

A 1-YEAR NO-NONSENSE PLAN

BUILD A GOOD LIFE

FROM RAJAN SINGH
FOUNDER, HABITSTRONG



**CAN YOU CHANGE
YOUR LIFE IN
ONE YEAR?**



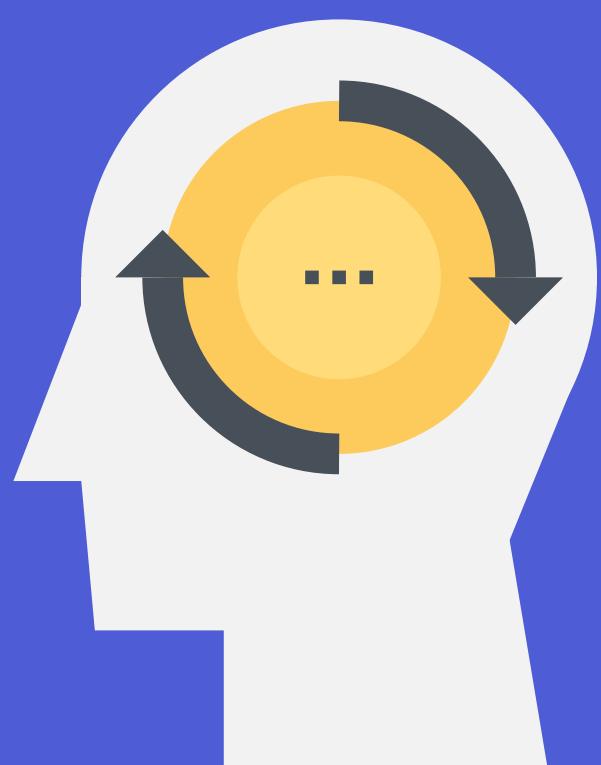
365

NO MAGIC NO SHORTCUTS

In this no-bullshit guide,
I will show you the path.

Follow it and I promise you

YOUR LIFE WILL CHANGE



THIS 12-MONTH
COMMITMENT IS
NOT EASY

BUT YOU CAN DO IT

If you just read and forget
about it, it is useless.

Now it's your call.





**ARE YOU IN? IF
YES, LET'S GO!**



**BEFORE WE START,
YOU HAVE TO
ACCEPT THESE**

5

TRUTHS

01

THERE ARE NO MESSIAHS

No mentor, guide, or guru
can change your life.

ONLY YOU CAN

02

THERE ARE NO SECRETS

No secrets to success, happiness, wealth, or anything. I will show you a path. Walk on it, and it will likely lead you to your goals.

03

ALL MOTIVATION COMES FROM INSIDE YOU

When you need motivation, ask:

- Why did I start on this journey?
- Do I truly care? If so, what price am I willing to pay for my goals?
- Why am I not paying the price now?

04

BE PERSISTENT,

NOT PERFECT

When you fall off the wagon and your habit streak breaks, restart.

Do it a thousand times.

What's the big deal?

Don't overanalyze.

05

KNOWLEDGE CAN'T REPLACE ACTION

The path is clear.

Now act. Don't wait for
some wisdom to dawn.

**IF YOU ARE ALIGNED
WITH THE ABOVE**

5

POINTS

START

WE ARE GOOD TO GO

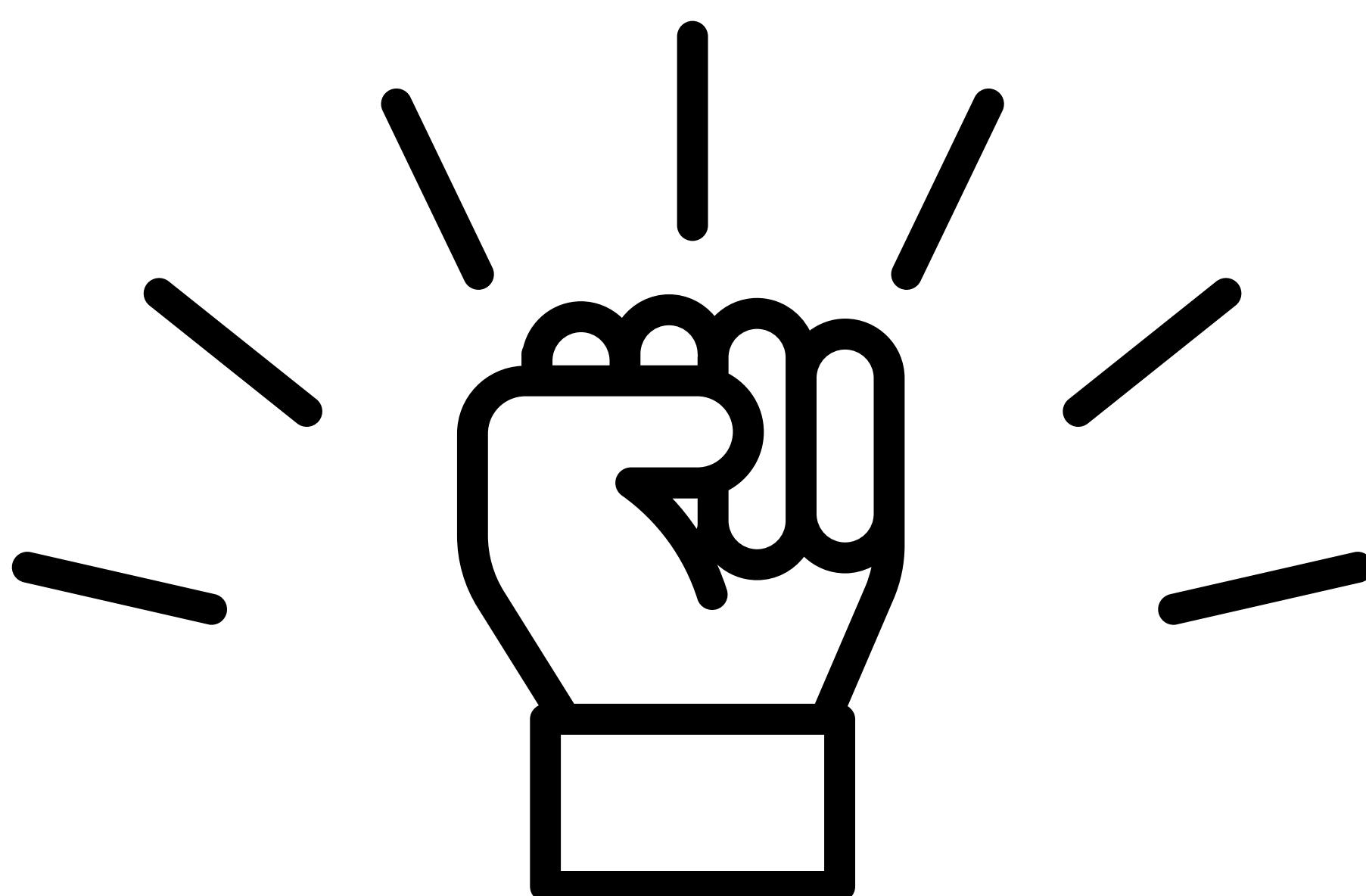
HERE IS THE

**STEP-BY-STEP
GUIDE**

FOR BUILDING YOUR LIFE

SECTION 1

ENSURE LASTING
MOTIVATION

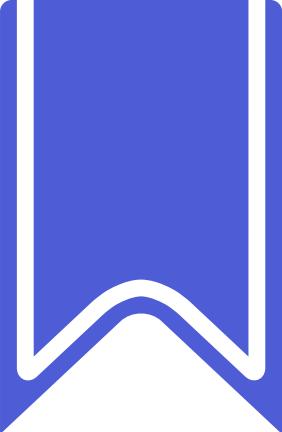


1

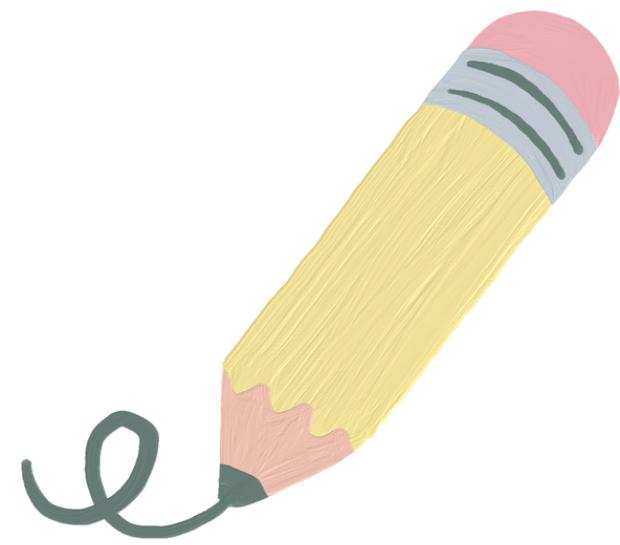
DESCRIBE THE NEW YOU – A YEAR FROM NOW

ACTIVITY





ACTIVITY #1



In a journal, write the following:

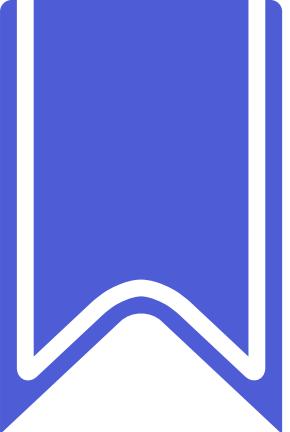
- How would your new version be different in terms of:
 - a. Habits and mindset
 - b. Fitness and health
 - c. Knowledge and skills
 - d. Current undesirable traits
- What personal/financial/professional goals do you want to achieve over the next year?
- What would make your new self happier and at peace?

