Objective: Create sustainable frameworks, tools, and systems that make action more inevitable, in line with Ali's "personal success system" and LifeOS content.

A simple LifeOS has 4 layers:

1. Vision Layer - Your theme, core values, and 12-month goals
2. Systems Layer - Habits, routines, and weekly rhythms
3. Tracking Layer - What you measure to stay aware
4. Review Layer - Weekly, monthly, and quarterly reviews

Pick 3-5 habits that, if done consistently, make everything else easier:

KEYSTONE HABIT 1

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember:

KEYSTONE HABIT 2

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember:

- -

KEYSTONE HABIT 3

Name:

When/Where it happens:

The minimum version:

Why it matters to my vision:

How I'll remember: