

- 1 upgrade your **lens**, upgrade your life
- 2 define your **non-negotiables**
- 3 pursue **full-life integration**

THIS LIFE

WORK HARDER ON YOURSELF THAN
YOU ALLOW ANYONE OR ANYTHING
TO WORK ON YOU. —KC

PART 1. THE LENS either enhances or diminishes all we experience. Choose yours wisely. Virtues provide a great starting point.



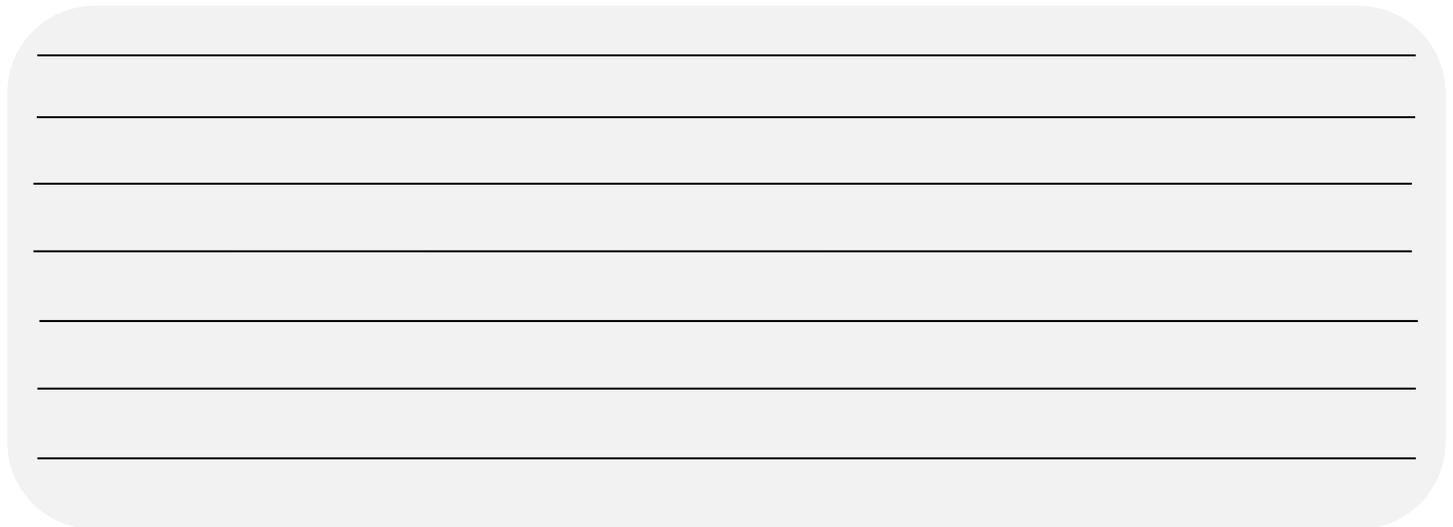
Acceptance	Determination	Helpfulness	Modesty	Silence
Accountability	Devotion	Honesty	Obedience	Simplicity
Ambition	Diligence	Honor	Openness	Sincerity
Assertiveness	Discernment	Hope	Orderliness	Sobriety
Beauty	Discretion	Humbleness	Patience	Spirituality
Benevolence	Discipline	Humility	Peace	Spontaneity
Bravery	Eloquence	Humor	Perseverance	Steadfastness
Caring	Empathy	Idealism	Persistence	Strength
Charity	Enthusiasm	Inspiration	Piety	Tact
Caution	Excellence	Integrity	Prudence	Temperance
Cleanliness	Faith	Impartiality	Punctuality	Thankfulness
Commitment	Faithfulness	Industry	Purposefulness	Tolerance
Compassion	Fascination	Innocence	Reliability	Toughness
Confidence	Flexibility	Joyfulness	Resoluteness	Tranquility
Consideration	Focus	Justice	Resourcefulness	Trust
Consistency	Forbearance	Kindness	Respect	Trustworthiness
Contentment	Forgiveness	Knowledge	Responsibility	Truthfulness
Cooperation	Fortitude	Liberality	Restraint	Understanding
Courage	Friendliness	Love	Reverence	Unity
Courtesy	Freedom	Loyalty	Righteousness	Wisdom
Creativity	Fun	Magnanimity	Selflessness	Wonder
Curiosity	Generosity	Majesty	Self-sacrifice	Zeal
Defiance	Gentleness	Meekness	Self-improvement	
Dependability	Grace	Mercy	Service	
Detachment	Gratitude	Moderation	Sensitivity	

CULTIVATE, PROTECT, & EXPAND YOUR LENS DAILY.

STEP 1. Highlight or circle a handful of virtues from the preceding page. Which resonate with you? Which best summarize the view of the world you're hoping to create? Which of these do other people point out that they see in you?

Example: virtues: Joyfulness | Idealism | Creativity | Consciousness | Ambition | Fun | Consistency

STEP 2. Take a few minutes and write an over-arching statement, or *personal philosophy* around these virtues. Ideally, it should summarize how you intend to live these virtues every day. Don't overthink it. Just write some intentional language around your virtues. See the example below.



Example (based on virtues above): I joyfully expect everything to work out. I use my creativity to inspire and entertain others. I consciously pursue excellence. I have fun. And that's what I do every day.

STEP 3. Draft, and re-draft your lens statement until it feels air-tight. Sit with it a couple days and read it again. Now memorize it. Repeat it to yourself while you're walking, or in between segments in your day.