2

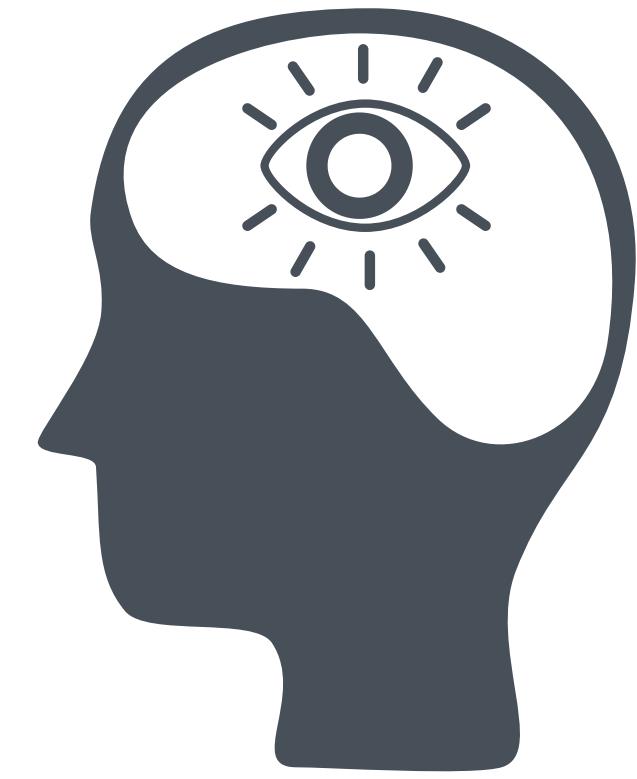
VISUALIZE THE NEW YOU

ACTIVITY





ACTIVITY #2



Mentally, fast forward one year and imagine the above changes have already happened. Your life has already changed.

What does it feel like? Does it feel more joyful and happy? Are you more at peace?

HOW BADLY DO YOU WANT THIS NEW LIFE?

As you go through this process of change, there will be ups and downs. If you don't want it badly enough, it won't happen. And when you are out of motivation, remind yourself how badly you wanted this.

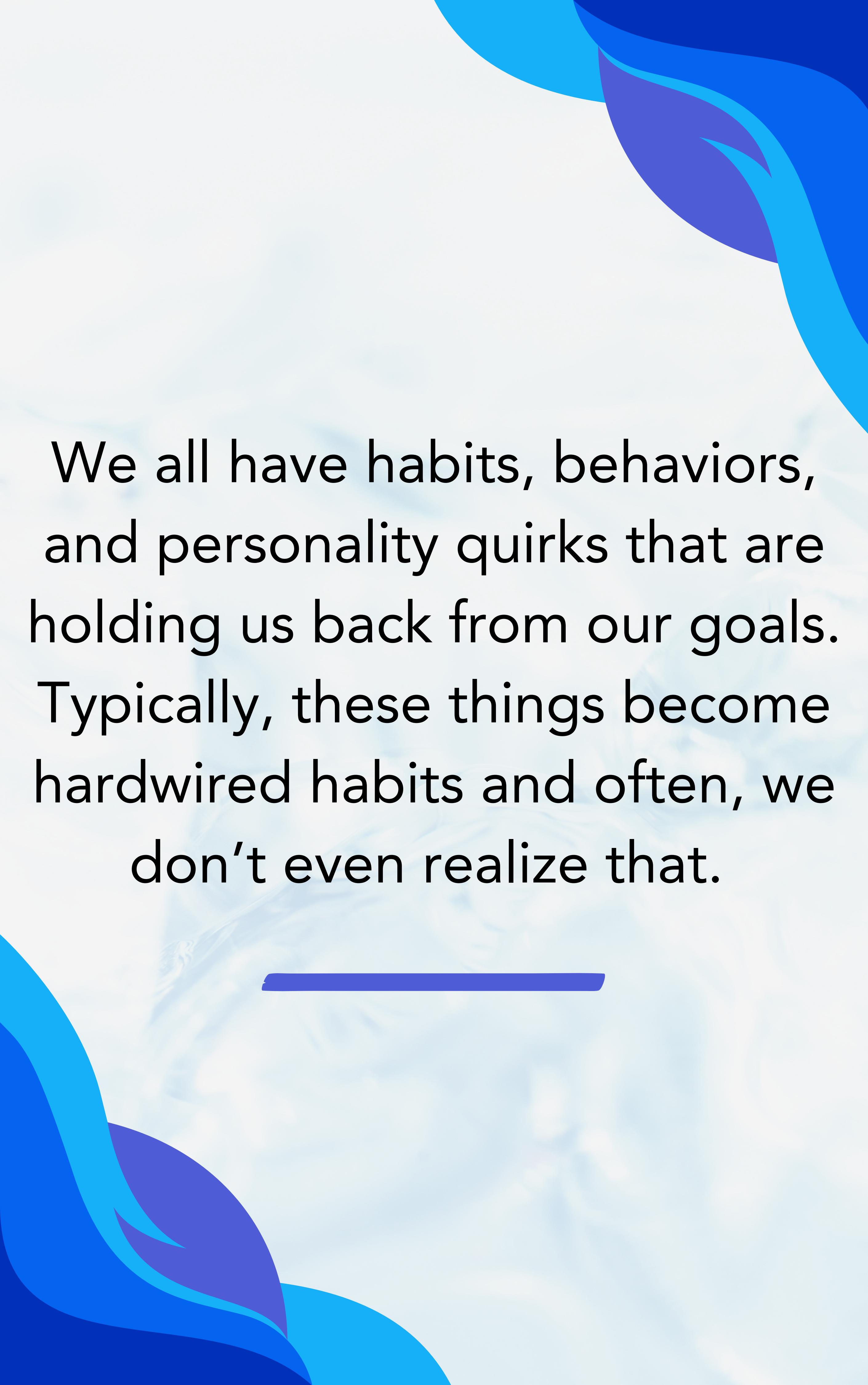


This is what will keep you motivated. And if this doesn't, nothing else will.

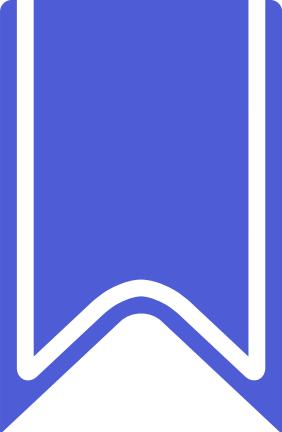
SECTION 2

**DIAGNOSTIC
WHAT IS HOLDING
YOU BACK?**

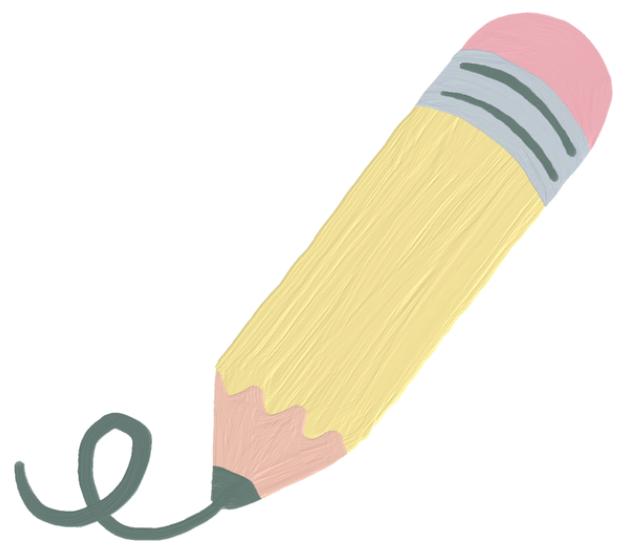




We all have habits, behaviors, and personality quirks that are holding us back from our goals. Typically, these things become hardwired habits and often, we don't even realize that.



ACTIVITY #3



In the same journal, write about:

- What limiting beliefs or negative habits are holding you back?
- What is your typical response to these beliefs/habits?
- What can you do differently when you face these limiting beliefs or negative habits?



Activity #1



Activity #2



Activity #3

COMPLETED ALL
ACTIVITIES?

LET'S GO!



12

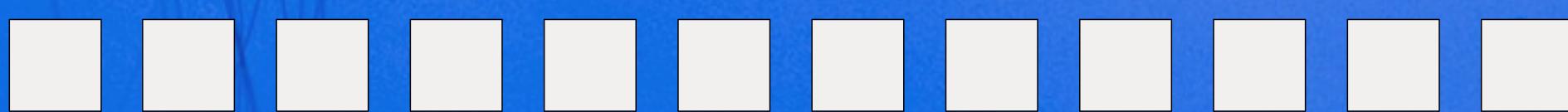
MONTHS



5

**AREAS OF
CHANGE**

MONTHLY PLAN





MONTH 1 & 2

BULLET-PROOF YOUR MINDSET
WITH A MORNING ROUTINE



To build resilience and give yourself a fresh start every day, I recommend the following.

