

MY “LIFE+” HABITS DAILY ACCOUNTABILITY/AWARENESS SHEET

Read the instructions!

Use of this sheet should be considered a [keystone](#) (cornerstone) practice every day for the rest of your life (or until complete perfection and enlightenment are attained).

Send this to an accountability partner every month.

Related: [Compassionate Accountability - A Major Producer Of Power And Success](#)

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You can simply use the habits in this example worksheet, as they are, for they all are high effectiveness habits or you can revise the list to fit what you want. (See the list of some other recommended habits, right after “the full worded version”.)

But **you cannot afford not to do this every month** (until fully installed or for at least 3 months). I would recommend them for every month of your life, as it will make a huge difference.

After you’ve done this for a month AND after you’ve done it for 3 months, contact me to tell me the difference it made in your life!!!!!! (Even if you didn’t do it perfectly, which, of course, you won’t!).

This could be one of the most powerful moves you’ve made in your life!

What is “Life+”? Simply a symbol for doing what is most important to have a great (“+”) life.

MY LIFE+ HABITS DAILY ACCOUNTABILITY/AWARENESS SHEET

(Retraining myself...)

Month _____ Put a dot in the space to indicate when done (fully done, that is)

HABIT	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	
Launch day protocol																																
Vision, goals reviewed																																
Health protocol																																
Gratitude, perspective																																
Golden on time start																																
Golden hours all done																																
Did ONLY most imp.																																
Zero distractions 2 gold																																
To do, intentions list																																
Kept my "do" promises																																
"Problems" written & f/u																																
Stuck with all started																																
Feelable progress																																

The questions: "If not (achieved), why not?" "What needs to be changed/done?"

- ___ I reviewed (and adjusted what I do) the month for perspective, and
- ___ I sent a copy to my accountability partner, and
- ___ I filed this in a folder, to keep for the foreseeable future

FULL WORDING VERSION OF LIFE+ HABITS/PRACTICES TRACKED

(Alternatively, one could use their revised version of what is below as a daily checklist, but one would lose the comparison available in the monthly version.)

Some of these items are very suitable for setting “tickle time” alarms to remind one of the time (and the commitment).

These are habits/practices that are crucial for me attaining my life vision and goals.

- ☐ Great launch to the day (did the whole thing)
 - ☐ Vision, goals reviewed
 - ☐ Health protocols all done
 - ☐ Listen to, or write, the gratitude audio and/or the daily perspective/intention audio
- ☐ I started the [Golden Hours](#) Productivity period on time (per my daily plan/schedule for a standard week) Start 8 am or earlier, Finish 12 pm
- ☐ I wrote down (or had already written) what I would do for the day
 - ☐ I kept the promises
 - ☐ I did all of my promised highest productivity work time
- ☐ I wrote down problems and/or negative thoughts/emotions that occurred and entered them onto the list/schedule for solutions
- ☐ I stuck to my highest value activities in the Golden Hours and did not stray
 - ☐ I allowed zero distractions (no email, no social media, no nonemergency items)
- ☐ I have stuck with all I started and have or am going to completion, without going off path

into side trips. I have not broken the straight line to getting the desired result!
___ I made “feeleable” progress today. I am satisfied.

POSSIBLE ADDITIONAL HABITS/PRACTICES TO USE

___ Meditation: I meditated today for This is my practice to “bring my thoughts back from distractions”.

___ Power Pause: My job #1 is to assure that I am in my ([homeostatic well-functioning](#)) Power Mode, using the [Power Pause](#) to be sure to check. (I, Keith, already do this, so I didn’t include it.)

___ I easily worked, with no resistance (or I wrote down what occurred and will schedule it to be fixed)

___ To do list: I finished my work day by writing up my to do list for tomorrow so I can start the day with clarity.

___ Organizing: I finished my day by organizing what I’ve done, so I can access it later when needed, including creating a second brain with good ways of proceeding *documented* for effective use

___ Followed standard week: I followed my time blocked standard week template well. (Do for each day of the week,

adjusting for differences, something like this: [The Model Day](#))

___ Weekly review, scheduling: Do a weekly review AND schedule the week out. (The Weekly Review And Planning Procedure)

___ 1 hour learning/constructing: I did 1 hour of learning/constructing today (or simply put the time spent learning/constructing in the little box - consider 4 hours on one day of the weekend)

___ Improvement journaling: Entry today in [[journal](#) selected] - [Life Improvement Journal](#), Eating/Exercise Journal...adhered to always doing course correction

Consider getting your 99 cent copy of my book [Life Value Productivity](#) and add the suggested key practices/habits to do to massively increase your effectiveness in getting what you want in life!

(Next page is after the page break)

INSTRUCTIONS ON WHAT TO DO

Identify a list of, say, 20 habits that will benefit your life the most (or which you think you can do, even if less benefit). Some suggestions/alternatives are listed here: [Habits For My Success In Life - List](#). Don't make them too elaborate or they can't be done if they are at all not clear or too hard. Limit the ones that go onto the worksheet to no more than 10-12.

I'd suggest that you make sure you put in there all of the items that will make the most difference for you in terms of accomplishing what is critical to a major project or life change.

And once you've listed them, I'd recommend that you prioritize them, so that the most critical one is at the top. You can reprioritize and revise the list every month.

