

the
BETTER
YOU
planner

Be better in 4 weeks!

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CREATED BY
THE BETTER YOU PROJECT
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DEDICATED TO:

*All of you,
who are
striving to
become better.*

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HIGHLIGHTS

Why this is for you?

1. STOP BEING FRUSTRATED. We all want to change, to grow, to become better. But often, we don't do anything about it. The problem is that, when we don't take action, we get frustrated. So TAKE ACTION! The *Better You Planner* will help you overcome this frustration.

2. EASY TO USE. You will improve daily, and the great thing is, that you won't need more than 5-10 minutes a day to do it.

3. 'COLD TURKEY' IS FOR THE BIRDS, NOT FOR YOU. One of the most common stumbling blocks to success is the notion that the only way to quit is to do so all at once. Not true. Most people make changes gradually. The *Better You Planner* is based on this principle.

4. IT ACTUALLY WORKS. This system is based on the concept of 'Spiritual Accounting', and it has been used for hundreds of years with life-changing results.

5. LEAVE THIS WORLD AS A BETTER PERSON. We come into this world with a lot of virtues and talents, but also with a lot of things to tweak. (Hey! Nobody's perfect! Don't feel bad about it.) Life is like a ladder. The most important thing is that you exit this world as a better person, a couple of steps further up the ladder. Do that, and your whole life would have been worth living. Don't focus on becoming perfect. Just focus on the progress you're making and start climbing the ladder, one step at a time. The *Better You Planner* will help you accomplish this.

THE CONCEPT

How does it work?

The *Better You Planner* is an organized system based on the concept of 'Spiritual Accounting', to help you become better by tackling some of your bad habits in just 4 weeks. The concept behind this planner is very simple: **LITTLE CHANGES CAN MAKE A BIG DIFFERENCE!**

You want to make big changes in your life. We all do. You want to overcome your bad character traits. You want to be a better person, a better husband, a better parent, you want to be successful. You want to accomplish so much! **BUT YOU HAVE TO DO IT IN SMALL STEPS.** If you don't do it that way, you won't do it at all. That's the whole secret.

People think bad traits are unchangeable, but there are ways to change them. You feel frustrated? Your temper is ruining your relationships? Your career? The bad traits of a human being may be subdued, and even transformed. Man has the power to subdue his own nature and to change it through exercise and practice. **BUT YOU HAVE TO DO IT IN SMALL STEPS.**

The *Better You Planner* will give you the confidence you need to start making big changes. Taking small steps toward your goals is the only way to succeed. The 'no pain, no gain' approach actually makes it easier for us to give up on our goals instead of reaching them.

The *Better You Planner* will help you take **SMALL STEPS** toward your **BIG GOALS.**

INSTRUCTIONS

How to use it?

The *Better You Planner* has 3 parts:

1. PREPARATION: A practical guide to help you identify the bad habits you want to tackle. (This is just a guide, that means that if you already know which bad habits you want to tackle, you can skip this step and go straight to the second part).

2. WEEKLY PLANNING: This is a crucial step. Here, you will be laying out the 'battle plan' and you'll define the 7 daily goals for the upcoming week (1 goal for each day of the week).

3. DAILY ACCOUNTING: Each day you'll focus on the specific daily goal previously defined on the 'Weekly Planning', and you'll evaluate yourself accordingly.

1. PREPARATION

The idea in this part is to identify 4 'bad habits' that you would like to tackle in the upcoming 4 weeks. So just as an example, you'll end up with something more or less like this:

Example

THESE ARE THE 4 BAD HABITS THAT I'M GONNA TACKLE IN THE UPCOMING 4 WEEKS:

1. Waking up late.
2. Procrastinating at work.
3. Overeating when I'm nervous.
4. Staying up late with my smartphone.

2. WEEKLY PLANNING

The 'Weekly Planning' is where the magic happens. As Bobby Knight puts it "*The will to succeed is important, but what's more important is the will to prepare.*" In the next example pages, you'll get an idea of how to use the 'Weekly Planning'.

WEEK 1 - PLANNING

THIS WEEK I'M GONNA TACKLE THE BAD HABIT OF:

Waking up late

It's very important to overcome this bad habit because:

- It's preventing me from becoming more productive.*
- I'm always late for work.*
- I feel bad at the end of the day.*

The main problems I had in the past when I tried to do it were:

- Lack of motivation.*
- Frustration because I didn't succeed.*
- Waking up is really hard!*

DAILY GOALS - How to define your daily goals:

You need to define 7 simple & reachable goals to tackle your bad habit, one for each day of the week. (See the example pages for ideas if you're having trouble doing this). They don't necessarily have to be 7 different goals, you can repeat some of them if you want, or even use the same one the whole week.