PART 2. YOUR NON-NEGOTIABLES are your sacred life ingredients that cannot be removed or substituted. They are your skills, practices, rituals, and/or your contributions to the world around you. Below are some examples.

Over the years you've disproven all the doubters, naysayers, and plain old haters by saying:

*"I'm not giving up on my non-negotiables simply because **I don't know any better.** It's right there in the name, you dirty hater: **NON-negotiable.**"* YOU are comprised of your NN's.

EXAMPLE NON-NEGOTIABLES:

Acting	Diving	Mentoring	Songwriting
Art	Driving	Model Building	Soul Practice
Carpentry	Entertaining	Needlepoint	Speaking
Climbing	Equestrian	Painting	Swimming
Coaching	Family	Parenting	Touring
Collecting	Gaming	Performing	Traveling
Concerts	Giving	Playing Music	Volunteering
Cooking	Hiking	Playing Sports	Woodworking
Crafting	Knitting	Rock Band for Wii	Writing
Dancing	Meditation	Sales	Yoga

NOW IT'S TIME TO DEFINE OUR NON-NEGOTIABLES.



STEP 1. Inventory the various *ingredients* that have taken up your focus, time, and attention throughout your life. Which of these did you love? Are there any you currently miss? Which of these can you remove?

If you end up with more than 5, categorize them more broadly as in the example below.

Example: My non-negotiables: 1 Soul | 2 Vitality/Health | 3 Family | 4 Art | 5 Work

***Recommended but not required:** Make a *Soul Practice* & *Vitality/Health* numbers 1 & 2 respectively. There's a wealth of personal development literature & hard science citing these two as mission critical.

these are my sacred life ingredients that cannot be removed or substituted:

1	2	3	4	5
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these are things no one can take away.

(your lens)

STEP 2. OK, Why? Quickly draw your line in the sand. Why won't these be removed?

1
2
3
4
5



1. Are you establishing basic habits each week? Grade yourself

	1 SOUL NN #1	2 VITALITY NN #2	3 FAMILY NN #3	4 ART NN #4	5 WORK NN #5
	RITUAL I CAN COMMIT TO FOR 7 DAYS	RITUAL I CAN COMMIT TO FOR 7 DAYS	RITUAL I CAN COMMIT TO FOR 7 DAYS	RITUAL I CAN COMMIT TO FOR 7 DAYS	RITUAL I CAN COMMIT TO FOR 7 DAYS
SOUL					
VITALITY		FUEL MOVEMENT	FUEL MOVEMENT	FUEL MOVEMENT	FUEL MOVEMENT
FAMILY					
ART					
WORK					

PART 3. FULL-LIFE INTEGRATION – threading & linking your non-negotiables together.

STEP 1. Write in your non-negotiables in the corresponding grey boxes below. Start at the bottom with “NN1” and work your way up.

NN5	1:5	2:5	3:5	4:5	NN5
NN4	1:4	2:4	3:4	NN4	
NN3	1:3	2:3	NN3		
NN2	1:2	NN2			
	NN1				

**“Soul
(practice)”**
 is my primary, **absolute** non-negotiable
 because I’m not willing to sacrifice any
 inner-guidance for any *potentially temporary*
aspect of my life. Our freewill & creative expression as
 self-aware beings drives **everything else.**
 – [manifesto](#) | chapter 008, “SOUL”

STEP 2. Think up some creative ways to combine your non-negotiables into simple rituals. For example, if NN1 was “Soul” and NN2 is “Fitness”, then box “1:2” could be something like “Walking meditation”. If NN3 is “Family” and NN4 is “Art”, then box “3:4” could be “Creative time with the kids”

STEP 3. Once you’ve brainstormed these 10 new *Integration Rituals*, list them out on the next page.

Think about it: These 10 activities represent **every possible combined pairing** of your sacred life ingredients.

Q: How might your quality of life and happiness improve if you turned these into habits? What are you waiting for?

NN1

NN2

NN3

NN4

NN5

integration rituals

1:2 / 2:1

1:3 / 3:1

2:3 / 3:2

1:4 / 4:1

2:4 / 4:2

3:4 / 4:3

1:5 / 5:1

2:5 / 5:2

3:5 / 5:3

4:5 / 5:4



this epic life manifesto.

We define our lives by our **non-negotiables**: our **sacred** life ingredients that cannot be removed or substituted. We **remember** Who We Are and what we're capable of. We **evaluate** success based on the continual expansion of our **non-negotiables**. We **design** our path and let others design their own. We **expect** to be tested, pushed and pulled; it only increases our flexibility and points us toward destined outcomes. We **honor** where we come from, and carry with us only the good. We **upgrade Our Lens** whenever necessary. We **recognize** ourselves in everyone, all the time, and accordingly. We **require** only clear space to create, or to level of success. We **feel** everything from everyone, and are quick to filter what's worth keeping. We **will** always show up, and once engaged we're **All In**. We **work** through creative means, whatever the job. Our work does not define us. Why we work, and our method of creation defines us. We **complete** our work. We **serve** others consistently, only after we nourish ourselves. We **deserve** only a fraction of the value we create for others. We **rally** when relied upon to do so. We **rejuvenate**. We **will** come through for ourselves and others because **that is what we do**. We **laugh** unapologetically, with sincerity and with **force**. We **surprise** one another. We **inspire** one another. We constantly **express** gratitude. **We celebrate this epic life.**



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