

A  
GUIDE TO  
BEGINNING  
WELL

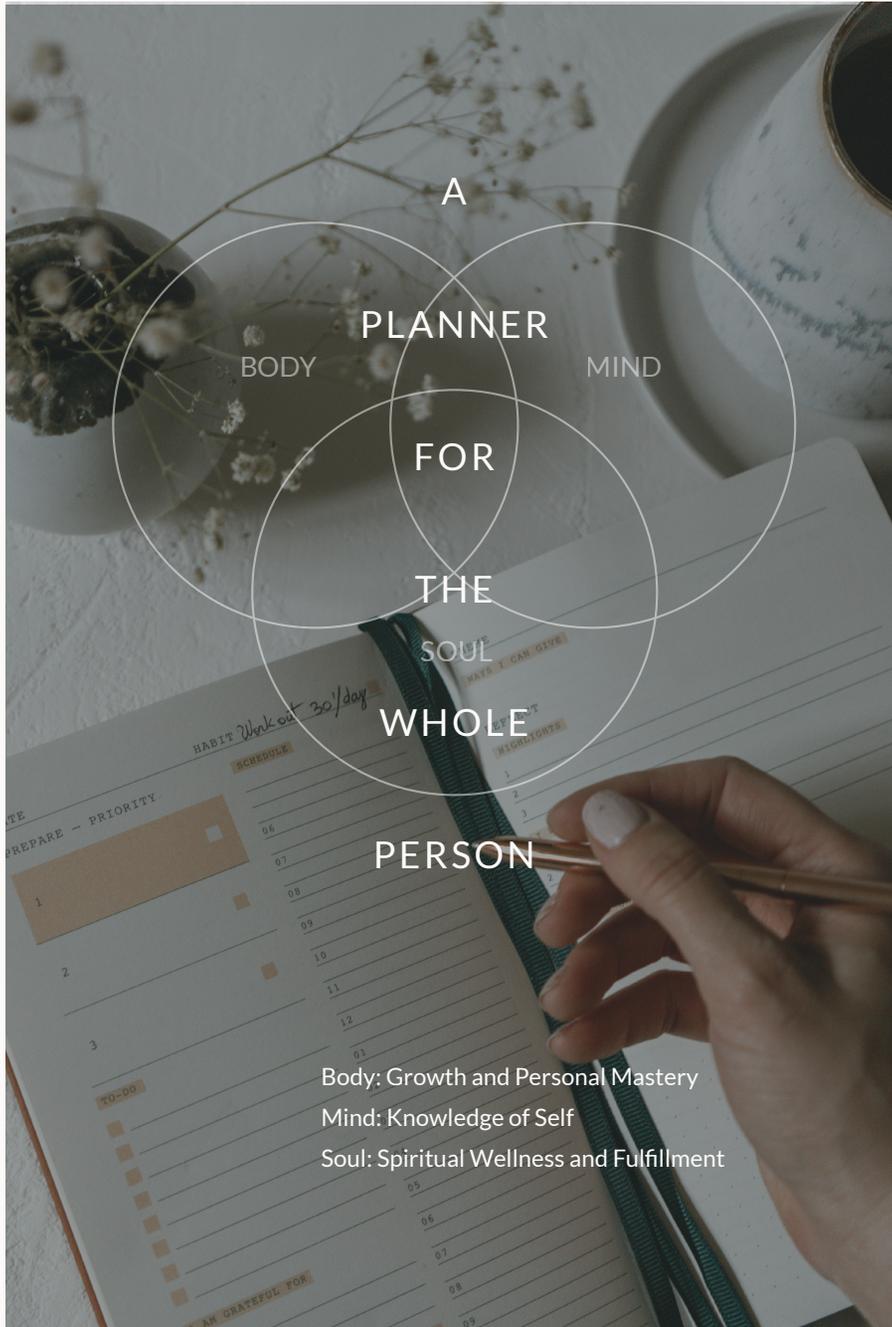


MONK MANUAL

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# Welcome

We are so glad you are here. You're taking a big step in building a more peaceful and purposeful life.

Our team at Monk Manual is seriously dedicated to your success. We believe that every person—no matter their life circumstances—has access to greater peace, transcendence, connection, and freedom. You have an ever-expanding capacity for personal growth and meaningful impact. We want to help you harness and unleash the power that is within you and all around you.

That's why Monk Manual exists. And it's why we want to do everything we can to help you discover a full(er) life through peaceful being and purposeful doing.

Building a new habit can be hard. This guide is here to help you begin well and build a healthy habit that sticks. If you are the kind of person who likes to dive right in and figure things out for yourself, great! We simply recommend you first spend 5 minutes reading through the *Guiding Principles* and *3 Things Before You Begin* pages of this guide to help you start strong!

The Monk Manual is the product of over ten years of research into best practices around productivity, psychology, and spiritual growth. Every aspect of the Monk Manual is intentional—from its design to the specific language used throughout. In time, we believe you will find the Monk Manual to be a trusted companion on your path to a full(er) life.