TIP: Find a way to quantify these goals. For example, instead of 'not getting angry', try 'not getting angry between 9 and 10 am'; or instead of 'not being lazy', try 'getting 10 mins. early to work'. This will enable you to monitor the progress more objectively.

DAILY GOALS for WEEK N°1:

- Wake up on time, right away after the alarm clock goes off.*
- Go to sleep early to have energy the next morning.*
- Get to work on time.*
- Wake up 10 mins. earlier than usual.*
- Get to work 10 mins. early.*
- Jump out of bed in the morning and do 10 push-ups.*
- Jump out of bed in the morning and do 10 push-ups.*

WEEKLY REWARD - If I work hard, at the end of the week i'm gonna reward myself with:

A nice dinner at my favourite restaurant with my best friend.

NOTES & PERSONAL THOUGHTS:

Note to self: I need to review the 3 reasons why is important to overcome this bad habit if I'm lacking motivation in the middle of the week.

WEEKLY BONUS CHALLENGE (do it sometime during the week)

Do a random act of kindness to a stranger.



(WEEKLY BONUS CHALLENGE)

BONUS!

Besides the work of 'Spiritual Accounting' you'll be doing during the week, we wanted to throw in a 'Weekly Bonus Challenge' to give you some practical inspiration.

The main idea of the 'Weekly Bonus Challenge' is to get you out of your comfort zone, because, we strongly believe that life begins at the end of your comfort zone.

3. DAILY ACCOUNTING

The 'Daily Accounting' is fundamentally an exercise of introspection. Each day you'll focus on a goal to accomplish and you'll evaluate yourself accordingly.

On each 'Daily Accounting' page you'll find a simple structure to do this, and also some inspiration—a daily quote—to help you along the way.

In the next page, you'll get an idea of how to use the 'Daily Accounting' structure.

Example Page

WEEK N°1 - DAY 1

08 / 21 / 2016

DAILY GOAL Today, just focus on accomplishing the following:

Wake up on time, right away after the alarm clock goes off.

“ You must do the things you think you cannot do. ”

ELEANOR ROOSEVELT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No *I was able to get out of bed before the second alarm went off, which is a very important accomplishment for me.*

DAILY LESSON

What did you learn today?

I felt very good about myself when I woke up right away, and my morning seemed much more productive.

ACCOUNTING

How can you improve tomorrow?

When the alarm goes off tomorrow, I need to focus on the benefits of waking up early instead of the pleasure of staying in bed.

*"Unless
commitment is
made, there are
only promises &
hopes... but
no plans."*

PETER DRUCKER

I'M READY TO BECOME BETTER

Date: ___ / ___ / ___

I, _____, commit
myself to use the *Better You Planner* at least
for a whole week.

If I quit before that, I'm going to donate
_____ USD to charity.

(Signature)

PREPARATION

The idea here is to identify 4 'bad habits' that you would like to tackle. But this is just a guide, if you already know which bad habits you want to tackle, write them down on step 5 and then go straight to the weekly planning.

STEP 1 - Recognize how special you are and identify positive character traits that you have that make you special:

1. *For example: Ambitious*
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

STEP 2 - Once you identify some positive character traits, think of how you should be using them to maximize your potential.

STEP 3 - After that, recognize which negative character traits are holding you back from achieving this:

1. *For example: Lazy*
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

STEP 4 - Now look for 'bad habits' that stem from these negative character traits.

<i>Negative trait</i>	<i>Bad habit that stems from it</i>
<i>For ex.: Lazy</i>	<i>Waking up late</i>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

STEP 5 - Select 4 specific 'bad habits' which you think are the easiest to fix (be realistic!), and list them in ascending order from the 'easiest one to fix' to the 'most difficult'.

THESE ARE THE 4 BAD HABITS THAT I'M GONNA TACKLE IN THE UPCOMING 4 WEEKS:

1. _____
2. _____
3. _____
4. _____

Now that you've found 4 bad habits that are holding you back, you're gonna tackle them in the next 4 weeks. You need to start with the easiest one to fix (number 1) on the first week, and then continue in ascending order until you tackle the hardest one (number 4) on the last week.