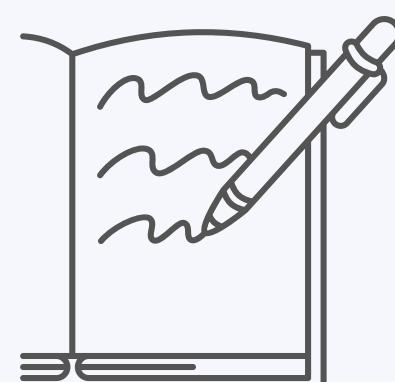
MORNING ROUTINE



Meditation (at least 15 min). Here is a [guided meditation track](#) that you can use.



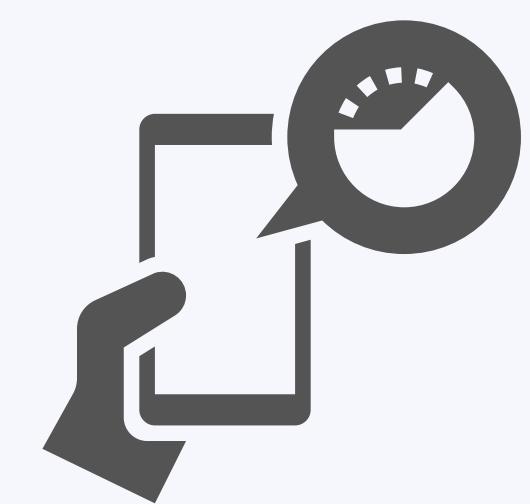
Workout - gym, running, cycling, swimming, yoga. Pick what challenges and excites you.



To take it to the next level, write a morning journal.

Pick from the following activities for the

EVENING WIND-DOWN ROUTINE

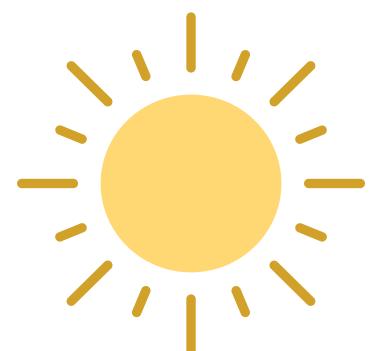
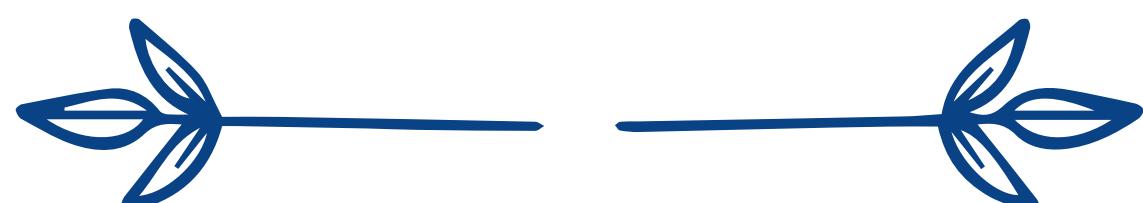


1-2 hours before sleeping, stop using digital devices. If this is challenging, do it as much as you can before sleep.



Do a gratitude exercise before you go to sleep. What are 3 good things that happened today?

For months 1 and 2, focus
ONLY on building this
morning and evening routine



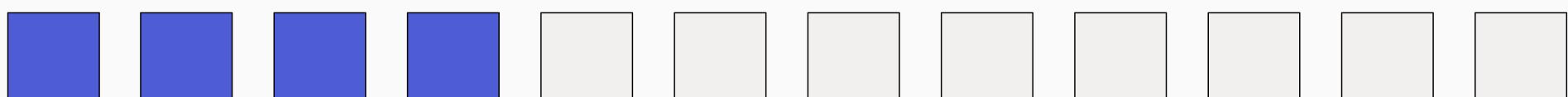
MORNING

- Meditation
- Workout
- Journaling
(optional)



EVENING

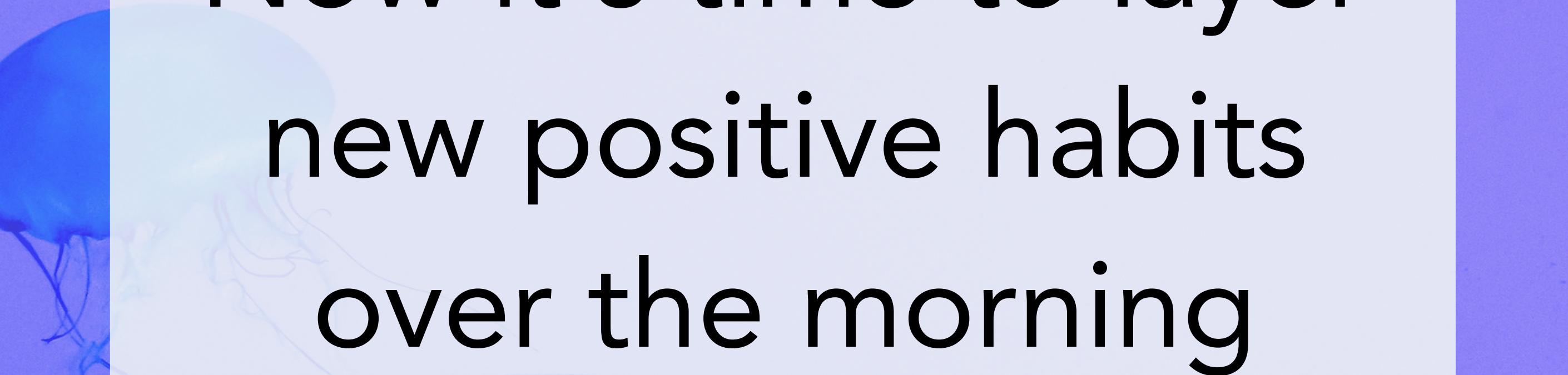
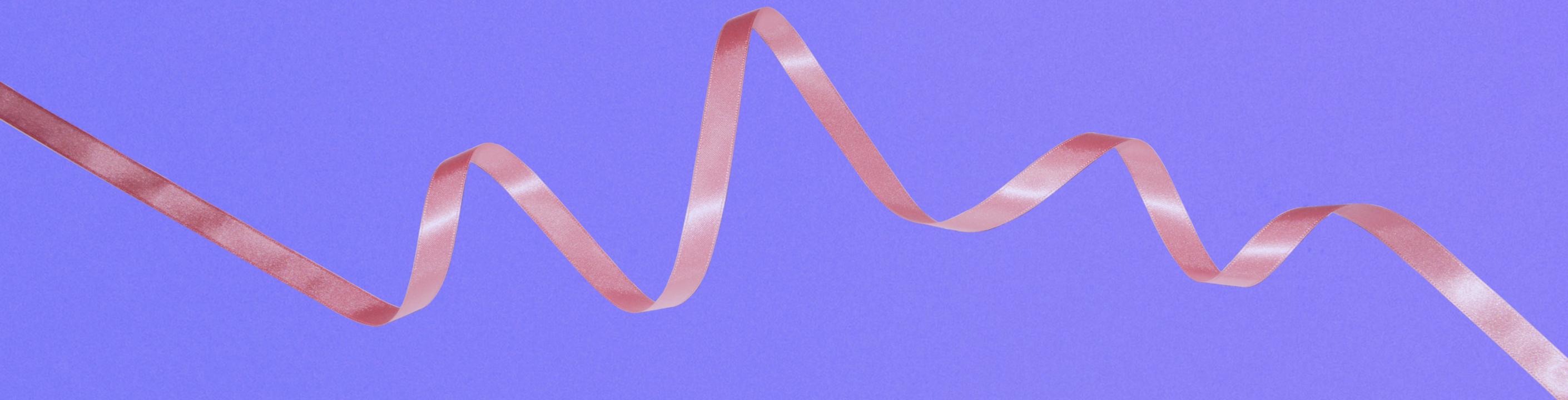
- No screens
2 hours
prior to bed
- Gratitude



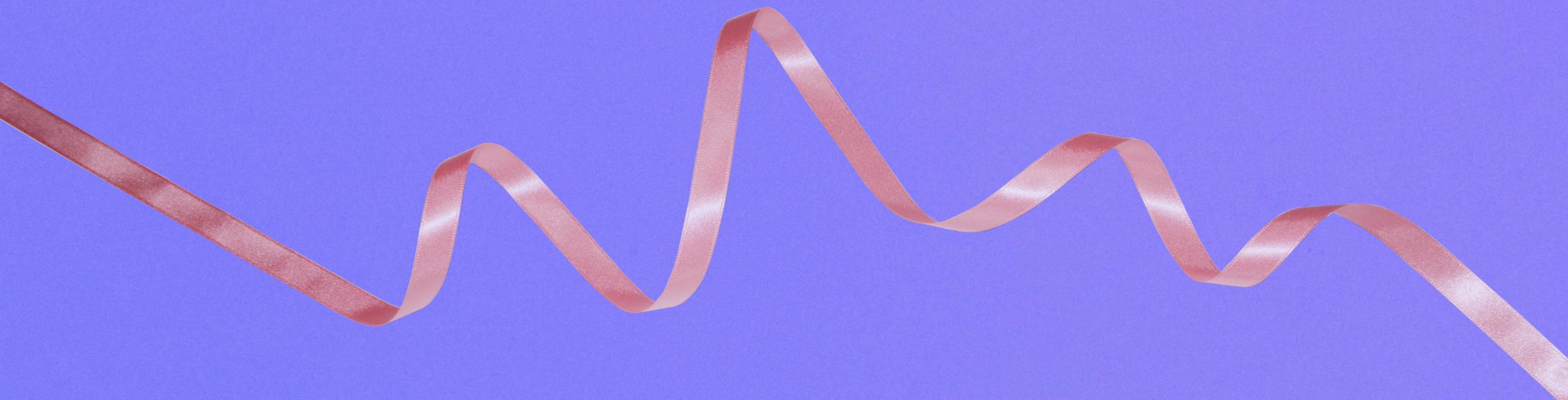
MONTH 3 & 4

FOCUS AND PRODUCTIVITY





**Now it's time to layer
new positive habits
over the morning
routine that you have
been practising over
the last 2 months.**



**Let us add a DEEP
WORK HABIT to your
morning routine to
improve your focus
and productivity.**

YOUR NEW SCHEDULE



MORNING ROUTINE

- Meditation
- Workout
- Journaling



DEEP WORK

- 2 hours before
12 noon



EVENING ROUTINE

- No screens 2
hours before bed
- Gratitude

START YOUR DAY WITH A BIG WIN

For the first two hours of the day,
focus on the top two tasks.

Not all tasks are equal. Some are
100x more impactful than others.

Not all time slots are equal. Mornings
are the best, when you are just
starting the day.

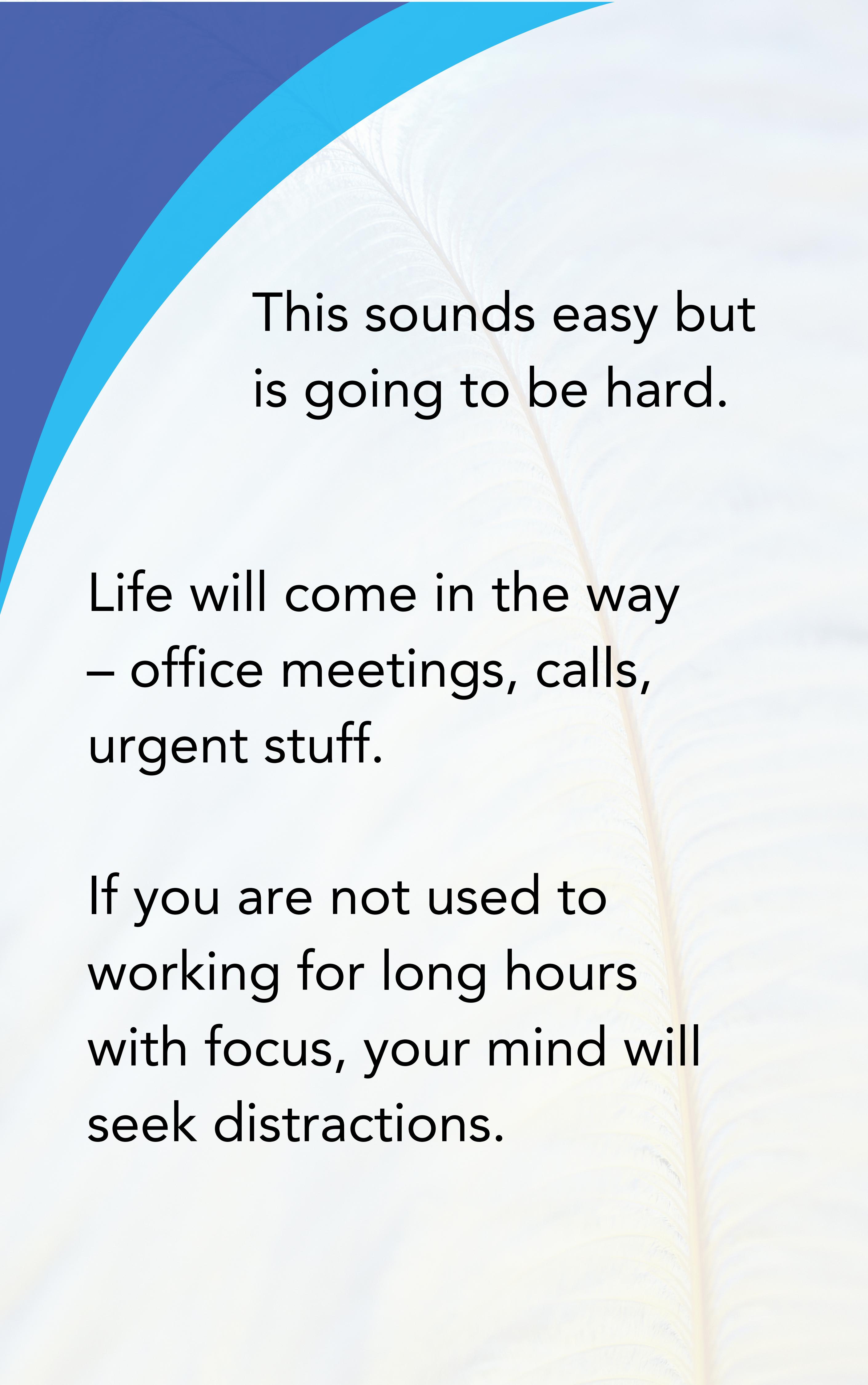
MOST IMPACTFUL TASKS



BEST TIME SLOT



WIN THE DAY



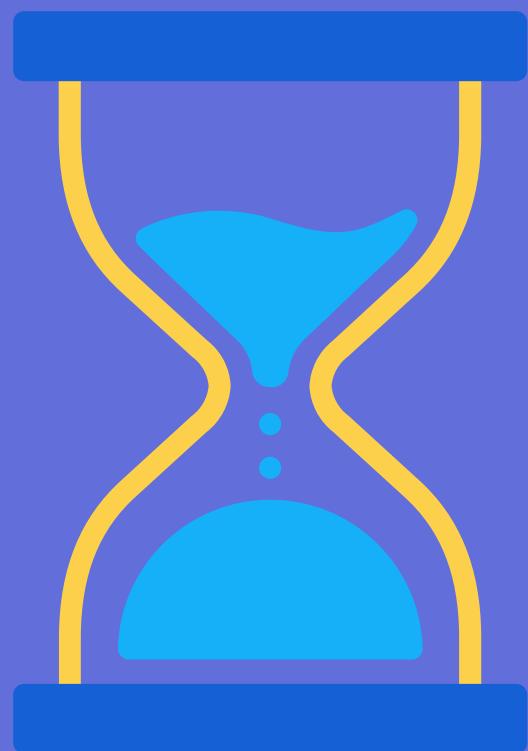
This sounds easy but
is going to be hard.

Life will come in the way
– office meetings, calls,
urgent stuff.

If you are not used to
working for long hours
with focus, your mind will
seek distractions.

BUT DON'T GIVE IN

Focus is a superpower in today's highly distracted world. Daily focused work will put you miles ahead.



HOW TO DO DEEP WORK

1

Earmark 2 hours in the morning (any time before 12 noon) for deep focused work. Stick to this time for the next 2 months.

2

During this time, work on a meaningful task with full and complete focus.

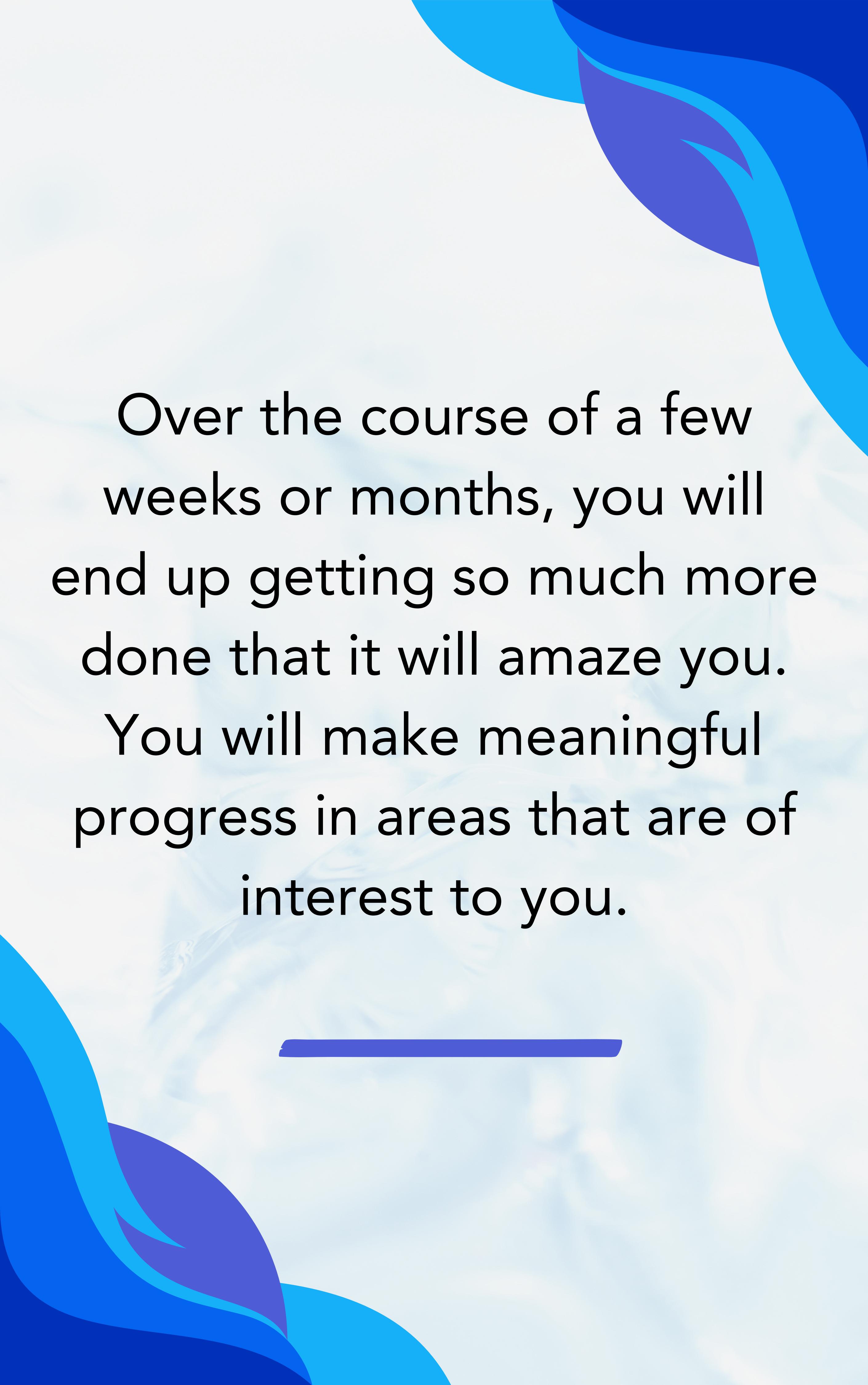
3

Do 2 pomodoro sessions of 50 minutes followed by 10 minute breaks (or 25 minutes with 5 minute breaks).

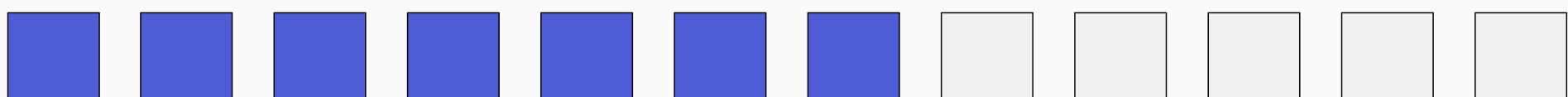
THAT'S IT

**CELEBRATE
YOUR WIN**





Over the course of a few weeks or months, you will end up getting so much more done that it will amaze you. You will make meaningful progress in areas that are of interest to you.



MONTH 5, 6, 7

DO 100 OF SOMETHING

100

LEARNING

Now it's time to add one more keystone habit to your daily routine - learning.



Without this habit, your career and personal life will stagnate.

A large, bold, blue and black graphic of the number "100". The "1" and "0" are blue with black outlines, and the "0" has a thick black horizontal bar across it.

HOW TO DO 100 REPS

1

Pick a personal or career-related learning goal which will improve your life significantly.

2

Work on your learning goal for 100 days, 1 hr per day. Do this before your evening wind-down.

3

Have an end goal to work towards. Set milestones to measure progress.

4

Build the daily habit of investing in yourself. If you miss a day, don't fret. What matters is that you complete 100 reps.

YOUR NEW SCHEDULE



MORNING ROUTINE

- Meditation,
journaling, workout



DEEP WORK

- 2 hours before 12 noon



100 REPS

- 100 days of learning
- 1 hour per day



EVENING ROUTINE

- No screens
- Gratitude

IMPORTANT POINTS TO REMEMBER



Prioritize inputs over outputs.



Don't set overly ambitious targets. They will frustrate you when you fall short.



Once a reasonable goal is set, focus on the process.
Relish the journey

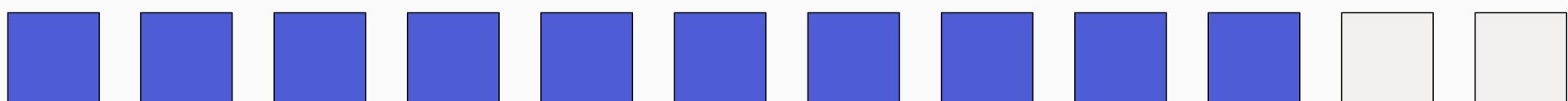


Aim for 3-4 days per week.
30-60 minutes per day.

Months 5, 6, 7 is when you start on your 100 reps. Take as long as you need to finish.

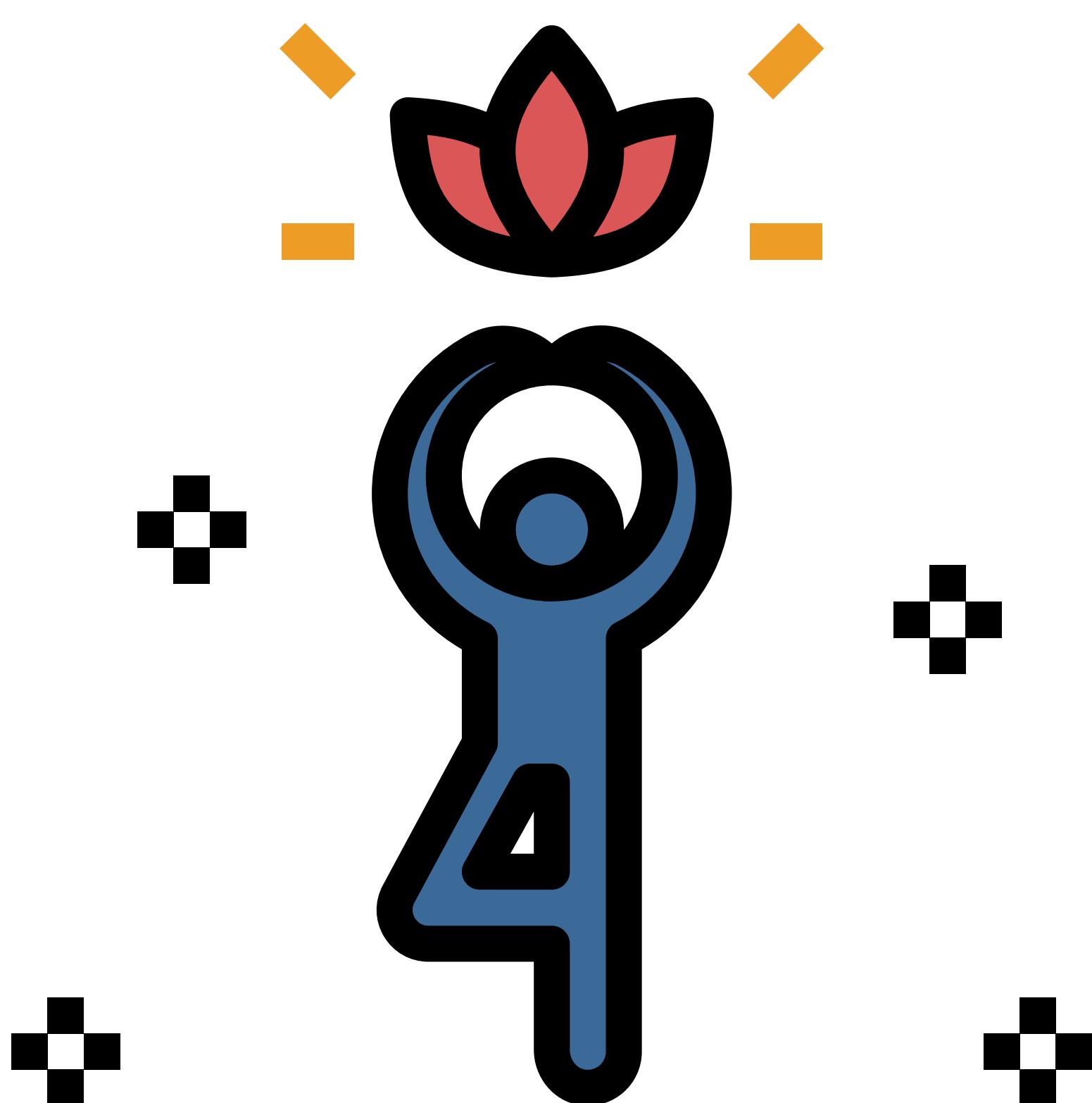


Done with 100 days? Pick another goal and continue. This is a lifelong practice.