# Why Monks?



For over 2000 years men and women have set out for the hills, fields and mountains to become Monks—searching for happiness, freedom, peace, joy, balance, fulfillment, confidence, stability, passion and God.

## Who says the rest of us can't have the same things?

The Monk Manual 90-Day Planner is designed to bring the timeless wisdom of monastic living into your everyday life.

The daily system helps men and women mirror core qualities of monks in their everyday lives.

These qualities include gratitude, awareness, intentional action, presence, personal growth, giving, listening and loving. While there is no such thing as a perfect system, these simple habits can have a massive impact on your life and your daily experience.

## THE PAR METHOD™

The backbone of the Monk Manual is the PAR Method (short for Prepare, Act, Reflect). It is meant to parallel the approach of a monk in daily life. This method has three steps:

**PREPARE:** Prepare our minds, hearts and schedules.

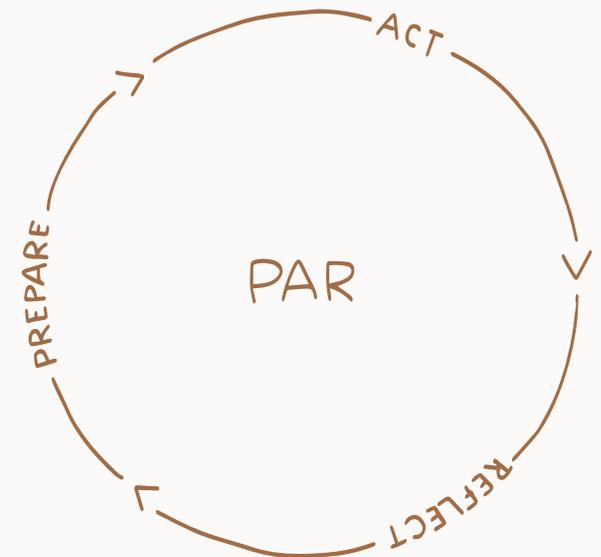
**ACT:** Live through our actions with a sense of freedom, peace and presence.

**REFLECT:** Reflect on what has transpired, what we've learned about ourselves, and what God is doing in our lives.

**Within the simplicity of the PAR Method lies a powerful engine for growth.**

The PAR Method is a continuous and intuitive cycle that builds on our everyday lived experience. Our attentive preparations influence our actions, which help us to engage every moment with the purpose and freedom that emerge from clarity. Following that day's plans and actions with reflection helps us learn the lessons life is presenting, so we can grow in awareness and wisdom for living the next day better.

We apply the PAR Method to daily, weekly and monthly planning. Because we experience each of these time frames in a unique way, they are handled slightly differently throughout the planner.



# Guiding Principles

## Take Small Steps that Lead to Big Change

We often embark on using a tool like the Monk Manual with hopes of making big changes. That's great! But it's important to remember that lasting change is often slow and requires patience, so be kind to yourself.

Progress is our goal, not perfection.

Transformation comes from regular, daily practice; small changes compounding over time.

Much of our growth comes from just showing up every day and trusting the process. It's in this daily engagement where the transformation, and ultimately our life, takes place.

## Choose Intentional Action Over Busyness

More does not mean better, more just means more. Activity in and of itself is not progress.

Every day, week, and month we are bombarded with constant distractions that take us away from what is truly most important in our lives. To overcome this, we can learn to budget (intentionally spend) our time and acknowledge that every "yes" we make with our time is a "no" to something else.

Through daily reflection, we gain insight and clarity about what really deserves our time and attention, which in turn enables real progress to take place.

That being said, intentionality can be dangerous if directed toward the wrong goal. As Thomas Merton once said, "People may spend their whole lives climbing the ladder of success only to find, once they reach the top, that the ladder is leaning against the wrong wall."

By your decision to invest in your Monk Manual, you've shown your goal is to live a full(er) life in which you experience greater peace, purpose, and productivity. We have engineered the Monk Manual 90-Day Planner to help you do just that.

## Move Towards Not Away

What we focus on tends to grow. Unfortunately, we often struggle with negativity and fall into habits that move us away from our true purpose.

Rather than focusing on the negative and running away from something, the Monk Manual helps us move toward a full(er) life.

As we use the gratitude section of the Monk Manual each day, we naturally find more and more goodness in our daily lives.

We find a deeper sense of joy and peace as we acknowledge and experience the good in our lives. This good can be something as simple as a warm cup of coffee in the morning, the comfort of your bed at night, or the time you spend with an old friend.



# Guiding Principles *...continued*

## Build Your Life

There is a temptation, for all of us, to live a life based on the expectations of others rather than on what is truly best for us.

Expectations in and of themselves are not bad, and it is certainly true that we find fulfillment as we give of ourselves, but our generosity must always be free or it is not generosity. We can only give what we truly have, and in order to give our unique gift to the world we must learn to break free of ego needs that depend upon the opinions of others for our sense of worth and validation.

