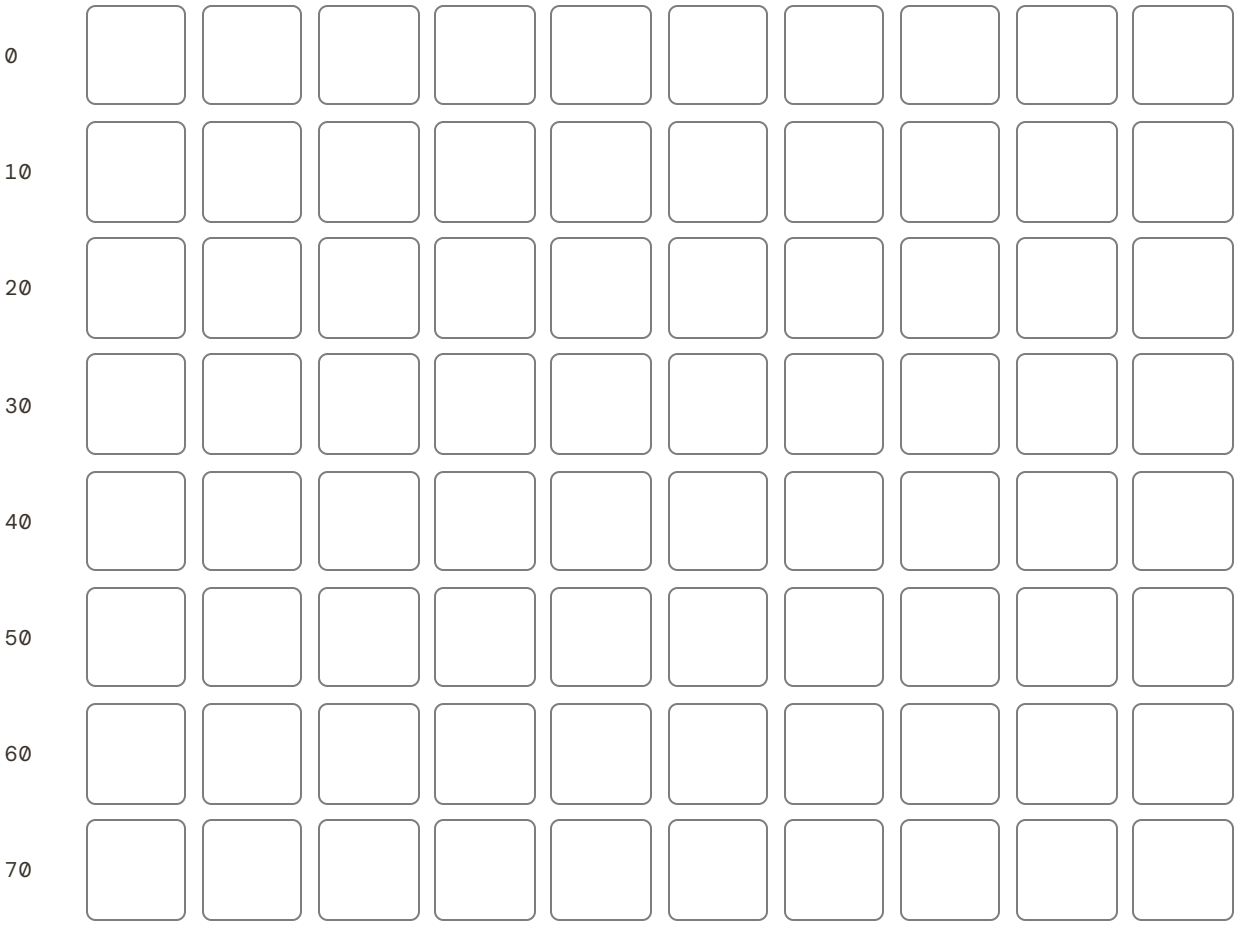
MEMENTO MORI

Remember you must die. Each box is one year of an average life. Fill in a box for every year you've already lived. What's left is what you have to work with.



1 BOX = 1 YEAR · 80 YEARS

DO THE MATH

I'm ..... years old, so I have about ..... boxes left.

I take ..... trips a year. That's about ..... more places I'll see.

I see my family ..... times a year. That's ..... more visits.

I have ..... summers left before my kids or grandkids leave home.

MAKE YOUR TREASURE MAP

The cornerstone exercise. Set aside 30 to 60 quiet minutes. If it stirs up deep emotions, let it. That means you're getting to the core of how you want to live.

1–3 **List the top ten things you'd want to experience if you only had…**

Be realistic about what fits in each timeframe. Some overlap is fine.