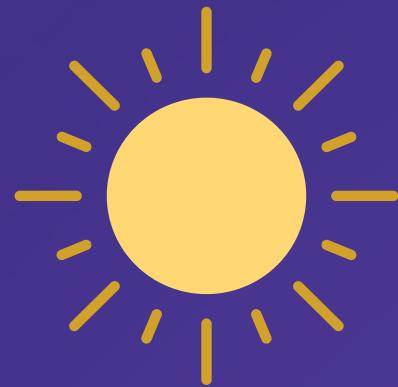


MONTH 8, 9, 10

PRIORITIZE PHYSICAL &
MENTAL WELL-BEING



BY NOW, THIS IS WHAT YOUR DAILY ROUTINE LOOKS LIKE



Morning routine



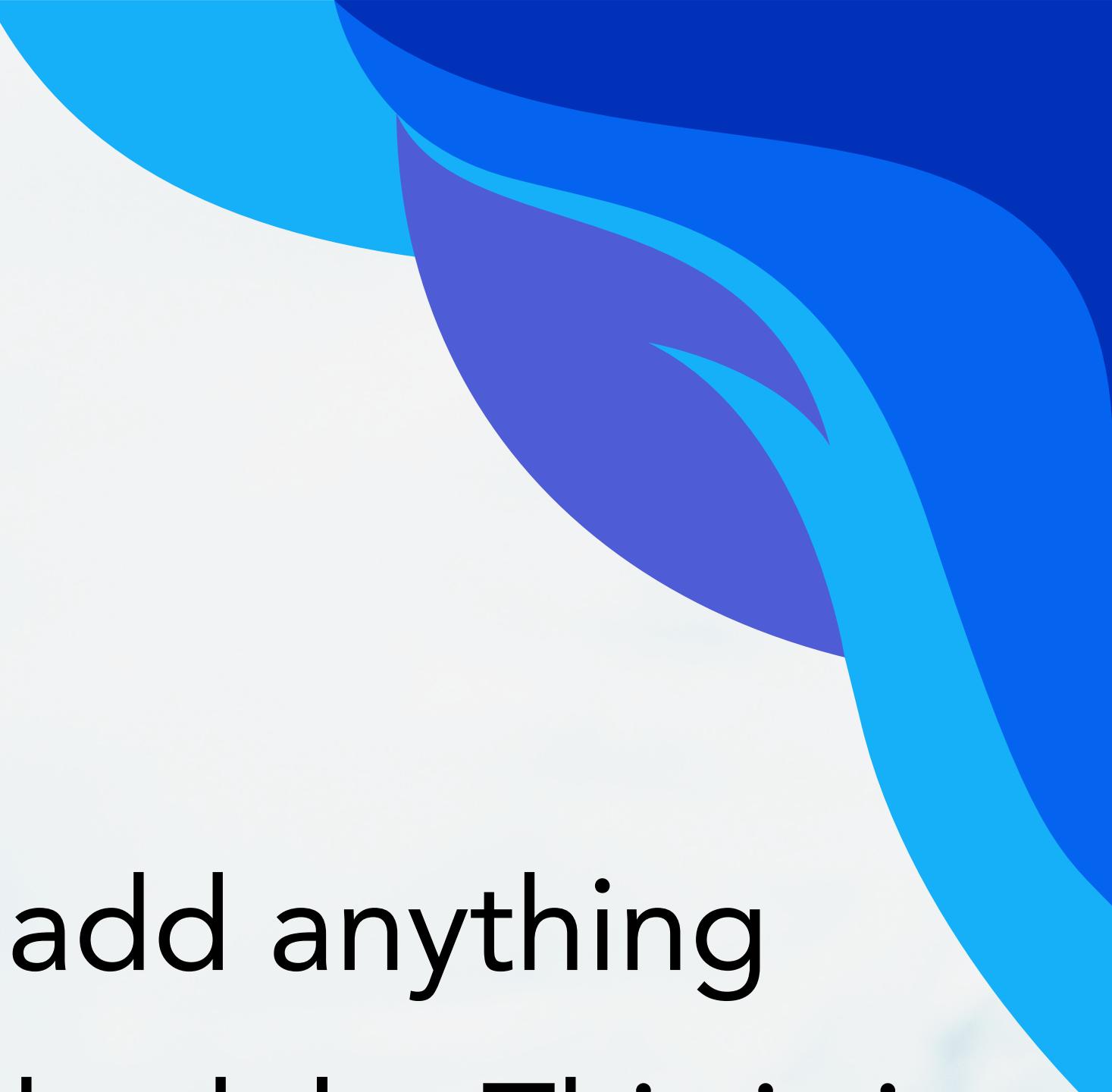
Daily focused
work



Daily learning
(100 reps)



Evening
wind-down

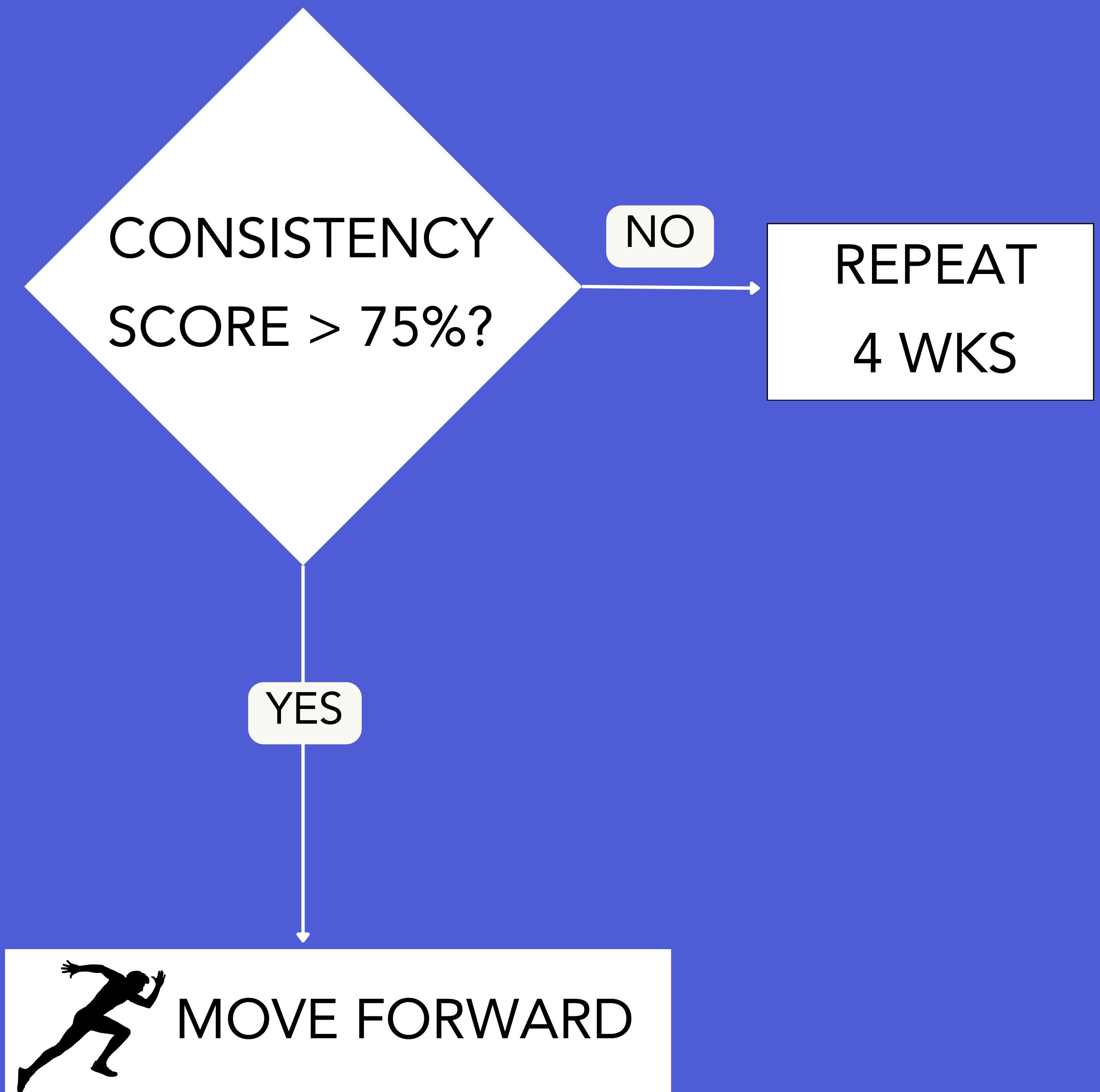


We will not add anything more to your schedule. This is it.



If your consistency has been above 75%, then you can move to the next phase. On the other hand, if you have been struggling with consistency, stay with the above schedule for another 4 weeks and reassess.

DECISION POINT



LEVEL UP: PUSH YOURSELF

If you have been following the morning routine (including workout), by now you would have gotten into a rhythm.



Now aim for a specific goal to achieve in the next 3 months, which will improve your physical and mental well-being.

SET HARD GOALS

Examples of hard goals you can set for the next 3 months:

- Run 5k under 30 minutes
- Deepen meditation practice by including loving kindness
- Do 30 full pushups
- Get 7-8 hours of sleep

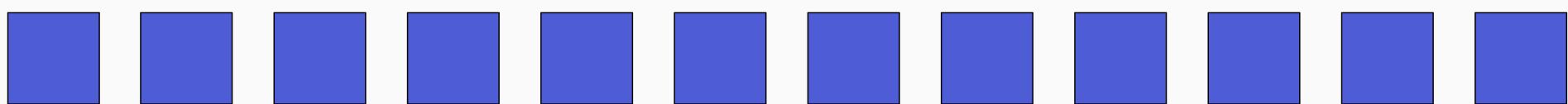


**PUSH
YOURSELF
HARD MODE**

The key to
success is to
choose a goal
that resonates
with you.