By connecting with ourselves on a deeper level, we can become secure in our own desires and beliefs, allowing us to then freely give to others out of this place of freedom. Over time we see that our quiet internal voice is far more important than the loudest external one.

## Be a Human Being, Not a Human Doing

Unfortunately, much of modern productivity advice focuses heavily on getting more done, rather than living more fully. Accomplishment is pointless if it robs us of our peace and joy.

The art of human flourishing is not a path of choosing being over doing or doing over being, but rather choosing both.

Wherever you are, whatever you are doing, you can be present in the moment, fully engaged and fully alive. As we structure our days around the most important things, we find that some of our deepest experiences of being come not from an absence of activity, but rather living into and experiencing the activities, projects and service that are tied to our unique contribution to humanity.

## Make It Personal

The Monk Manual is a framework that is meant to be tailored to what works best for you.

In the following pages, we offer tips and recommendations, but your best experiences will come as you break in your own Monk Manual and adjust it to meet your own needs.

We designed it to be flexible enough for anyone, regardless of his or her stage in life. So remember, there is no “right” way, there is just your way.



Monks are the most productive people in the world. They know that productivity isn't about doing more things, it's doing the most important things well. As foreign as the way of a monk may seem, it turns out to be a highly practical path to a fulfilled life.

## 3 THINGS BEFORE YOU BEGIN

The Monk Manual is an undated 90-day planner that includes extra week and month pages so no matter when you start, you will have enough pages for a full 90 days.

With that said, offices, desks, and garbage cans around the world are lined with unused planners. So in order to avoid that situation, we've provided a few steps to properly prepare you and avoid the "Dead Planner Syndrome".

- 1 Commit yourself to a period of time that you will use the Monk Manual. If you miss a day, that's okay, the point is to decide up front that you're going to see this investment through for a certain period of time. For this length of time, you are fully committed and will do what you can to make sure you follow through with that commitment.
- 2 Clearly state the reason why you are using the Monk Manual. Are you looking for more peace? Are you trying to organize a chaotic life? Do you feel like you need help finding direction in your life? Whatever your reason may be, write it down and refer back to it for motivation as you make using the Monk Manual a daily habit.
- 3 Find someone you can journey with as you use the Monk Manual. It can be a weekly meeting with another user to help discuss priorities or even a simple meeting with a friend who can help hold you accountable. Either way, bringing someone along increases support and accountability, two things that will exponentially increase your odds of success.

# FILLING OUT YOUR FIRST PAGES

The Monk Manual spreads run from left to right. At the beginning of each day, week or month you will begin with the preparation section of each spread. At the end of the day, week or month you will reflect back through the right side of the spread. We recommend that as you begin using your Monk Manual, you start first with filling out the daily pages, then incorporate the weeks and months.

For example...

Let's say you start on Tuesday, February 20<sup>th</sup>. In the morning fill out the left side of a daily page and in the evening fill out the right side. Repeat this process every day. When you get to the weekend, fill out the left side of a new weekly page, and on the next weekend fill out the right side (reflect) on the completed week, and fill out the left side of a new week. When you get to March 1<sup>st</sup>, fill out the left side of a new month. At the end of March, fill out the right side of the completed month, and the left side of the April monthly page.

## Quick Tips for New Users

- Make your first monthly habit "Using The Monk Manual Everyday."
- Each Monk Manual comes with three green ribbons. One is meant to mark your current month, one to mark your current week, and one to mark your current day.
- Decide in advance what time you will use the Monk Manual each day and block out this time.
- Pick the same time for reflection and preparation each night, so when you wake up in the morning, you simply have to look at your already planned day and do the most important things.

*When it comes to building your Monk Manual practice, you may face . . .*

## 3 ENEMIES

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### 1. PERFECTIONISM

*Aim for progress not perfection.*

### 2. WRONG EXPECTATIONS

*The real fruit grows quietly over time.*

### 3. NOT TRUSTING THE PROCESS

*Life has much to teach you in the rhythm of your daily experience. Be present to each moment you are given.*



# DAILY PAGES

## Preparing for Your Day

As you prepare your daily schedule, reflect on the question below:

What is the best investment of my time today?

The important is almost never urgent. It's tempting to list out a long to-do list. But pause for a moment and think of how you can design your schedule for full being and doing. The perfect scorecard isn't based on checking-off the most tasks, but rather the ability to look back at the end of the day and say with honesty, "that was a really full day."

Once you've worked out the most important use of your time, fill in your daily page with your priorities, to-do list, schedule, list of gratitude, and the moment you are most looking forward to.

We recommend filling out your schedule the night before if possible. When you go to sleep, your brain will go to work figuring out the best ways to accomplish your goals. You'll wake up focused on the most important task at hand, experiencing the immense freedom that comes from knowing you're doing exactly what you're supposed to be doing.

This nightly preparation will help you engage in the present moment and contribute at your highest level across each facet of your life.

## Practice Time Blocking

One of the simplest ways to gain deeper peace and productivity is by blocking off chunks of time for your specific priorities and tasks.

