

Getting Started

Life Architecture Cheat Sheet

This is a cheat sheet to get you on your way to your defined new life as soon as possible. Don't over think it just start ticking these things off.

❑ **1 Just Start, literally write nonsense**

Want to write a book, learn a language, book a holiday, find a new job, then begin. The situation will never be ideal to start while you still can. "You don't need to be great to start, but you need to start to be great", Zig Ziglar.

❑ **2 Do not believe the resistance, just do a few minutes**

The resistance is the paralyzing dread you feel when you think of all the tasks that lay before you are. Don't believe it. Don't even think about it. Typically, as soon as you start, within a few minutes the dread dissipates. Knowing that simple fact means you have a cure for 90% of the anxiety in your life. Just get on with it.

❑ **3 Do the most important first**

If you truly are one of these people, who enjoys getting their creative work done in the evening, then great! However, for most of us the time we have to really concentrate and be creative every day is very limited. So do what is most important to you first. Don't waste the few important moments of creative willpower on daily admin. And if you start the day with a real victory it sets you up well for the rest of the day!

❑ **4 Know where you are going. Write yourself a mission statement**

A perfect mission statement to start with would be just a quick image of yourself as you want to be. A few details and a few words about the principles you will use to achieve this image. Make it a ten minute rough ready draft. The sooner you know how you want to deal the world the faster you can start. Check out "My First Mission Statement".

❑ **5 Do not get overwhelmed start small, MEWD**

Ambition is great and so is being enthusiastic but to start with aim for the minimum effective working dose (MEWD) in order to move forward with your projects. Accumulate as many small consistent victories as possible. If you bite off more than you can chew then you are just setting yourself up for failure.

❑ **6 Make sure you move forward. Make today progress from yesterday**

There is no sense doing many disparate MEWDs. For progress to happen the MEWDs have to accumulate towards something. I.e. The completion of you current project

❑ **7 Write yourself an action plan**

To get from here to there you have to decide how you will proceed. Just like the mission statement a brief sketch is all you need to start. Figure out the 3 big goals that really drive you and lay down the intermediate goals or milestones to get you there. As you get a better picture of what you are doing you can correct it later.