**[daily]**

* Maintain my current practice of performing social post mortems after going out and to events - What did I do well? What do I need to improve or where did the conversational energy atrophy? What did I learn about conversation and human behavior?
* Start each day establishing 1-2 big rocks that I want to accomplish and learn to welcome contentment once those are completed…this means stop working!
* Continue practice of writing affirmations
* Journal at least 4 days a week about current anxieties and limiting beliefs with a thought partner. Credit to [Andy Drish](http://andydrish.com/) via [Zach Obront](http://zachobront.com/) for this idea!
* Maintain headspace meditation practice for 5 days a week
* Read scripture 5 days a week
* Re-incorporate gratitude exercise into my morning routine

**[weekly]**

* Maintain skype schedule with Mom and Pops 2x a week
* Revise current code of conduct using the Tony Robbins framework and review it regularly. The new code of conduct should include elements of leadership, having an abundance mindset, working smart, true confidence, persistence, ethical purity, and present-mindedness
* Maintain schedule of responding to all emails 1-2 times a week and scanning email for critical things 1-2 a day [review adherence weekly]
* Perform 1 hr hour analysis each week of personal well-being. This should include a review of life balance, limiting beliefs, unresourceful nuero-assoications that need to be rewired, and scheduling experiences that combat limiting beliefs. The goal is to get as close to internalizing my ideal mindset as possible so that my actions manifest my deepest desires at all times instead of my desire to protect myself or ego.
* Reach out to one person a week that I admire over email
* Set aside at least 1 hour every monday to perform an 80/20 of my business as well as perform isolated big picture thinking using directive question set
* Ask at least one friend or person from my network for help with something specific every week; ask to be establish during weekly 80/20 analysis
* Review my personal and business’s financial health every monday. Make sure to incorporate 80/20 mindset into expenditure analysis

**[bi-weekly]**

* Send an email update every 2 weeks to my grandparents, sister, and other interested family members.

**[monthly]**

* Hang out with at least 4 new Brazilians 1 v 1 each month in a non-dating context
* Establish 1-2 pursuits that will take priority over everything else each month to guide daily prioritization
* Read 1 book a month, review current priorities before selecting.
* Ramp up my virtual assistant work by offloading at least 1-2 routine processes per month to an assistant

**Other Goals**

* Plan 2 trips with friends that YOU initiate. Ideally there’d be people on the trip who’d never met prior.
* Double down on the people that are most important in my life by limiting availability to people that aren’t my family, best friends, customers or thought partners. Cut non-essential calls and meetings that I don’t initiate from 8 hrs a month to 2 hours scheduled one day a month.
* Create rule sets and anchor questions for the following encounters: encountering haters, social media absence, onset of imposter syndrome, overindulgence. Publish these once completed.
* Read more about mental state control and do the 10 day state challenge from “[Awaken the Giant](http://www.amazon.com/Awaken-Giant-Within-Anthony-Robbins/dp/0671750186)“
* For further cultivating an abundance mindset: Give a gift worth at least $500 cash to someone I don’t know out of compassion or empowerment. Give a gift worth at least $500 cash to a friend or family member out of compassion or empowerment
* Figure out what my next project is that isn’t an info product. Ideas I’m juggling/engaging with include: book, podcast, conference, software, and one I can’t talk about it ; )
* Attend two conferences or retreats where I can connect with people involved in online marketing and publishing
* Attend a personal development focused conference or event….like Tony Robbins!
* Find a marketing mentor and establish a regular review of my projects and growth
* Grow my mailing list for life-longlearner to at least 15k by year’s end
* Complete all tasks necessary to get all my premiums courses in perpetual launch mode
* Establish conditional quitting times for: putting premium courses on 3rd party sites, my focus on digital products.
* Take on 1-2 paid coaching clients to see if I enjoy life/business coaching.
* Get all of my business expenses in order and in one place
* Make it through Futebol Americano season healthy without any injuries
* Find a church in Rio that speaks English and begin attending regularly
* Win a Brazilian National Championship with [Flamengo Futebol Americano](http://www.flamengo.com.br/site/noticia/subcategoria/51/futebol-americano)
* Spend a week learning Kitesurfing
* Organize 2 trips this year with friends. Ideally, the trips would include people who don’t already know each other
* Try flyboarding
* Attain fluency in Brazilian Portuguese (self-proclaimed!)
* Travel to 3 new countries
* Travel to 3 new American cities
* Take a getaway with a romantic interest…aaaribba!
* Spend 1 month where I salsa dance at least 5 days a week
* Spend 1 month where I attempt to surf 5 days a week (weather conditions might inhibit this)