Just as monks experiences a level of freedom by knowing that at x time they are meant to be in study and at y time they are meant to be in manual labor, you will experience a level of freedom by knowing you have blocked off time for the things that matter most in your life.

By time blocking, you will gain 2 primary benefits:

1. Time blocking helps you see whether or not your goals for the day are realistic.

The simple act of envisioning what is necessary to complete a task makes it less likely you will overbook.

(A word of caution... it is easy to underestimate how long things take. For some of us, we may skew the necessary time for things by 10%, for others 50%. Almost everyone experiences this phenomenon to some degree.

As you discover your overbooking tendencies, you can be mindful of it as you plan your day.)

2. Time blocking commits you to a specific course of action.

This type of commitment creates a boundary that keeps distraction out of your life. Distractions thrive like weeds in the spaces that aren't accounted for.

By setting out on a definitive course of action, you'll find it easier to say no to distractions. And at the end of each day, you'll have clarity on the areas where you fell short or surpassed expectations.

The goal is  
progress, not  
perfection.

*Be kind to yourself.*



## Ask Yourself, “Is This Really a Priority?”

Everyday we are tempted by countless distractions that vie for our attention and take us off course. Prioritizing forces us to choose what is most important. Remember, the important is almost never urgent.

The life of a monk teaches us that the path to a full life is more about subtracting than it is about adding. By learning to say no to distractions we are able to say yes to the most important things.

From time to time it’s worth looking at your day and asking:

Is this really the best use of my time?

Is there anything here I should say no to?

## Pay Attention to Your Energy Throughout Your Day

Are you an early riser or a night owl?

Do you feel drained in the afternoon and creative in the morning?

Do certain activities or relationships give you energy or take it away?

Pay attention to how events, activities, people, and times impact your energy level and thinking.

Schedule your most important work at the time when you are likely to be the most creative and energized.

Manage your day, so you can build momentum from one activity to another. Find your rhythm.

## Mind the Margin

Getting things accomplished can be addictive. It seems the more we get done the more we are tempted to put on our plates.

As you plan your schedule, think intentionally about where you will create whitespace.

There are 2 types of daily whitespace:

1. Carefree time for ourselves, family, and friends. This is the time where you are not bound by specific tasks; rather, this is time for simply resting, quieting our mind and reconnecting.
2. Time for the unexpected. It’s normal for a task to take longer than expected. Build in 2–3 thirty minute buffers throughout your day. This is a time where you can tie up loose ends of tasks, take a few minutes to reward yourself for a job well done, or simply transition to the next activity.

A mind that thinks clearly is the greatest productivity tool, and clarity is only possible with

whitespace. There is reason why the life of a monk features time for solitude and silence.

Beyond daily whitespace, there are larger periods of whitespace that will occur throughout life.

When unexpected life events happen, whether it’s a great surprise or a solemn occasion, be comfortable with unscheduled time during these events.

It is often during these unexpected life events when we have an opportunity to quiet our mind and grow the most.

## Pay Attention to What is Working

As you use the Monk Manual, pay attention to what is working well for you and what isn’t.

Adjust your daily routine and approach to the Monk Manual to fit wherever you currently are in life.





# DAILY PAGE VIEW

(right side)

**REFLECT**  
On your day, grow in awareness and gain clarity.

**THEME** Choose a theme to focus on and live by.

**WAYS I CAN GIVE**  
As we give, our lives become more full. List ways you can give of yourself today.

**REFLECT**

**HIGHLIGHTS**  
1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**I WAS AT MY BEST WHEN**  
1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

**I FELT UNREST WHEN**  
When did you lose your peace? This simple question, practiced daily can be transformative.

**ONE WAY I CAN IMPROVE TOMORROW**  
Simple changes, day after day lead to big leaps in personal growth and productivity.