ONE YEAR

LEFT TO LIVE

1 ..... *
2 ..... *
3 ..... *
4 ..... *
5 ..... *
6 ..... *
7 ..... *
8 ..... *
9 ..... *
10 ..... *

ONE MONTH

LEFT TO LIVE

1 ..... *
2 ..... *
3 ..... *
4 ..... *
5 ..... *
6 ..... *
7 ..... *
8 ..... *
9 ..... *
10 ..... *

ONE DAY

LEFT TO LIVE

1 ..... *
2 ..... *
3 ..... *
4 ..... *
5 ..... *
6 ..... *
7 ..... *
8 ..... *
9 ..... *
10 ..... *

* Circle the star next to everything you're actively working toward right now.

READ YOUR MAP

4 **How many stars did you circle?**

Alarming, we know.

STARS CIRCLED ..... OUT OF .....

5 **Everything without a star: what's stopping you?**

How can something be important enough to make this list, yet not important enough to do while you still have time?

- [ ] Time
- [ ] Money
- [ ] Fear
- [ ] Lack of initiative
- [ ] Never got around to it
- [ ] Other

.....

.....

.....

.....

6 **What shows up in all three columns?**

That's a flashing red light. These are what you value most, and your top priorities from here.

1 .....

2 .....

3 .....

THEN

Post your Treasure Map where you'll see it every day: the fridge, the mirror, your phone background. These things are your future.

VISUALIZE YOUR FUTURE

Look at your Treasure Map again. Then picture two futures in as much detail as you can: the one where you go for it, and the one where you don't.

1 **Any glaring gaps on your Treasure Map? Anything to add or change?**

MY COMPASS

A word or two that describes what you're steering toward. "Family," "travel," "outdoor adventures," "find peace," "new skills."

2 **Your biggest, most ambitious dream:**

Close your eyes. Walk through a day in that life.

Where are you? What's your schedule? What do you see, hear, feel, smell and taste? What emotions come up?

THE OTHER FUTURE

3 **Now picture the day where you never took the first step.**

You're still wishing for this dream, only it's worse, because you know what it could have felt like. Play it through in just as much detail.

4 **Come back to this page whenever you lose focus.**

Reread both days. Visualize them again.

5 **Who has already done it?**

Find your mentors on YouTube, in books, in your network. How did they do it? Who could you reach out to?

TRACK YOUR TIME

Time is your most valuable resource, and most people badly misjudge how they spend it. Track everything for five days. No guessing. No leaving out the "small" or "silly" stuff.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
6 AM					
7					
8					
9					
10					
11					
12 PM					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11 PM					

ADD IT UP

3 **Total the time you spent in each activity over five days.**

ACTIVITY	TOTAL HOURS	PER DAY
Work		
Sleep		
Cooking		
Grooming		
Transportation		
Social media		
Television		
Errands		
Childcare		
Exercise		
Hobbies		

4 **Does anything surprise you?**

Do your actions match your stated priorities? Is your "free" time going to things you chose, or is it getting stolen?

YOUR EXPERIENCE ALLOWANCE

When experiences truly become the priority, spending habits change. Give yourself an allowance just for them.

1 **Experiences you've been putting off for money reasons, and what each one costs.**

EXPERIENCE	COST	SAVED
	$	☐
	$	☐
	$	☐
	$	☐
	$	☐

2 **Where will your experience money live?**

☐ Piggy bank ☐ Separate savings account ☐ Savings "bucket" in my bank app

MINE LIVES IN .....

3–4 **What could you cut or swap? Whatever you save goes straight to experiences.**

Coffee at home instead of a daily latte. One streaming service, not four. A picnic instead of a swanky restaurant.

CUT OR SWAP	SAVES PER WEEK
	$
	$
	$
	$

MY WEEKLY EXPERIENCE ALLOWANCE $ .....

EVERYTHING YOU WANT IS ON THE OTHER SIDE OF FEAR

Pick one specific thing fear is holding you back from going after. Focus on that one fear and answer honestly.

The thing fear is holding me back from:

- ☐ Traveling to a new country
- ☐ A new job or career
- ☐ Moving to a new city
- ☐ Learning or using a new skill
- ☐ Committing to a relationship
- ☐ Making new friends

1 **If you did what you're afraid to do, what negative things might happen?**

2 **What would be so bad about that? What would it mean about you if your fear came true?**

LOOK AT THE BELIEF

3 What does this tell you about what you believe about your safety, worth, competence or lovability?

4 Where did you learn to believe this about yourself?

5 How does this belief keep you from pursuing your dreams?

6 What would you do if you believed something different about yourself?

LOW TO HIGH ROI

Choose one high-ROI experience from your Treasure Map: something that takes a real investment of time, effort or money. Then make it as hard as possible not to follow through.

My high-ROI experience:

1–2 **Break it into small, concrete steps, the smaller the better. Then put every step on your calendar.**

Best-guess dates are fine. You can move them later.