WEEK 1 - PLANNING

THIS WEEK I'M GONNA TACKLE THE BAD HABIT OF:

It's very important to overcome this bad habit because:

1. _____
2. _____
3. _____

The main problems I had in the past when I tried to do it were:

1. _____
2. _____
3. _____

DAILY GOALS - How to define your daily goals:

You need to define 7 simple & reachable goals to tackle your bad habit, one for each day of the week. (See page 9 for ideas if you're having trouble doing this). They don't necessarily have to be 7 different goals, you can repeat some of them if you want, or even use the same one the whole week.

TIP N°1: Find a way to quantify these goals. For example, instead of 'not getting angry', try 'not getting angry between 9 and 10 am'; or instead of 'not being lazy', try 'getting 10 mins. early to work'. This will enable you to monitor the progress more objectively.

DAILY GOALS for WEEK N°1:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

WEEKLY REWARD - If I work hard, at the end of the week i'm gonna reward myself with:

NOTES & PERSONAL THOUGHTS:

WEEKLY BONUS CHALLENGE (do it sometime during the week)

Go somewhere that you've never been in your area (could be a new building, a shop, park, etc.)



"I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be."

KEN VENTURI

DAILY GOAL Today, just focus on accomplishing the following:

“ *Start where you are. Use what you have. Do what you can.* ”

ARTHUR ASHE

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The entire purpose of our existence is to overcome our negative habits.* ”

VILNA GAON

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *It takes more energy to be negative than positive, for negativity is a burden.* ”

EVINDA LEPINS

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *It does not matter how slowly you go
as long as you do not stop.* ”

CONFUCIUS

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The best preparation for tomorrow
is doing your best today.* ”

H. JACKSON BROWN, JR.

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Act as if what you do makes a difference. It does.* ”

WILLIAM JAMES

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.* ”

SAMUEL BECKETT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

WEEK 2 - PLANNING

THIS WEEK I'M GONNA TACKLE THE BAD HABIT OF:

It's very important to overcome this bad habit because:

1. _____
2. _____
3. _____

The main problems I had in the past when I tried to do it were:

1. _____
2. _____
3. _____

DAILY GOALS - How to define your daily goals:

You need to define 7 simple & reachable goals to tackle your bad habit, one for each day of the week. (See page 9 for ideas if you're having trouble doing this). They don't necessarily have to be 7 different goals, you can repeat some of them if you want, or even use the same one the whole week.

TIP N°2: Keep it simple. Accomplishing any goal, no matter how insignificant, brings satisfaction. In fact, the more insignificant the better, because that means it will probably be easier to accomplish, and that in turn will trigger a pattern of good behavior.

DAILY GOALS for WEEK N°2:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

WEEKLY REWARD - If I work hard, at the end of the week i'm gonna reward myself with:

REVIEW - What did you learn the previous week?

NOTES & PERSONAL THOUGHTS:

WEEKLY BONUS CHALLENGE (do it sometime during the week)

Call a friend or a loved one you haven't talked to in more than a year just to say hi!



"There is only one corner of the universe you can be certain of improving, and that's your own self."

ALDOUS HUXLEY

WEEK N°2 - DAY 1

___ / ___ / ___

DAILY GOAL Today, just focus on accomplishing the following:

“ *The secret of getting ahead is getting started.* ”

MARK TWAIN

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Perseverance is not a long race; it is many short races one after the other.* ”

WALTER ELLIOT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The most effective way to do it, is to do it.* ”

AMELIA EARHART

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Greatness is built upon our seemingly insignificant daily choices.* ”

SARAH YOHEVED RIGLER

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Only I can change my life. No one can do it for me.* ”

CAROL BURNETT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *You create your opportunities by asking for them.* ”

SHAKTI GAWAIN

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Arriving at one goal is the starting point to another.* ”

JOHN DEWEY

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

WEEK 3 - PLANNING

THIS WEEK I'M GONNA TACKLE THE BAD HABIT OF:

It's very important to overcome this bad habit because:

1. _____
2. _____
3. _____

The main problems I had in the past when I tried to do it were:

1. _____
2. _____
3. _____

DAILY GOALS - How to define your daily goals:

You need to define 7 simple & reachable goals to tackle your bad habit, one for each day of the week. (See page 9 for ideas if you're having trouble doing this). They don't necessarily have to be 7 different goals, you can repeat some of them if you want, or even use the same one the whole week.