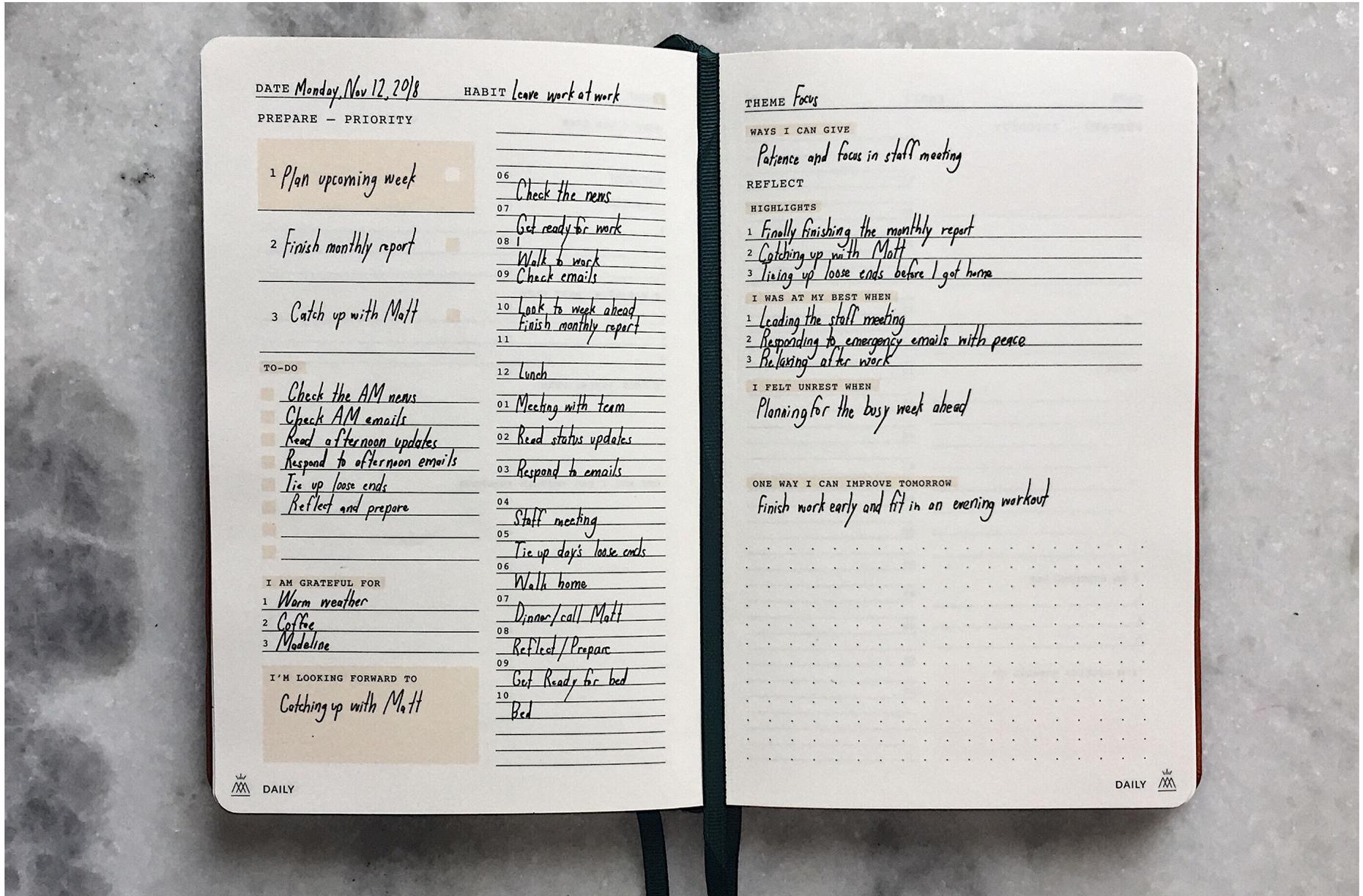
**BULLET SPACE**  
Free space. Use it however you like — journal, write quotes, track meals, draw something — it's up to you!

DAILY 



# DAILY PAGE

(example)



DATE *Monday, Nov 12, 2018*

HABIT *Leave work at work*

PREPARE - PRIORITY

1 *Plan upcoming week*

2 *Finish monthly report*

3 *Catch up with Matt*

TO-DO

- Check the AM news*
- Check AM emails*
- Read afternoon updates*
- Respond to afternoon emails*
- Tie up loose ends*
- Reflect and prepare*

I AM GRATEFUL FOR

- 1 *Warm weather*
- 2 *Coffee*
- 3 *Modeloe*

I'M LOOKING FORWARD TO

*Catching up with Matt*

06 *Check the news*

07 *Get ready for work*

08 *Walk to work*

09 *Check emails*

10 *Look to week ahead*

11 *Finish monthly report*

12 *Lunch*

01 *Meeting with team*

02 *Read status updates*

03 *Respond to emails*

04 *Staff meeting*

05 *Tie up day's loose ends*

06 *Walk home*

07 *Dinner/call Matt*

08 *Reflect/Prepare*

09 *Get Ready for bed*

10 *Bed*

THEME *Focus*

WAYS I CAN GIVE

*Patience and focus in staff meeting*

REFLECT

HIGHLIGHTS

- 1 *Finally finishing the monthly report*
- 2 *Catching up with Matt*
- 3 *Tying up loose ends before I got home*

I WAS AT MY BEST WHEN

- 1 *Leading the staff meeting*
- 2 *Responding to emergency emails with peace*
- 3 *Relaxing after work*

I FELT UNREST WHEN

*Planning for the busy week ahead*

ONE WAY I CAN IMPROVE TOMORROW

*Finish work early and fit in an evening workout*

 DAILY

DAILY 



# WEEKLY PAGES

## Plot Your Priorities

Plot your three main priorities for the week and when appropriate, mark the day during which you plan to accomplish each priority.

There is only so much we can get done in a day. To make meaningful progress, we must focus with sustained attention over a longer period of time. By laying the groundwork and creating a plan of action you will be on your way to making a tangible impact in your life and environment.

## Grow as an Individual

We are all looking for that next 'right' step, that next opportunity to live out our true purpose in life.

Use your weekly pages to describe the personal growth that you wish to focus on over the next 7 days.

