



# Aspiration and Application

LIFE OF  
CADENCE

	ASPIRATION	APPLICATION
<b>Efficiency</b> <i>TIME</i>	Be efficient with my time.	<ul style="list-style-type: none"><li>• Meditate</li><li>• Prepare Meals</li><li>• Plan my week</li><li>• Follow my daily script</li></ul>
<b>Connections</b> <i>RELATIONSHIPS</i>	Foster my friendships. Build Connections with interesting people Be there for my family.	<ul style="list-style-type: none"><li>• Show appreciation to my friends by sending them messages</li><li>• Take a Gratitude course</li><li>• Be home and present when I am in town</li></ul>
<b>Influence</b> <i>IMPACT</i>	Design programs and businesses that have a positive impact on the world	<ul style="list-style-type: none"><li>• Garner momentum with all my businesses by doing something daily.</li><li>• Teach to the best of my ability every day.</li></ul>
<b>Being</b> <i>OUR BODY</i>	Get my health to an optimal level.	<ul style="list-style-type: none"><li>• Sleep efficiently</li><li>• Drink water</li><li>• Move daily</li><li>• Eat greens</li><li>• Plan weekly</li></ul>
<b>Development</b> <i>EXPANSION/ MIND</i>	Grow personally and professionally	<ul style="list-style-type: none"><li>• Read/Listen to audiobooks</li><li>• Practice Gratitude</li><li>• Stay Disciplined with practices</li></ul>