TIP N°3: People's behavior can be changed for the better by making mundane activities fun. Try to add a tiny bit of "fun" to your goals. Spice them up a little so it will be easier for you to accomplish them. Fun is the best way to change your ways.

DAILY GOALS for WEEK N°3:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

WEEKLY REWARD - If I work hard, at the end of the week i'm gonna reward myself with:

REVIEW - What did you learn the previous week?

NOTES & PERSONAL THOUGHTS:

WEEKLY BONUS CHALLENGE (do it sometime during the week)

Write a handwritten "thank-you" note to someone who helped you in some way.



*"What lies behind
you and what lies in
front of you, pales
in comparison to
what lies inside
of you."*

RALPH WALDO EMERSON

WEEK N°3 - DAY 1

___ / ___ / ___

DAILY GOAL Today, just focus on accomplishing the following:

“ *The way to get started is to quit
talking and begin doing.* ”

WALT DISNEY

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *One finds limits by pushing them.* ”

HERBERT SIMON

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Change your life today. Don't gamble on the future, act now, without delay.* ”

SIMONE DE BEAUVOIR

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Setting goals is the first step in turning the invisible into the visible.* ”

TONY ROBBINS

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Motivation will almost always beat mere talent.* ”

NORMAN RALPH AUGUSTINE

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *If you don't like how things are,
change it! You're not a tree.* ”

JIM ROHN

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Believe you can and you're
halfway there.* ”

THEODORE ROOSEVELT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

WEEK 4 - PLANNING

THIS WEEK I'M GONNA TACKLE THE BAD HABIT OF:

It's very important to overcome this bad habit because:

1. _____
2. _____
3. _____

The main problems I had in the past when I tried to do it were:

1. _____
2. _____
3. _____

DAILY GOALS - How to define your daily goals:

You need to define 7 simple & reachable goals to tackle your bad habit, one for each day of the week. (See page 9 for ideas if you're having trouble doing this). They don't necessarily have to be 7 different goals, you can repeat some of them if you want, or even use the same one the whole week.

TIP N°4: Only the goals need to be challenging, not the circumstances. The surroundings and timing should make it as easy as possible for you to accomplish your goals. Avoid goals that depend on external factors that aren't under your control.

DAILY GOALS for WEEK N°4:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

WEEKLY REWARD - If I work hard, at the end of the week i'm gonna reward myself with:

REVIEW - What did you learn the previous week?

NOTES & PERSONAL THOUGHTS:

WEEKLY BONUS CHALLENGE (do it sometime during the week)

Pay for the coffee or the bus fare (or whatever), for the person standing right behind you in line.



"What you get by achieving your goals is not as important as what you become by achieving your goals."

ZIG ZIGLAR

WEEK N°4 - DAY 1

___ / ___ / ___

DAILY GOAL Today, just focus on accomplishing the following:

“ *Don't watch the clock; do what it does. Keep going!* ”

SAM LEVENSON

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *I am always doing that which I can not do,
in order that I may learn how to do it.* ”

PABLO PICASSO

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The most certain way to succeed is
always to try just one more time.* ”

THOMAS A. EDISON

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The measure of who we are is what we do with what we have.* ”

VINCE LOMBARDI

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *Do not wait; the time will never be 'just right.'* ”

GEORGE HERBERT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *It is never too late to be what you might have been.* ”

GEORGE ELIOT

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

DAILY GOAL Today, just focus on accomplishing the following:

“ *The only journey is the one within.* ”

RAINER MARIA RILKE

Did you succeed in terms of accomplishing your daily goal? Yes or no? Why?

Yes No _____

DAILY LESSON

What did you learn today?

ACCOUNTING

How can you improve tomorrow?

EVALUATION

HOW WAS THE WHOLE EXPERIENCE?

IN WHICH WAYS YOU ARE BETTER NOW?

HOW CAN YOU IMPROVE IN THE FUTURE?

FINAL THOUGHTS:

FEEDBACK: Tell us how to improve, how to make the 'Better You Planner' even better.

WE ARE ALSO STRIVING TO BECOME BETTER!

Please send us what you wrote in this last paragraph to: hello@betteryouplanner.com

WHAT NEXT?



- Take a deep breath
- Listen to some music
- Go for a walk
- Tell a friend about the BYP
- Smile uncontrollably
- Be better
- Start a new 4 week cycle
- Subscribe at betteryouproject.com
- _____
- _____
- _____

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