## Grow Your Relationships

Often the regrets of the dying have little to do with accomplishment and everything to do with relationships.

Even so, there is a natural pull towards our own

goals and agendas. It is important to take a step back and look at the big picture to see how we are improving the relationships that matter most to us.

If we aren't mindful, it's easy to let our relationships slip. And by focusing on and investing in our relationships, we will naturally thrive in other areas of life, as well.

The life of a monk is not a life of pure solitude, it is a life of community. It is through community and relationship where most of our insight, meaning, support, and growth comes from.

## Broaden Your Perspective

We gain new insights when we change our perspective. As you fill out your weekly reflection pages, go back through your daily pages for the past 7 days. Take time to embrace potential insights as you review each page.

Ask yourself a few questions:

Is there a trend in the things that aren't getting done or the things that are?

Is there a trend in the times when you felt unrest?

What types of highlights do you tend to mention?

What do the answers to each of these questions tell you about yourself and what is going on in your life?

It  
takes a  
long time  
to become  
young.

—Picasso



## Reflect on Meaningful Moments

Think back to any period of time, and it's likely that you are left with only two predominant memories.

1. A general impression of who you were and how you felt during that time. There is an emotional and personal imprint from your experience that you carry with you.
2. A series of moments. If you think back on a year of high school the majority of your experience has blurred, but you still retain a few key memories of specific moments. These moments are often filled with specific insights or meaning.

Similarly, as you review each week, you will find certain moments will stand out in your memory. Write those moments down. Don't worry about if these are the right or wrong moments. If they are standing out—chances are—it is because something about them is meaningful.

By the end of the month, you'll be amazed by the meaningful moments you recorded and the insights you can gain by the story they tell.

## See and Hear the Sacred

How we react to the word "God" tells us a lot about what our image of God is. Each of us have an image of God, and all of our images, on some level are inadequate to the reality of what God actually is. If a picture is worth a thousand words, something as big as the Divine doesn't cleanly fit into simple words or language.

Our image of God is a result of our upbringing, our environment and our experiences.

Relationships can function like mirrors, and our relationship with our Higher Power is the most powerful mirror we have for personal insight and wisdom.

Over time, as we reflect on our experience, we not only gain a clearer image of God, but also a clearer image of ourselves.

## Find One Way to Improve

The path to the full life is a marked by change.

Along this path—as we strive to live with greater purpose and intentionality—we can take regular inventory of what we do well and where we may need to grow.

Each week, take time to reflect on one simple way you can improve the following week. These

small weekly steps will steadily move you in the direction of your true purpose.

## Embrace Rest and Leisure

Remember to be kind to yourself. Many of us have been taught that our worth is tied to our output and utility. But we are not robots, we are human beings.

As humans we need time for rest, play and connection. Make a conscious effort to include time in your week to feed the spirit, mind and body.

Beware  
the  
barrenness  
of a  
busy  
life.

—Socrates



# WEEKLY PAGE VIEW

(left side)

## PREPARE

Prepare for your week, intentionally creating space for important goals, personal growth and investment in relationships.

**PRIORITIES** What are your top three goals for the week? What you say no to is just as important as what you say yes to.

WEEK

PREPARE — PRIORITY

1

S M T W T F S



2

S M T W T F S



3

S M T W T F S



TO-DO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TO-DOS** A place for all the tasks that just have to get done this week.

## PERSONAL GROWTH

What actions can you take this week to grow personally?

PERSONAL GROWTH

RELATIONSHIP(S) GROWTH

## RELATIONSHIP(S) GOAL

Monks know relationships and community are important. What relationships do you want to invest in this week?

**I'M LOOKING FORWARD TO**  
What about this coming week are you most excited about?

I'M LOOKING FORWARD TO

1

2

3



WEEKLY





# WEEKLY PAGE

(example)

WEEK *Sun, Nov 11, 2018 - Sat, Nov 17*

## PREPARE - PRIORITY

1 *Buddy's doctor appointment*

S M T W T F S

2 *Photography shoot*

S M T W T F S

3 *Date night*

S M T W T F S

## TO-DO

- laundry (Tues)*
- call Mom (Sun)*
- softball practice (Wed)*
- Choir (Mon)*
- Pajama day at school (Fri)*
- Clean the house (Sat)*
- Movie night (Thurs)*
- Send photo shoot edits (Thurs)*
- Science project due (Thurs)*
- Coffee with Shannon (Wed)*

## PERSONAL GROWTH

*stay calm under pressure*

## RELATIONSHIP(S) GROWTH

*propose date this week*

## I'M LOOKING FORWARD TO

- 1 *Date night*
- 2 *A clean house*
- 3 *Family movie night*



WEEKLY

## HABIT TRACKER \* S \* M \* T \* W \* T \* F \* S

### REFLECT

#### BIGGEST ACCOMPLISHMENTS

- 1 *House cleaned!!*
- 2 *10,000 steps each day*
- 3 *Tid in great date night*

#### HABIT INSIGHTS

*fitting in 10,000 steps and eating more veggies has me feeling more energized*

#### MEANINGFUL MOMENTS

*Emma called Buddy down when he was afraid of going to the doctor. I'm finding I'm enjoying meals more when I slow down to enjoy them. I felt really close to God at Church on Sunday*

GOD IS TEACHING ME

*To enjoy life's little moments I'm blessed.*

#### ONE WAY I CAN IMPROVE NEXT WEEK

*Get to bed by 10pm*

WEEKLY



# MONTHLY PAGES

## Learn to Recognize Patterns

Learning, on its most fundamental level, is about patterns.

