

Weekly Operating Principles – Week 1

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

Remember, it's about who you become in the process.
The lifestyle you create is the real gold



Weekly Operating Principles – Week 2

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 3

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 4

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 5

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 6

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 7

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 8

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 9

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 10

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 11

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 12

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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Weekly Operating Principles – Week 13

Operating Principle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Go to bed at 9-9.30pm every night.							
Get up at 4.30-5am every morning.							
Exercise daily and make it a part of your identity.							
Read 10-20 pages per day.							
Write down new ideas as they appear.							
Note down all you have to be grateful for in your phone.							

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