**Empowered Life Hacks: Power Tool Work Sheet**

When someone seemingly lacks discipline it may allude to ones lack of meaning, purpose, or "why" in their life.

When we lack direction, not only are we less productive but life can turn into this haze we exist in where nothing really matters.

When we feel aimless in life things like mental health problems and substance abuse are more easily able to influence our behaviours leading us down a dark road.

To remedy the potential negativity that an empty life void of direction can bring, this work sheet aims to help you discover your higher purpose through finding out things like your deeper meaning in life while also cultivating the discipline to work towards it!

First, let’s answer some questions to self-diagnose where your challenges may lie so you can better choose which of the following actionable tips you want to implement.

**Quiz time**

* At times do you find yourself unable to focus, easily distracted, and even resentful at the tasks you have to do in a day?
* Do you feel like you are lacking some form of direction in your life or even real purpose or meaning?
* If someone were to ask you know, what is your “why” in life, do you know what it is? If so does it excite you?

If after this questionnaire you feel like you could use some help finding your deeper meaning life and perhaps would like to be more disciplined, try some of Rajiv Nathan’s tips from our 3rd episode of the Empowered Life Hacks talk series on building discipline and finding your why.

**Here are some empowering life hacks or tips below. Circle or highlight the ones you want to try:**

1. **Break things into small chunks –** What are some deadlines you have for yourself? Get proactive and make a schedule to do a little bit everyday to make the work load feel effortless for you.
2. **Think of discipline as a practice** – Make a mini schedule for new ways you will cultivate discipline, maybe drinking 1 cup of water every morning or doing 5 sit ups at lunch. Think of discipline as the activity itself you are trying to improve at!
3. **Don’t compare yourself to others** – Mindfully throughout your day look at your progress and how you can improve marginally from what you did the day before. In the AM or PM journal how far you come and focus on your little wins to keep you focused!
4. **Be excited about the unknown** – Look at different different skill sets or information you want to learn about that gets you excited. Write them down and make your actions align with reaching that goal!
5. **Surrender** – Accept where you are in life by reminding yourself that no amount of preparation and studying can replace experience and patience. To keep you focused, journal the experiential knowledge you gained at the end of the day and how it relates to your much grander goal!
6. **Find your Why –** Finding your why will keep you more grounded when distractions come or things like mental health problems start propping up. Answer these questions and assess them to find your why:
* What is a memory you have up to this point that every time you think about it makes you smile? Who else was involved?  What were the circumstances leading up to that?
* If you had 3 extra hours in the day how would you spend that time? Assume you are free of responsibilities!
* What do you want your legacy to be?
* Write your own eulogy what would you want it to say?
1. **Find your “What” and “How**” – Rajiv suggests after finding your "why", start with Simon Sinek's model shared in our episode. After finding the "why" behind what you are doing, then focus on the "how" you plan to fulfill that purpose, then find your "what" (the things you will do to get there).

Here is an example... Rajiv's why is helping people be more self expressive, the what he does to get their is he focuses on leveraging story telling to get people to open up... his how is podcasting, his business, yoga teaching, workshops etc.

*Package some of these together or do all of them for best results!*

**Write the life hacks that you circled on the previous page down below:**

 **Time to test these hacks and see if they truly work:**

1. Use an agenda or custom make a checklist to make sure that you completed all your hacks you set out to daily.
2. Write all the written components for your daily tips somewhere you can monitor everyday

 a. Get creative! Use this document, your existing agenda, blank notebook, even your journal!

1. Use the tracker below to check mark each day you completed your chosen life hacks.
2. Also use the tracker below and our simple rating system to see whether these tips helped you have more fun and complete tasks that you considered mundane, boring, and a drag in the quiz above!

(-) means your performance declined
(0) means your performance was the same
(+) means your performance improved

**Tracking and Rating**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week**  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Week 1** |  |  |  |  |  |  |  |
| **Rating** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Rating** |  |  |  |  |  |  |  |

At the end of this 14 day exercise evaluate all the -, 0, and + and ask yourself in a light self assessment, did you see improvements in your ability to do diligently work while also having a bit more fun?

If so keep using them! If not, disregard them and on to the next!

**FINAL QUIZ**

Did you improve after two weeks? If so what helped exactly? Does it make sense to add this in your toolbox of skills for the next quarter? What can you do differently the weeks ahead to make have more fun and be engaged while working?