I prefer to have at the top, partially to nag me when I don't do it and partially to keep my eye on the target. #1 is now "to use the golden hour plus" virtually every productivity day - this means to me that I use my highest energy hours to accomplish what's most important - a commonly known "should do" that many people let slip by, at a HUGE COST. ("Golden hour +")

Next, generally there is one top target I'm working on and upon which I should focus, unless a true emergency comes up. I make this my One Thing, to work on at least an hour during the day, but preferably 3 if feasible. ("One Thing")

To make the space for it, I must be well rested and energetic and remove all lower value items from my morning, forcing them into a later lower energy period. So third is the habit of not doing any social media and only glancing, very, very quickly over the emails to see if anything must be done before, say, 3 p.m. ("0 mail/social 3 pm" as the abbreviation for the line.

Although more vital #4 is now "do health protocol" (which has a set minimum, taking not much time, of easy to do exercises plus a diet restricted to no refined foods and virtually no added sugar - which I now find easy). I am "in the habit" now and I just have to make sure I don't let it slip.

DISCUSSION

Definition: "Life+" = Higher life

This form is all about what habits/practices that are necessary if one is to achieve one's highest life vision.

Without something definite to do PLUS an accounting (focusing on) of **whether it is done,** we will be ineffective (relatively) and not be able to reach our higher life vision.

That's it.

It is a must.

Period.

I recommend that you read this for an overview and to help convince you of the value of accountability: [Compassionate Accountability - A Major Producer Of Power And Success](#).

Also, I find this doesn't work if it is on a loose sheet of paper, that can easily get lost. So, I keep it in a thin clipboard, which stands out.

(If you do this, let me know how you benefited from it and/or any suggestions: [Contact](#).)

QUESTIONS AND ANSWERS

How do I come up with the essential habits/practices?

Just think about what you've noticed leads to success in your life and/or what gets in the way. On the "what gets in the way" item, simply choose the opposite of that and stick it in your Habits To My Life Success list. Use the form I've already provided above, as it already has 15+ things that will lead to life success if you stick to them (or simply stick to them better).

Is there a set number of habits to include?

No. Just include the ones that are vital to your being able to attain the life vision you want to experience.

But I keep failing at these and am discouraged...what do I do about that?

Well, there would be no checklist here to learn to follow if you already were doing all of these. You will find that you will fail and then fail and then... something happens where you start choosing to do the item that you couldn't do. You are simply learning...and in learning you are going from incompetent to competent, but in steps and starts and stops.

If those things are essential to your life success, you will not want to let them go by the wayside. Just as learning to walk, you simply have to get up every time and try (and fall) another time. You will see a gradually better picture from your accountability sheet (above). And then you'll also notice that you are getting more done and getting more of what you want.

The most famous example of this is [Benjamin Franklin's Thirteen Virtues](#).

If you are doing 80% of them, that is quick good. Try to be at least above 60%. And, of course, as much as you can, doing your best, will create more of the good that you truly want.

And, I repeat, if these are necessary for life success, then...well...you **MUST choose to do them IF you truly want to achieve your life vision and be happy** - there is no other good choice than doing what I recommend in this article.

No other good choice...

BLANK TEMPLATE FOR YOUR ACCOUNTABILITY WORKSHEET

Starts on a separate page, below.

MY LIFE+ HABITS DAILY ACCOUNTABILITY/AWARENESS SHEET

(Retraining myself...)

Month _____ Put a dot in the space to indicate when done (fully done, that is)

[illegible]

The questions: “If not (achieved), why not?” “What needs to be changed/done?”

___ I reviewed (and adjusted what I do) the month for perspective, and

___ I sent a copy to my accountability partner, and

___ I filed this in a folder, to keep for the foreseeable future

Write comments on the back, referenced by date. (Can also be done in a digital document if you care to.)

(If this is a printed copy, find this blank template in your Google Drive, as [My "Life+" Habits Daily Accountability Sheet](#))

ADDING TIME MONITORING/AWARENESS TO THE SHEET

Finally, I found it necessary to add a monitoring awareness function to my sheet, to help keep me on track for what I want most in life.

I found that I could go off into time wasting, as most of us do, on email (searching for and accumulating great articles or information to write on) and social media.

In addition, I could spend time posting on my blog, which is not “bad” but I would do it when I needed to be focused on progressing more on my One Thing (key project the most valuable thing I can do!).

So, I decided to upgrade my awareness (stick it in my face every day) and spot where I was wasting my life, lowering its overall quality. It was the biggest factor affecting my life and my day, as I had conquered health/energy and having systems that totally worked for me.

Anyway, I’ve included a copy of what that sheet would look, on the following page.

I will simply write the hours (to a tenth) in the box, so I’ll be able to see and confront it every day (and to see the trend over time). And I’ll note how it affected my 2 quality measures of “good day” and “feelable progress”, holding the “good day” measure as the most important.

Try that combination accountability and awareness approach for yourself. (And please let me know any benefits you’ve reaped and/or any suggestions: [Contact](#).)

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# hrs. One Thing																																
# Golden hours																																
# hrs email, wandering																																
Planned to dos																																
Followed plan!																																
No distractions from work																																
Finished w/o side track																																
No procrastination																																
Health protocol																																
Life improvement journal																																
.																																
Feelable progress ¹																																
Day rating ²																																

(If this is a printed copy, find this blank template in your Google Drive, in [My "Life+" Habits Daily Accountability Sheet](#))

¹ Not a rating, just a dot to show it was a day of noticeable progress

² 1-10, goal is more 8 and above days.

WIN THE HOUR, WIN THE DAY, FIRST...

“Win the hour and you can win the day.

Win the day and you can win the week.

Win the week and you can win the month.

Win the month and you can win the year.

But remember you can't win the year until you win the hour first.”

Josh Spector