



HOW SHOULD I

# Manage My Life?

[wiseworx.com.au](http://wiseworx.com.au)



[admin@wiseworx.com.au](mailto:admin@wiseworx.com.au)

# 1

## Create a vision for life

Imagine your perfect day 5–10 years from now. Write one vivid, exciting paragraph about it. Condense it into one powerful sentence you read every morning. That's your vision. Let it pull you.



# 2

## Identify your purpose

Ask: "What would I do every day if money, fear, and others' opinions didn't matter?"  
Listen for the activity that lights you up and helps others.

Your purpose lives at the intersection of:

1. What you're naturally good at
2. What you love doing
3. What the world genuinely needs

Write it in one clear sentence: "I exist to \_\_  
using my \_\_ so that \_\_."

That's your purpose. Live it daily



# 3

## Creating your identity

Create your identity in one unbreakable sentence:

“I am the person who [core action you’re known for], who [how you treat people / the value you always deliver], and who [the non-negotiable promise you keep to yourself and the world] – no matter the cost or the crowd.”



# 4

## Developing Standards

Write 5–7 non-negotiable standards:  
“I only \_\_.” “I never \_\_.” “I always \_\_.”

Examples:

- I only speak words I’d be proud to see in print.
- I never trade long-term respect for short-term comfort.
- I always do what I say I will, even when no one’s watching.

Keep the list short, ruthless, and public (in your phone/notes). These are your standards.

Break them = betray yourself.

Live them = become unbreakable.





# Was This Helpful?

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