

Example Life Aids

Example of 'Life Aid'	How It Can Help You Stay 'In The Zone'
Index Cards	<p>You can use index cards to remind self of what to see, how to think, and how to act. For example, you may use index cards to remind self of:</p> <ul style="list-style-type: none"> • Reasons to pursue your inner soul goals • Quotes that inspire soul • Your personal mission and vision in life
Goal Marker	<p>Goal markers are visual reminders of your goal strategically placed throughout your house, car, and office to keep your goal in your face and top-of-mind. For example, if your goal is to lose weight you might have goal markers (e.g. sticky notes) in the bathroom, in the closet, in the kitchen, in your car, and at your workplace reminding you to lose weight.</p>
Songs (custom-made CD/MP3 List)	<p>Songs can inspire and evoke feelings and emotions that put you in the right state of mind to achieve your goals. Create a custom CD/MP3 list with songs that inspire. Play the CD/MP3 list every morning on your way to work. Start your day with a dose of inspiration.</p>
Movies	<p>Movies can inspire and evoke feelings and emotions that put you in the right state of mind to achieve your goals. Watch movies that inspire.</p>
Quotations, Books, Articles	<p>Certain books and/or articles can inspire and evoke feelings and emotions that put you in the right state of mind to achieve your goals. Read books that inspire.</p>
Audio/Video Podcasts	<p>Certain podcasts (e.g. <i>A Strategy Driven Life</i> – www.strategydrivenlife.com) can inspire and evoke feelings and emotions that put you in the right state of mind to achieve your goals. Listen/view podcast episodes that inspire.</p>
Goals Collage	<p>A goals collage is a collection of images of how you want your life to be. Such images inspire us to achieve our goals; to live as soul would live. For example, if your goal is to earn high wealth</p>

	and live in a tropical paradise, you might have a picture of a beautiful home on the island of Maui. Similarly, if your goal is to be exceptionally fit, you might have pictures of other people exhibiting extreme fitness.
Morning Routine / Morning Commute	Establish a :30 minute morning routine to review your goals (index cards), listen to songs that inspire (custom CD/MP3 list), and read inspiring quotes. Develop a morning reflective ritual to put oneself 'in the zone'. Further, listen to your favorite inspirational podcasts as you commute in to work.
Evening Routine / Evening Commute	Establish a :30 minute evening routine to review your day. Consider what went well and did not go well for the day then course correct your strategy accordingly. Further, listen to your favorite inspirational podcasts as you commute home from work.
Sunday Routine	Establish a 60 minute weekly routine to review your goals and progress made during the week. Consider what went well and did not go well for the week then course correct your strategy accordingly.
Monthly Routine	Establish a monthly routine to review progress made during the month to achieve your goals. Use your monthly review as an opportunity to redesign your personal strategy to achieve your goals quicker; more aptly.
Annual Routine	Establish a tradition of allocating a few vacation days each year to reflect on your personal strategy for living. Review all aspects of your personal strategy. Review your inner soul goals to ensure that they are still what you want in life and from life. Update all objects of your personal strategy. Update/create new life aids to inspire another year of commitment and high achievement.