



MICROWINS

READ ALONG WORKBOOK

DARON K. ROBERTS

An ounce of practice is worth more than tons of preaching.

MAHATMA GANDHI

LET'S GET STARTED

As Mahatma Gandhi wisely observed, practice holds greater value than the mere acquisition of knowledge. Without application, knowledge remains theoretical, untested, and unused. This workbook is designed with the intent of helping you achieve your goals by encouraging the practical implementation of everything you learn from the book.

I highly recommend obtaining a physical copy of **Microwins** to fully immerse yourself in the experience of this workbook. Additionally, I would like to emphasize that accountability and permission are key measures of openness, acceptance, consistency, and progress. To begin, we will complete an accountability and permission commitment - one you will not forget easily!

This declaration can be printed and framed and placed anywhere you consider a good fit as a daily reminder of your commitment to growth and progress towards achieving each micro-wins that help you tackle what matters in life.



There are a lot more free resources to help you enjoy *Microwins: Go Small, Build Momentum, and Tackle the Goals that Actually Matter in Life*. You can access all of them on microwins.co. If you are interested in having a well vast and experienced coach to help your team to grow better and dive into the deep end, you can contact Daron K. Roberts and book him via coachdkr.com. Lets enjoy and grow together!

While you can use this workbook along with friends, team at work, groups or learning club for the sake of accountability, you cannot redistribute, sell workshops or coaching sessions facilitated on it or create a website to redistribute this workbook.



ACCOUNTABILITY & PERMISSION COMMITMENT



YOUR NAME

on the _____ day in the month of _____,
year _____, I choose to be accountable for my actions towards
tackling the goals that matter in life. I will therefore make sure that my
actions are a reflection of my desired goals and I choose to be accountable
to myself and _____ in making sure I practice every teaching and truth
hereby stated.

I also permit myself to embrace the truth that evolves me to my desired
future by being open-minded, showing up to accept and change the course
from the wrong direction to the right direction, ask questions and tackle any
fear that stands between me and my goals and give myself the time I need
to grow.

Daron K Roberts

SIGNATURE

SIGNATURE

Go Small, Build Momentum, and Tackle the Goals That Actually Matter in Life.

MICROWINS

**Go Small,
Build Momentum,
and Tackle the Goals
That Actually Matter
in Life.**

PART ONE EXERCISES

MINDSET

CHAPTER 1

EMBRACE YOUR COFFIN

EXERCISE 1: FIRST THINGS FIRST

Based on Content covered on page 5 and 6

Instructions: We're going to begin by keeping it real. Openness is the key—it's the only door that leads to personal discovery, as trust encourages vulnerability. Start by having an honest discussion with your accountability partner and list ten (10) things that matter most to you—things you genuinely want to achieve in life. Take your time to reflect deeply so that what you write truly captures your most meaningful desires.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Things to note: It doesn't matter if your goals are temporary or long-term; the main objective is to bring to light what truly resonates with you and the ultimate goals you aim to achieve.

When working through this exercise with your accountability partner, avoid shaping your goals to impress them. Be open and honest, both in writing and discussion, about your true intentions and what you genuinely want to accomplish.

EXERCISE 2: THE COFFIN BUCKET LIST

Based on Content covered on page 8 to 12

As I mentioned in the book, this exercise can feel intimidating, as it did for my students. However, recognizing that our time is finite and limited is a crucial first step in prioritizing and setting our goals, which brings clarity to what truly matters

Instructions: Write a eulogy for yourself, listing ten (10) things you would love for people to say—or believe they should say—about how you've lived your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

I know this exercise can feel daunting, but sometimes the best way to achieve our goals is by thoughtfully analyzing them from the end point, rather than starting from the beginning. This reverse approach can provide a clearer perspective on what truly matters and help us prioritize more effectively.

So far, we've identified our desires in the first exercise and outlined our impact in the second. Now, we'll take the next step by aligning the impact from your Coffin Bucket List with the desires listed in the first exercise.

Here's what to do: Review the 10 items from the second exercise and compare them with the goals/desires from the first. Then, discuss with your accountability partner what adjustments may be needed, areas for improvement, and where your focus and commitment might need to shift.

At the end of the day, the question we are answering is:

How would you want to be remembered?

This empowers how we see and approach life, shaping our daily decisions.

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A GENTLE SENSE OF URGENCY.

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