We test our environment and put our trust in the patterns that we believe to be true.

Without intentionality we all gravitate towards patterns that are easy to fall into. We enter an autopilot mode in our lives.

Our months present the perfect opportunity to turn off autopilot and assess:

- Where are we going?
- How are we progressing?
- What have we learned?
- What's working and what's not?

## Find the Bottlenecks

What are the things you didn't get done? Does it matter? When we take time to reflect on each month, we realize most things aren't as important as we originally thought.

With our monthly check-ins we also realize activity is not synonymous with progress.

Our monthly pages show us which activities, events, and people truly matter. And we see which areas of our lives need more love, attention, and energy.

Be honest with yourself during your monthly check-in. Celebrate your growth. And look for areas to improve.

Security  
is mostly a  
superstition.  
It does not exist  
in nature...  
Life is either a  
daring adventure  
or nothing.

—Helen Keller

## Rethink Your Daily Routines

Months provide perfect periods of time to reflect on the routines and habits that direct much of our lives. Much of what we do is a product of inertia and only changes when we critically assess which behavioral patterns are serving us well and which are not. As you inventory the pillars of your life, you are in a unique position to address these patterns and set a new course.

Pay particular attention to your morning and evening routines/rituals. These time periods tend to be relatively predictable which makes them ideal starting points for building positive habits.

## Set a Theme to Live By

By picking a monthly theme you are placing a word, idea or aspiration as a lens through which you will engage your month. The theme should be something you'd like to see grow in your life. By habitually reflecting and introducing your theme to your daily experience, you will find the theme envelop the events, actions and relationships in your life.



# MONTHLY PAGE VIEW

(left side)

## PREPARE

Prepare for your month, setting important dates, taking an inventory of your life and setting a course for a how you want to invest your time over the next 30(ish) days.

**HABIT** What is the habit you want to focus on this month? Choose one habit each month and make lasting change in your life.

**CALENDAR** Set your dates and take your calendar with you wherever you go.

MONTH	HABIT						
	SUN	MON	TUE	WED	THU	FRI	SAT

---

**PRIORITIES**      **PREPARE – PRIORITY**

Each month you can lay out the five most important priorities for the month. These five priorities will help guide your decisions and actions throughout the month.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

