access anytime, anywhere.
- Think I might put a packet of M&Ms in the fridge (I live in a hot and humid climate) - it will remind me to do Mental Models - I hope - and at the end of each day IF I have attended to the MMs I will eat one - maybe I need to count them so have enough for each month in there, and can keep track that way - just playing with idea.
- I'm not sure... my one fear is that I tend to bite off way more than I can chew when I try to make changes in my life. My fear with this checklist is that I will try to change everything in my life at once and end up doing it for a few weeks and then falling back into old habits. So I need to stick with the 80/20 rule and just take on two items (for probably the next month or two) until they become true habits.
- I will put it as a widget on my phone. I exported the table to an image and now I use this app (Android phone): <https://play.google.com/store/apps/details?id=net.simplyk.SimplePhotoWidget>
- But there is a lot of others on the store.
- Extend evening and morning journaling sessions to include this.
- I am going to keep a sheet in my workplace, in my room, in the living room, one in my bag and one on my phone.