Persist. Push through
hard patches.
Celebrate wins.



MONTH 11 & 12

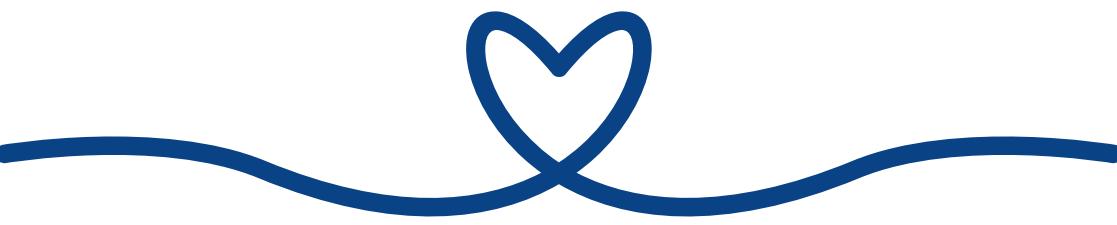
CONNECT WITH
OTHERS - MAKE TIME
FOR JOY & HAPPINESS



This is by far the most meaningful activity of all.



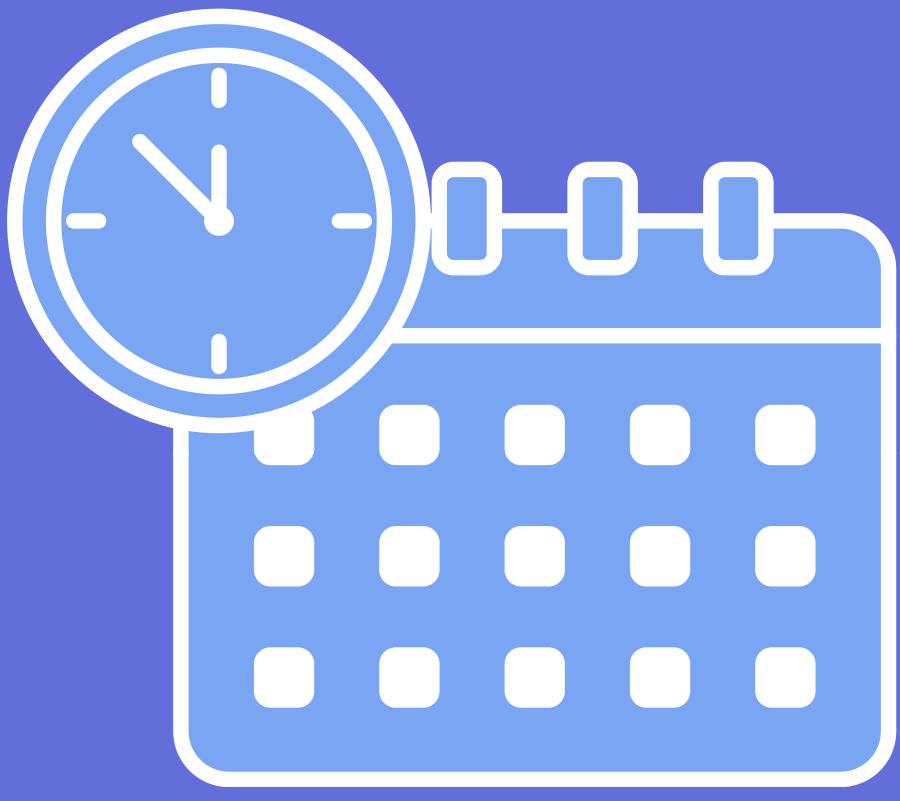
Building meaningful connections with friends and family is essential to a happy and fulfilled life. During this last phase, I want you to actively seek out and nurture relationships with others.



Aim to have at least one positive, nurturing experience with another person per week.

SOME IDEAS



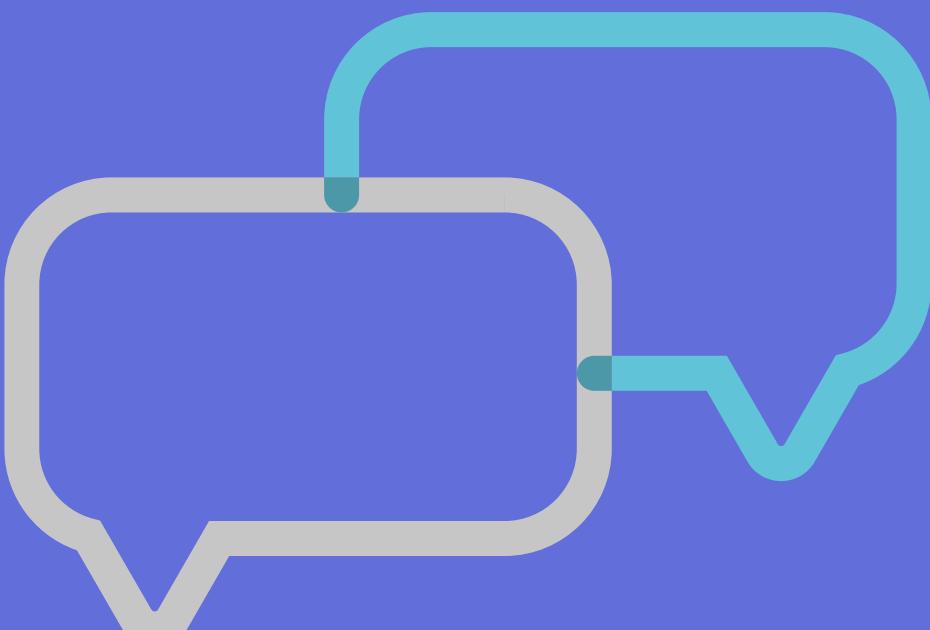


MAKE TIME

MAKE TIME FOR YOUR PARENTS, SPOUSE, CHILDREN, FRIENDS

Regularly set aside time to spend with the people who matter to you. This could be as simple as having a weekly phone call, going out to dinner, playing a family board game, or taking a trip together.



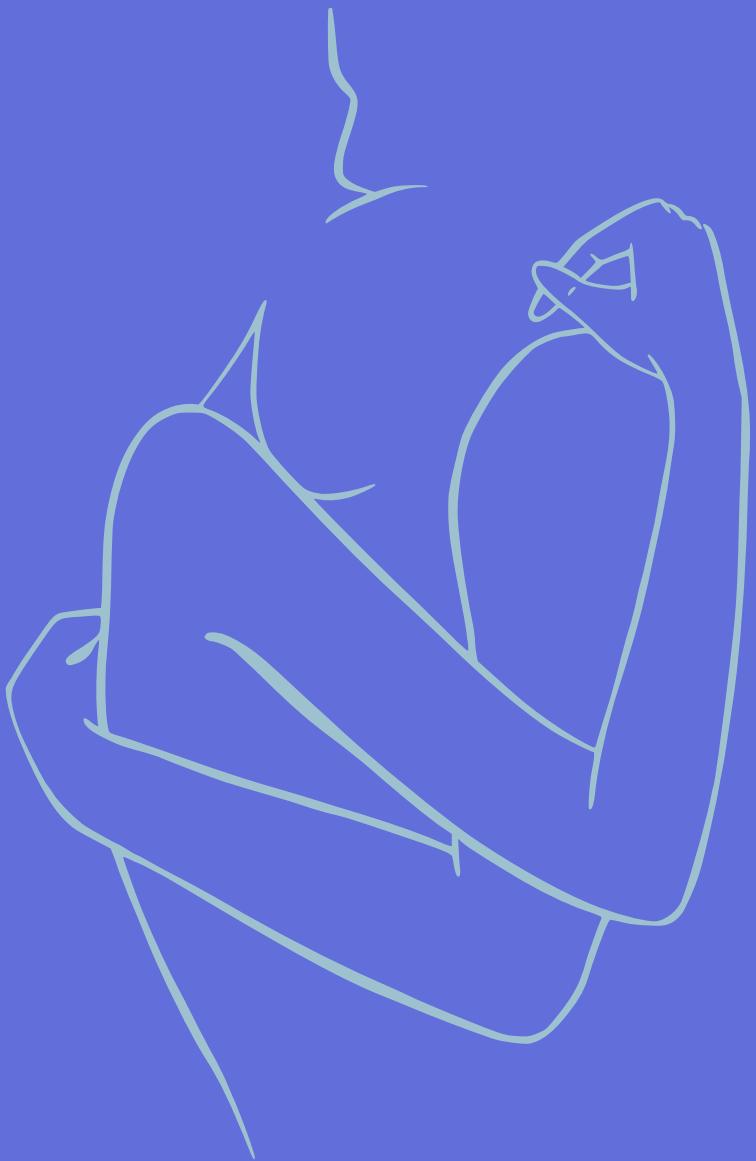


TALK OPENLY

COMMUNICATE OPENLY AND HONESTLY

Encourage open and honest communication by being a good listener, expressing your feelings and thoughts, and asking questions. This will build trust and deepen your bond.