#	STEP	DATE	DONE
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐

3 **Look at step one. How can you make it as easy and convenient as possible?**

If I don't do it on time, my consequence is:

STACK THE ODDS

4 Who could be your accountability partner?

Someone who will keep you focused on making progress. Draft the message proposing it.

PARTNER .....

MY MESSAGE

.....

.....

.....

.....

.....

5 Brainstorm at least five low-ROI experiences that support your goal.

Small, easy, quick. Put at least one on your calendar in the next two weeks.

#	LOW-ROI EXPERIENCE	DATE
1		
2		
3		
4		
5		

THE ONLY WAY OUT IS THROUGH

Turn negative experiences into positive memories, or at least teachable moments. For losses that will never feel positive, like a family member or a pet, write why you're grateful for the time you had and how it made you stronger or wiser.

A NEGATIVE EXPERIENCE	HOW I FELT AT THE TIME	HOW IT LOOKS NOW, AND WHAT CAME OUT OF IT

TAKING CONTROL AND LETTING GO

For something weighing on you right now. Separate what you can't control from what you can, then act on the second list.

1 **One negative situation in my life right now:**

Financial, physical, family, anything weighing you down.

2 **What's contributing to it that I can't control?**

For each one: close your eyes, breathe deeply, and commit to not worrying about it. Check it off when you let it go.

- ☐ LET GO
- ☐ LET GO
- ☐ LET GO
- ☐ LET GO

3 **What can I control? What can I personally do to change it, or take myself out of it?**

I CAN DO THIS TODAY. BETTER YET, RIGHT NOW.

☐ DONE OR ON MY CALENDAR FOR .....

MAKE YOUR RELATIONSHIPS PROSPER

Four experiences, four circles of your life.

SELF

Have an experience by yourself that you'd normally do with someone else.

A trip, a movie, a ballgame, a class.

I'LL GO .....

How did it feel to do it on your own?

.....

.....

INNER CIRCLE

Plan the "best day ever" with your partner, a close family member or your best friend.

Fit in as many fun activities as you can. Document it, share it, inspire someone else to have theirs.

WITH ..... ON .....

TIME	ACTIVITY

FRIENDS AND WORK

FRIENDS

People you've lost touch with but still think about.

"Not keeping in touch with friends" is one of the top regrets of the dying. Avoid it for free, with one call, email or text.

NAME	WHY THEY MATTER TO ME	REACHED OUT
		☐
		☐
		☐
		☐
		☐

TODAY, I'M REACHING OUT TO .....

WORK

Someone at work or school you'd like to know better, and an experience they might like.

Even a new lunch spot counts. Get creative if you know their interests.

WHO .....

LET'S .....

☐ INVITED

GO PLAY

Take a few minutes to think and journal.

1 **Think back on your childhood. What were your favorite ways to play? How did they make you feel?**

Spend 5 to 10 minutes picturing those memories in as much detail as you can.

2 **When did you stop doing those things, and why?**

3 **Do you do anything today purely for fun, with no goals or expectations? If not, why?**

4 **One play activity you'd like to do more of, and how you'll give yourself the time, space and permission:**

5 **Schedule it.**

DATE ..... TIME .....

WHAT'S YOUR NEXT SKILL?

Make learning part of your life again, starting now. Writing down where and when you'll do something makes you far more likely to do it.

1 **The number one thing I want to start learning:**

Look to your Treasure Map for inspiration. What piques your interest?

2a **Who will I learn from?**

A teacher, a course, an app, a book.

2b **When will I make time for it?**

At least once a week. Put it on your calendar.

☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S TIME .....

2c **Does my budget need adjusting?**

Or a special savings pool for this learning experience.

IT'LL COST $ ..... I'LL FUND IT BY .....

2d **Gear I need to get started:**

☐ .....

☐ .....

☐ .....

☐ .....

IMAGINE YOUR ENDING

This may feel a bit morbid, but it brings incredible clarity about what to do next.

1 **Imagine your funeral. Write down the vision of what you want when that time comes.**

WHO WILL BE THERE?

WHERE IS IT?

WHAT PHOTOS OF YOUR LIFE ARE ON DISPLAY?

WHAT MUSIC PLAYS?

WHAT OTHER DETAILS MATTER TO YOU?

2 **Share this vision with those closest to you.**

It may be a strange conversation, but it helps them understand and support you.

☐ I SHARED IT WITH .....

WRITE IT TWICE

3–4 **Write your own obituary twice. First, your life as it is now. Then, your Treasure Map life.**
What are the pivotal moments, good and bad? What will people remember about you?

AS MY LIFE IS NOW

MY TREASURE MAP LIFE

5 **How big is the gap between them? What choices can you make now to get closer to the life you want?**