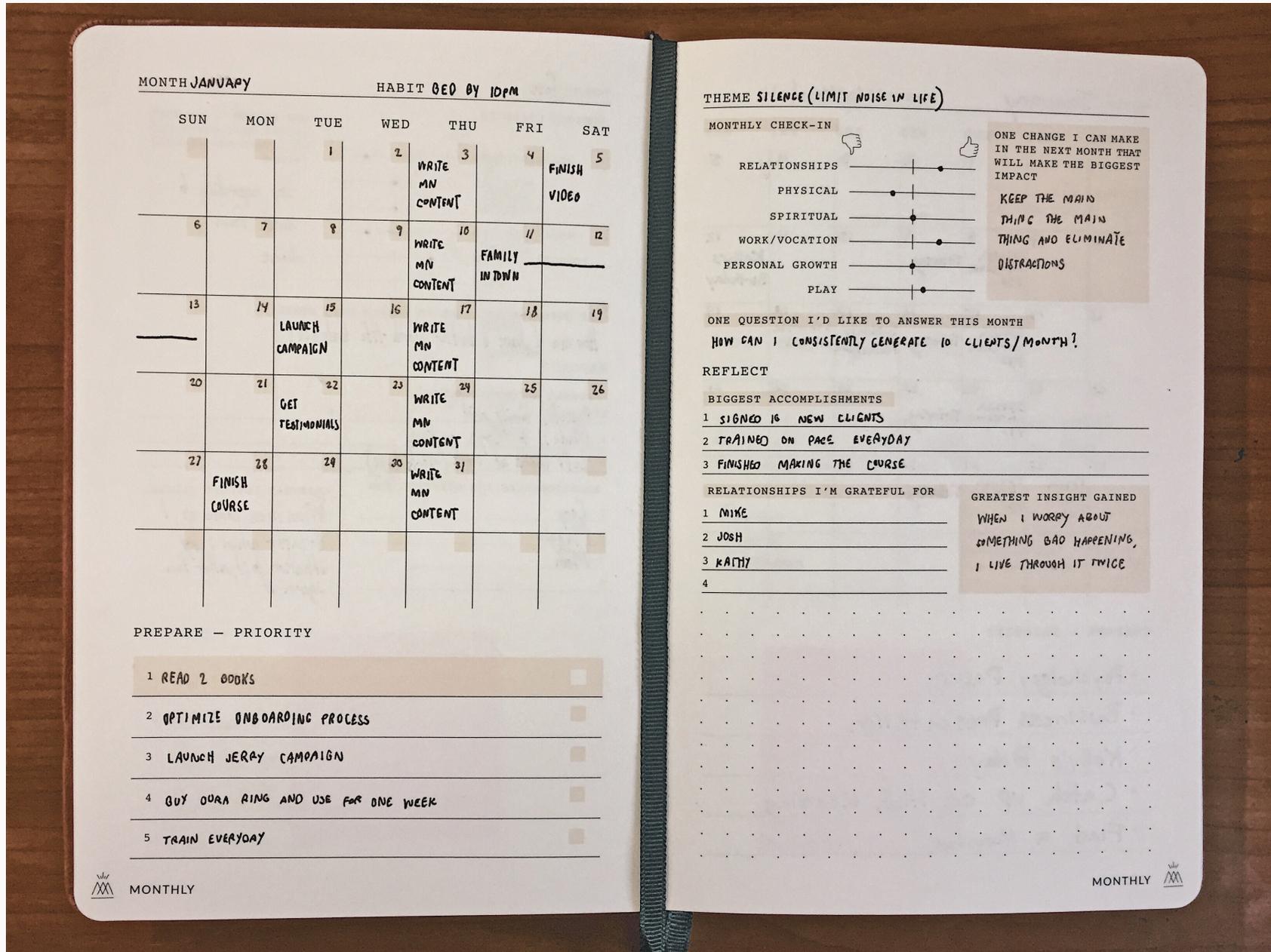
 MONTHLY





# MONTHLY PAGE

(example)



MONTH JANUARY HABIT BED BY 10PM

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 WRITE MN CONTENT	4	5 FINISH VIDEO
6	7	8	9	10 WRITE MN CONTENT	11 FAMILY IN TOWN	12
13	14	15 LAUNCH CAMPAIGN	16	17 WRITE MN CONTENT	18	19
20	21	22 GET TESTIMONIALS	23	24 WRITE MN CONTENT	25	26
27	28 FINISH COURSE	29	30	31 WRITE MN CONTENT		

PREPARE - PRIORITY

- 1 READ 2 BOOKS
- 2 OPTIMIZE ONBOARDING PROCESS
- 3 LAUNCH JERAY CAMPAIGN
- 4 BUY OURA RING AND USE FOR ONE WEEK
- 5 TRAIN EVERYDAY

THEME SILENCE (LIMIT NOISE IN LIFE)

MONTHLY CHECK-IN

RELATIONSHIPS  👍

PHYSICAL

SPIRITUAL

WORK/VOCATION

PERSONAL GROWTH

PLAY

ONE CHANGE I CAN MAKE IN THE NEXT MONTH THAT WILL MAKE THE BIGGEST IMPACT

KEEP THE MAIN THING AND ELIMINATE DISTRACTIONS

ONE QUESTION I'D LIKE TO ANSWER THIS MONTH

HOW CAN I CONSISTENTLY GENERATE 10 CLIENTS/MONTH?

- REFLECT
- BIGGEST ACCOMPLISHMENTS
- 1 SIGNED 16 NEW CLIENTS
  - 2 TRAINED ON PACE EVERYDAY
  - 3 FINISHED MAKING THE COURSE

- RELATIONSHIPS I'M GRATEFUL FOR
- 1 MIKE
  - 2 JOSH
  - 3 KATHY
  - 4
- GREATEST INSIGHT GAINED

WHEN I WORRY ABOUT SOMETHING BAD HAPPENING, I LIVE THROUGH IT TWICE



## ADDITIONAL RESOURCES

### [help@monkmanual.com](mailto:help@monkmanual.com)

Reach out anytime with questions regarding your Monk Manual practice. A Monk Manual Coach will respond within 48 hours of your inquiry. We're eager to be a part of your Monk Manual journey.

### 12-Week Beginning Well Coaching Series

If you would like to receive additional support, sign up for a 12-week coaching series at [monkmanual.com/start](https://monkmanual.com/start).

Each week, you will receive an email from one of our coaches with helpful tips for building and maintaining your Monk Manual practice.

### Start Page

Visit [monkmanual.com/start](https://monkmanual.com/start) to access helpful tools for growing in peaceful being and purposeful doing. You can find resources like our 100 Habits or 100 Themes downloads that will help you brainstorm and select the habits and themes most aligned with your desires and goals.

### Inspiring Community

There are certain kinds of people who are catalysts for growth, connection, and creativity. The Monk Manual community is largely composed of these kinds of people. Although diverse, we share a hope for renewal—in our relationships, homes, places of work, and in our communities—knowing that the real work of renewal begins within ourselves.

To tap into this amazing community, join our Facebook group, [The Camp](#) and follow us [@monkmanual](#) on Instagram and Facebook.

