

A "Solving for WHY" Guide

# LIFE CYCLES



*Time management is life management*  
~ Robin Sharma

*There is beauty to be found in the changing of  
the earth's seasons, and an inner grace in  
honouring the cycles of life.*

~ Jack Kornfield

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Available for download at:  
[solvingforwhy.com/resources](http://solvingforwhy.com/resources)



**1 NOW** AWARENESS • INTUITION • PRESENCE • FOCUS

What is the situation?

What result do I want?

**C. Circle of Concern**

What is outside my ability to control/influence?

**B. Circle of Influence**

What can I directly or indirectly influence?

**A. Circle of Focus**

What can I directly control?

What's the worst case  
that can happen?

What's the best case  
that can happen?

# 2 DAILY ONE FOCUS • MOMENTUM THROUGH ROUTINE • LEARNING THROUGH REFLECTION

To master your life, you must master your days. Establish strong routines in the morning and evening to lock in desired behaviors. You become what you practice over time. In the morning, understand the focus of each day, that focus will guide your actions towards success. In the evening, review the day, be grateful, forgive, and consider what is important for the next day.

## Morning REFLECTION



I need to pay attention to...



## Evening REFLECTION



Wake Up Time: \_\_\_\_\_

My Morning ROUTINE \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The FOCUS of Today... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Evening ROUTINE \_\_\_\_\_

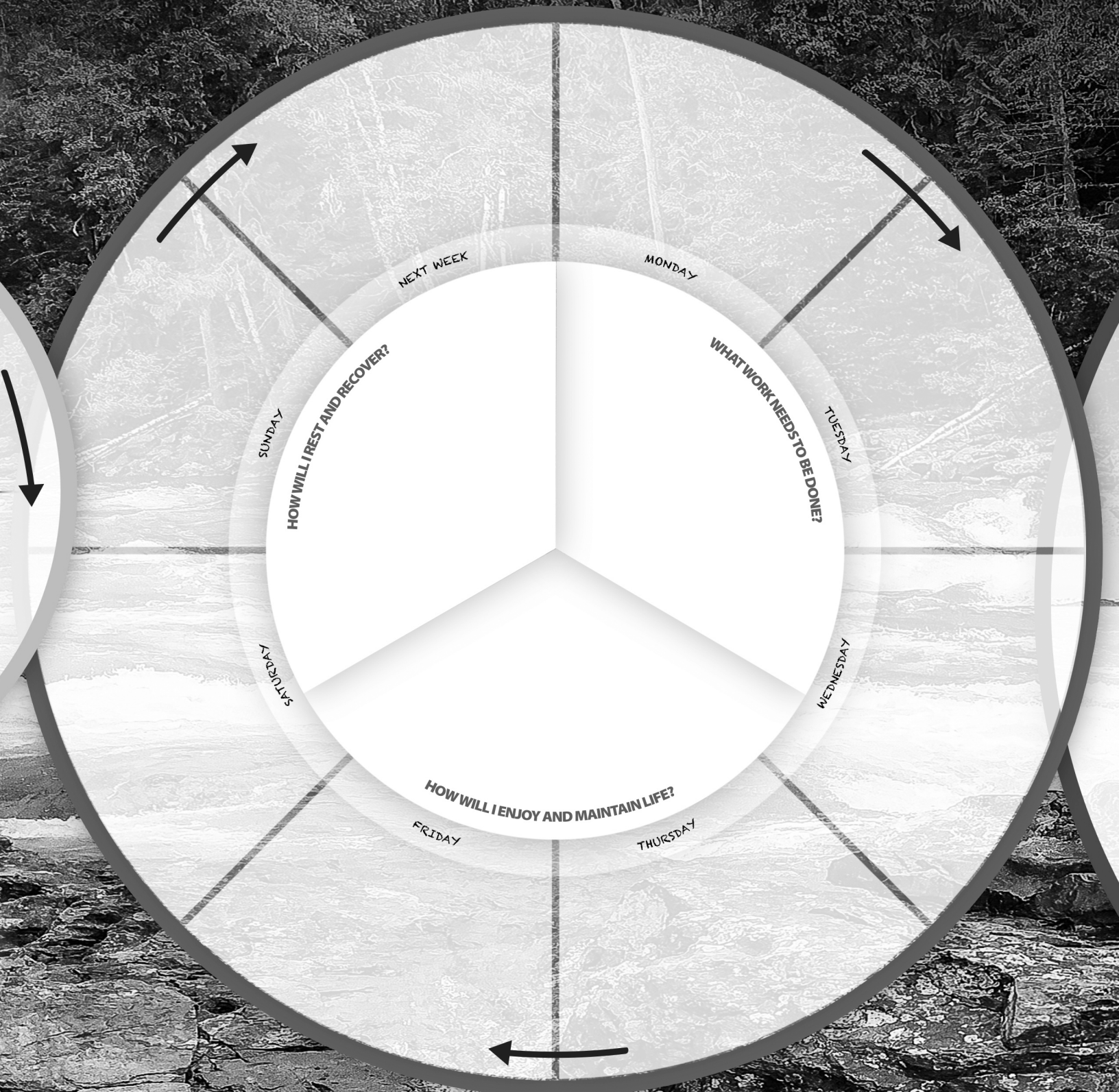
Bed Time: \_\_\_\_\_

# 3 WEEKLY

A SNAPSHOT OF LIFE • WORK-LIFE-REST

The week is a snapshot of your life. Your action across the days need to have purpose, but you must also find time to recharge and recover. Within the week, be deliberate in attending to each of the domains of life:

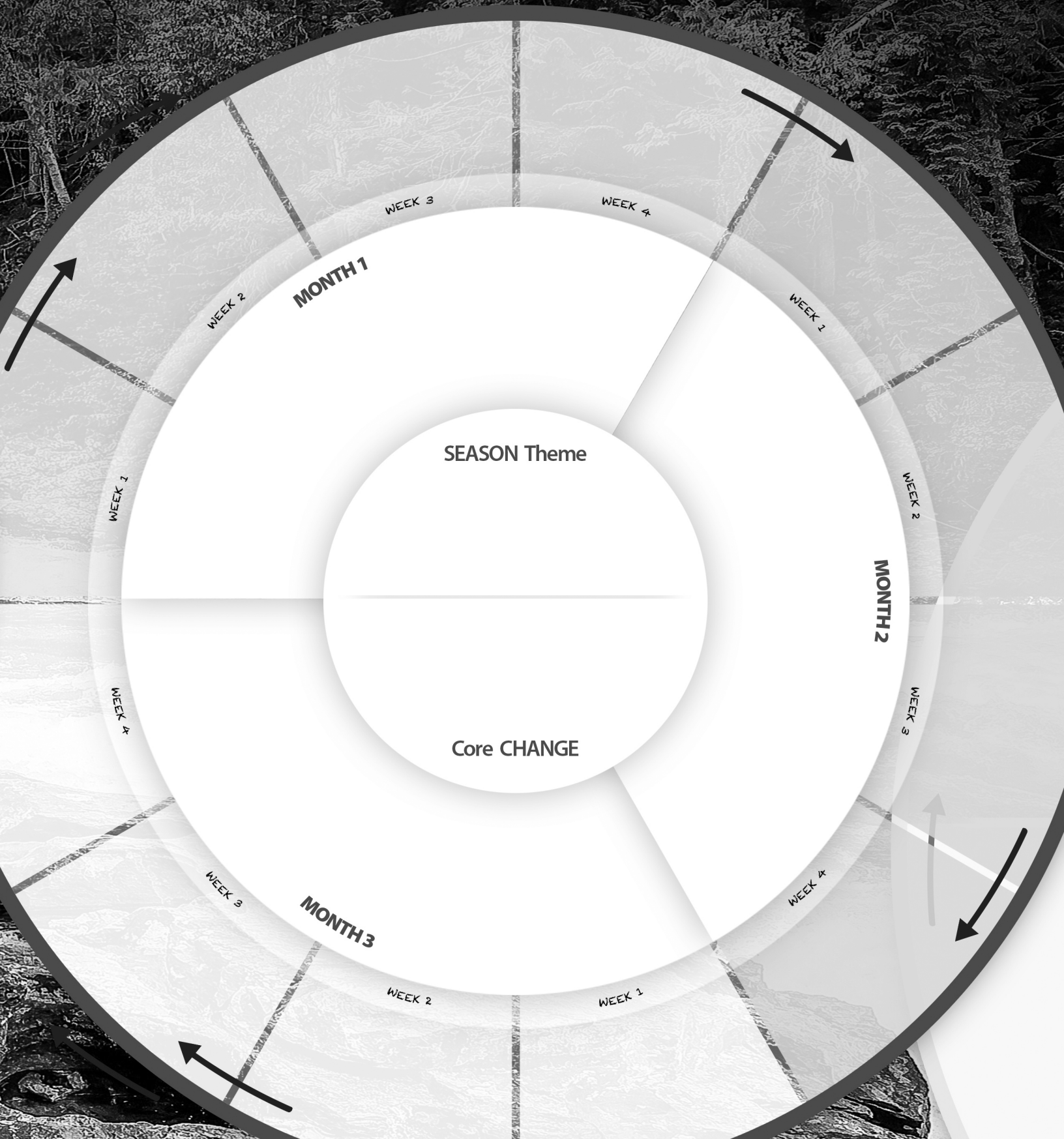
- Career
- Family
- Health
- Learning
- Social
- Financial
- Spiritual
- Leisure



# 4 MONTHLY/QUARTERLY

BUILDING HABITS • INITIATING CHANGE • ALIGNMENT WITH SEASON

*Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself. ~ Rumi*



# 5 YEARLY

• GROWTH • RELATIONSHIP • ACHIEVEMENT

*You are never too old to set another goal or to dream a new dream. ~ C. S. Lewis*

PROJECT PHASE  
Ideation

PROJECT PHASE  
Initiation

PROJECT PHASE  
Execution

PROJECT PHASE  
Maturation



## MEANING

*How will I improve myself?*

## COMMUNITY

*How will I expand/deepen my relationships?*

## PURPOSE

*What will I accomplish?*

# 6 LIFESTAGE

BEGINNINGS • PROGRESS • CULMINATION • TRANSITION

Every stage of my life set the scene for the next, and at each point all I had to do was say "yes" and not think too much about the consequences. ~ Jane Goodall



WHAT IS NEXT?  
WHERE AM I GOING?

WHERE DID I COME FROM?

.....

WHAT IS THE THEME OF THIS LIFE STAGE?

# 7 LIFETIME

MEANING • COMMUNITY • PURPOSE

Whenever a river reaches the ocean, it waits to go back... ~ Will Advise