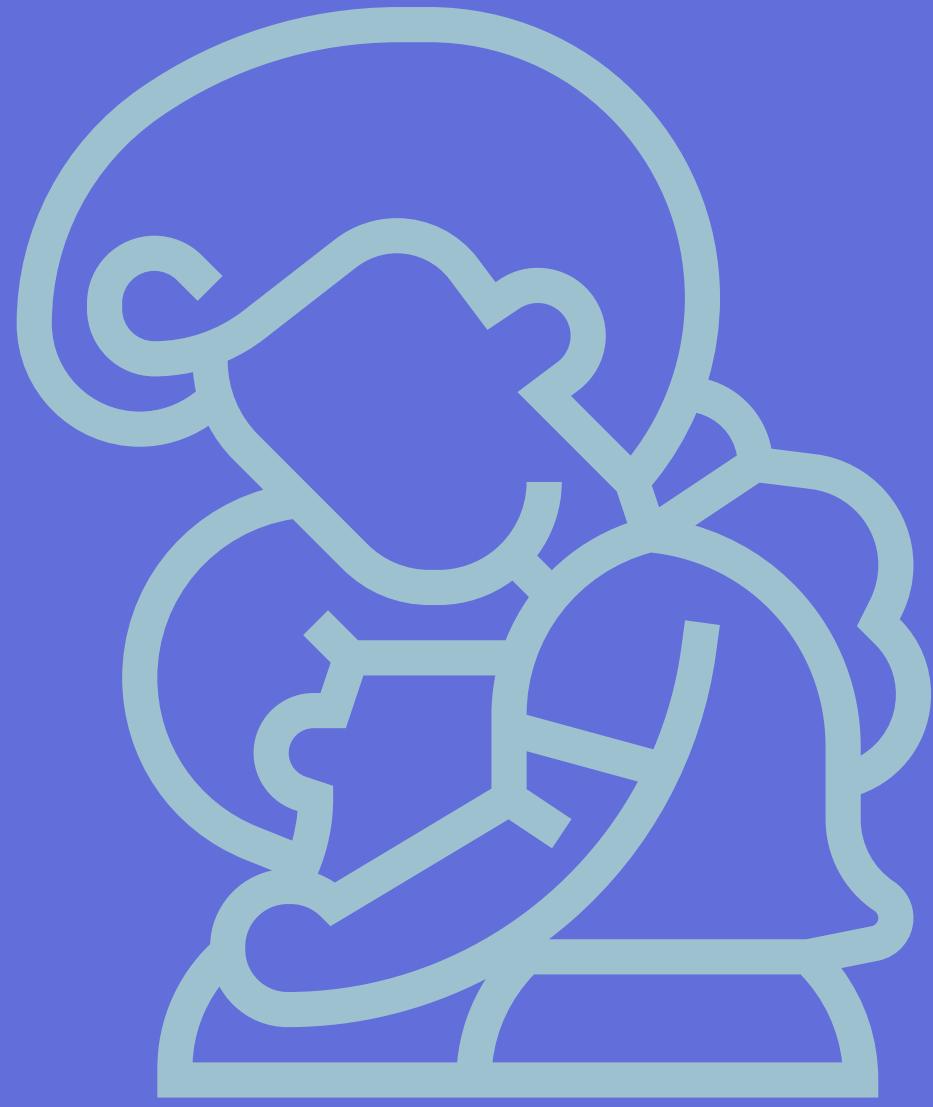


EXPRESS

SHOW APPRECIATION AND EXPRESS GRATITUDE

Express gratitude and appreciation for your friends and family by expressing your feelings and thanking them for their support and kindness. Demonstrate your affection to those you love.





BE PRESENT

**BE FULLY PRESENT WHEN YOU
SPEND TIME WITH OTHERS**

When you're spending time with the people you care about, put aside distractions and be fully present in the moment. This will help strengthen your connections and build deeper relationships.





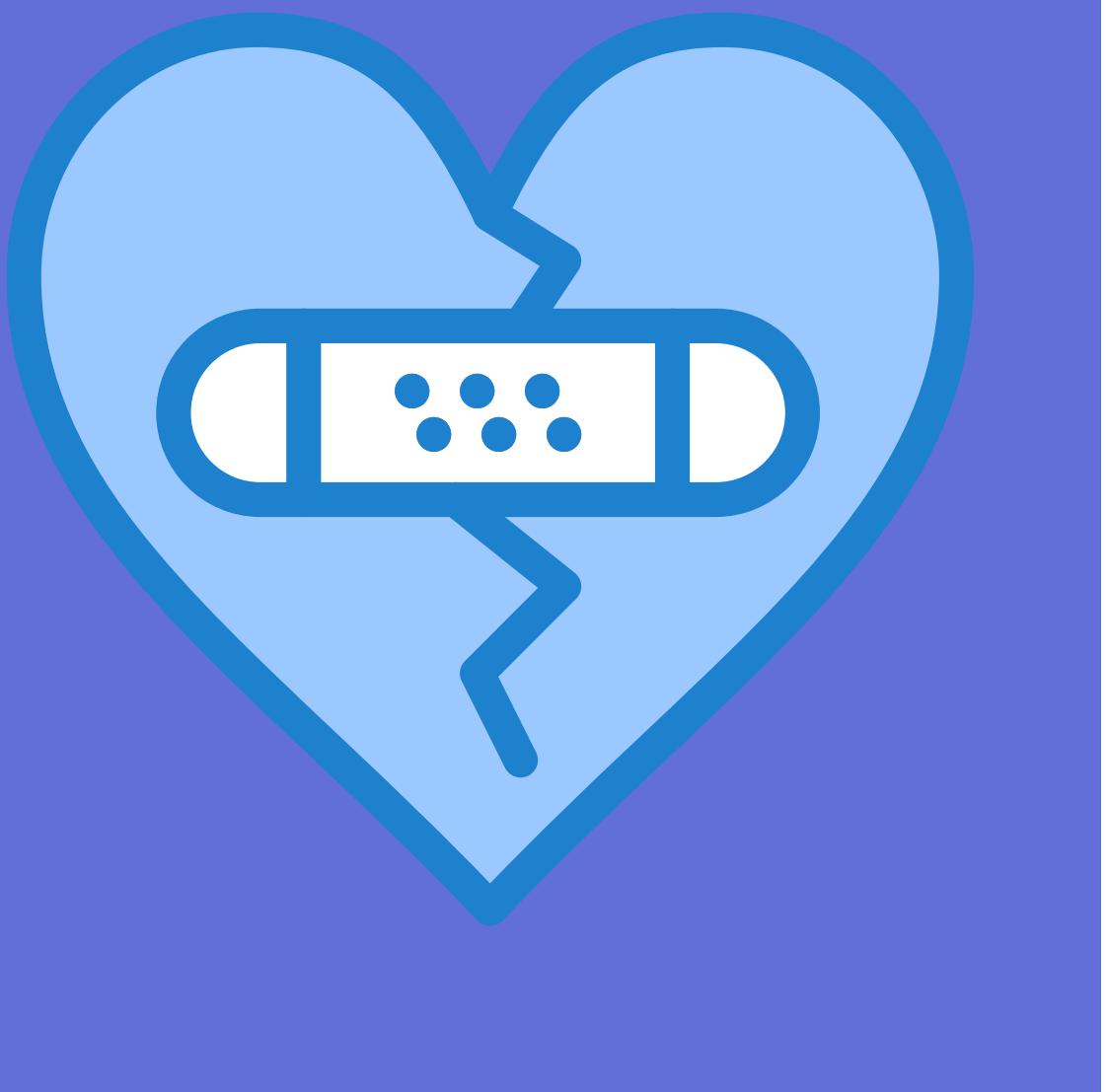
SHARE

SHARE THOUGHTS, PARTICIPATE IN EXPERIENCES TOGETHER

Participate in activities and experiences together, such as cooking a meal, going to a concert, or taking a class.

Shared experiences can create lasting memories and strengthen relationships.





FORGIVE

**BE MORE FORGIVING. DO NOT
HOLD GRUDGES. MOVE ON.**

Forgiving others and letting go of grudges is important to maintain strong relationships.

Everyone makes mistakes, and being able to forgive and move on is essential for building and maintaining healthy relationships.



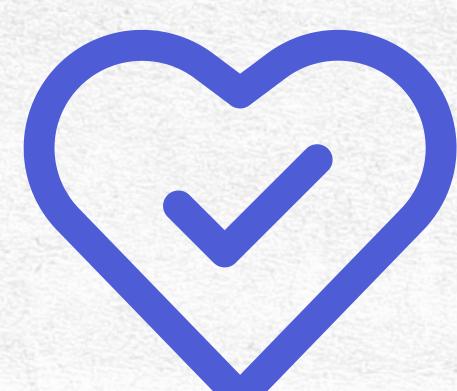
RECAP & CONCLUSION

WOW, WHAT A JOURNEY

**WE'VE BEEN ON
TOGETHER!**



Over the past 12 months, we've tackled everything from bullet-proofing our mindset with a morning routine, to improving focus and productivity with deep work, and prioritizing our physical and mental well-being.



“ —
If you have found this
rewarding,
keep at it and don’t
drop these habits.
Good luck and stay in
touch!

— Rajan



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PROGRAMS THAT HELP
YOU BUILD THESE HABITS,
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