

GET YOUR
SHIT
TOGETHER

FINANCES

TIME MANAGEMENT

PROFESSIONAL

PROJECTS

COMMUNITY

RELATIONSHIPS

MIND & BODY





GYST MISSION

OH, SO YOU WANT TO GET IT TOGETHER? GREAT. WELCOME.
SIT DOWN. STAY AWHILE. ACTUALLY,
STAY FOR AS LONG AS YOU CAN
AND BE BETTER EVERY DAY.
FIND A FRIEND OR TWO OR TWENTY TO HOLD YOU ACCOUNTABLE.
INTROVERT? CREATE AN ONLINE CHAT GROUP OR FIND SOME
FRIENDS AND ENCOURAGEMENT AT JUSTGYST.COM.
EXTROVERT? GET A LOCAL FACE TO FACE GROUP TOGETHER.
MEET UP IN PERSON AND KINDLY SHUT THE FUCK UP WHEN
YOUR FELLOW GYSTERS WANT TO SHARE TOO.
YOU, ME, AND WE
ARE LOOKING FOR STRATEGIES, RESOURCES, AND SUPPORT TO
GRAB OUR SHIT - ALL OF IT - AND GET IT TOGETHER.
LOOKING FOR A NO-JUDGMENT ZONE? CHECK.
LOOKING FOR A PLACE WHERE YOU CAN MINDLESSLY
KEEP LOSING YOUR SHIT? WHOOPS, NOT HERE.
HERE, YOU CAN FIND METHODS PROVEN TO TACKLE SOME OF
YOUR BIGGEST GOALS AND GET RID OF DEEP-ROOTED,
DISTRACTING HABITS. BUT, YOU'VE GOT TO WANT TO.
YOU HAVE TO TRY.
THE ONLY WAY THIS COMMUNITY WORKS IS IF EVERYONE GIVES A
SHIT ABOUT SOME SHIT. GET ON BOARD. HOLD ON. DON'T FALL
OFF THE RAILS- WE WON'T LET YOU. NOT THIS TIME DAMNIT.
THIS TIME, JUST GYST.





TERMS

GYST: GET YOUR SHIT TOGETHER

PRAISE ME: I DID SOME GOOD SHIT

SHAME ME: I DID SOME BAD SHIT

VETO: PRAISE / SHAME REJECTED

GOALS: SHIT I PLAN TO DO

PLAN: ACTIONABLE STRATEGY

FIRE: FINANCIALLY INDEPENDENT

& RETIRED EARLY

MICRO MONTH: BUY ONLY WHAT

YOU NEED, SAVE WHAT YOU CAN





PROVEN METHODS

EAT THE FROG

EISENHOWER DECISION MATRIX

THE CHUNKING METHOD

ACCOUNTABILITY BUDDY

ABCDE METHOD

WRITE IT DOWN

POMODORO METHOD

TWO MINUTE RULE

ROUTINE FLOW

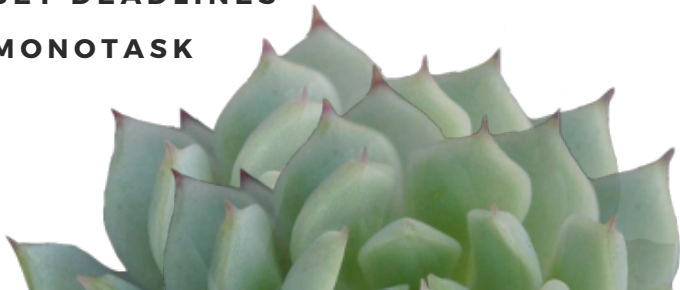
ADD URGENCY

BLOCK TIME FOR WERK + FUN

SHARPEN THE SAW

SET DEADLINES

MONOTASK





GYST THEMES

FINANCES-

TIME MANAGEMENT-

PROFESSIONAL-

PROJECTS-

COMMUNITY-

RELATIONSHIPS-

MIND & BODY-





DATE:

WEEKLY WERKSHIT

PRAISE ME:

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SHAME ME:

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GYST GOALS (NEXT WEEK)

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GYST GOALS (LONG TERM) [DATES]

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MONTHLY CHALLENGES

Finances:

*No new shit *Track Spending

Time:

*Track time *Block Schedule

Professional:

*Track Progress

Projects:

*Progress with a project

Community:

*Stay Involved

Relationships:

*Dates Daily *Thanks, Mom

Mind+Body:

*Meditate *Workout





MONTHLY TRACKER

	G	Y	F	S	T	
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





GYST GOALS

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:





GYST GOALS

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:

WEEK:





NOTES



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NOTES



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