# Builder Lifestyle Plan

## 7-Day Legacy Challenge

Day 1 - Identify something you've always wanted to create or contribute to.  
Day 2 - Write a mission statement for your next chapter.  
Day 3 - Reach out to someone who could benefit from your mentorship.  
Day 4 - Outline a passion project (big or small) that excites you.  
Day 5 - Do one tangible task toward bringing that project to life.  
Day 6 - Reflect: What impact do I want to leave — and for whom?  
Day 7 - Share your plan or insight with a trusted friend or community.

## Project Planning Tool

- Project Name:  
- Purpose (Why this matters):  
- Timeline:  
- Weekly Actions:  
- Support Needed:  
- How I’ll Measure Meaning (not just metrics):

## Structure Without Stress Tips

- Start your day with a focus question: “What do I want to build today?”  
- Block 1–2 hours for hands-on or planning work.  
- Schedule “down tools” time — builders need rest too.  
- Celebrate micro-wins: progress is purpose in motion.  
- Check in weekly: Is this still aligned with my second-act vision?