

Seeker Lifestyle Plan

Welcome, Seeker! You crave truth, insight, and meaning. You are a lifelong learner, spiritual explorer, and wisdom hunter.

Weekly Challenges:

- Read one chapter a day of something that stretches your thinking.
- Take a solo walk and reflect on a question that's been tugging at your heart.
- Interview someone with a different worldview - really listen.

Mindset Focus:

Questions are often more powerful than answers.

Daily Energisers:

Journal one 'aha' moment or question each morning.

Connection Tip:

Start or join a philosophy, book, or reflection circle.

Purpose Builder:

Curate a 'Truth Map' of insights you've gathered - and add to it weekly.

Call to Action:

The journey continues in Life Minus Work - meet other Seekers and keep evolving.

