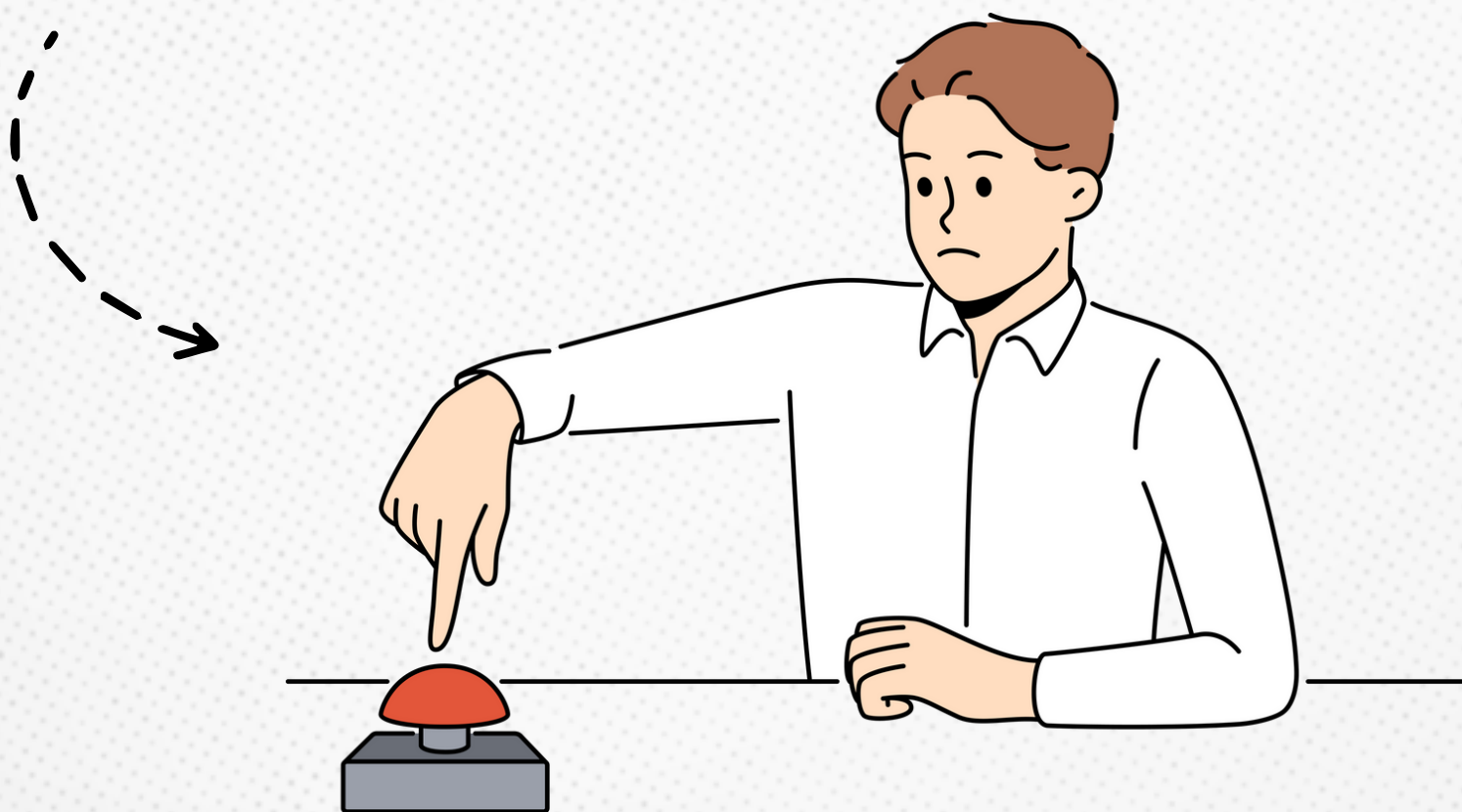


How to Hit The Reset Button On Your Life

In less than **30 minutes:**

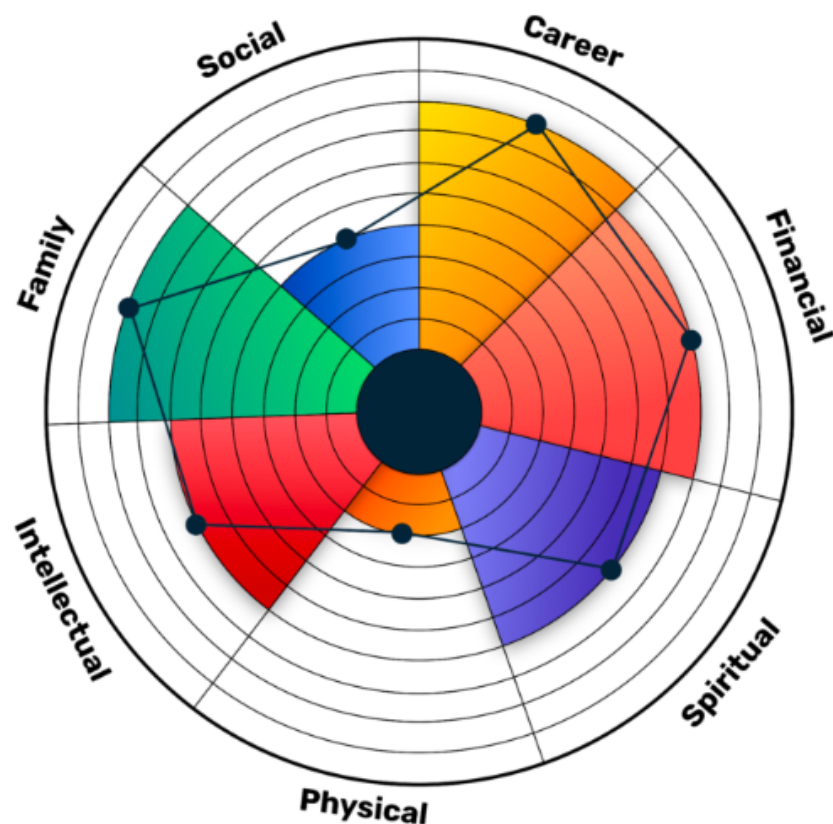


Evaluate your life now

Before deciding on a new destination, you need to figure out where you're currently standing.

Try this:

Wheel of Life Exercise: Rate yourself in each of these areas: career, social, family, physical, spiritual, financial, and learning. Set goals based on what you learn.

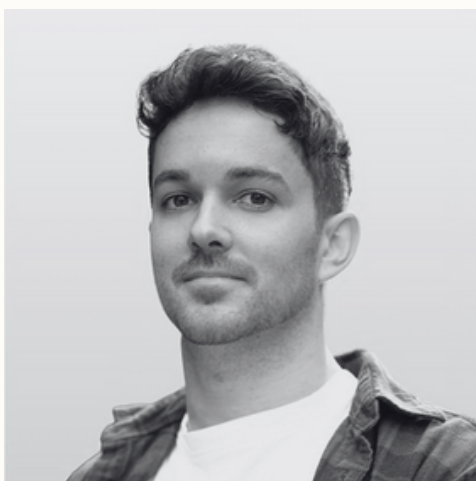


Craft your vision for life

You know where you are. Now it's time to decide where you want to end up in life.

Try this:

Write your own obituary: A slightly morbid exercise that involves writing your ideal obituary, and then reverse engineering how to achieve it.



Colby Kultgen

Colby was a loving son, a loyal friend, and a hell of a cribbage player.

Take back your time

You can't expect your life to change if you don't change the way you're spending your time. Take control of it.

Try this:

Screen time is an easy target here. Reclaim 2 hours every day with the **14:10 Method** (h/t Jade Bonacolta):



Jade Bonacolta ✓

The 14:10 Method is when you:

- Don't check your phone for 1 hour after waking up
- Put your phone away 1 hour before bed

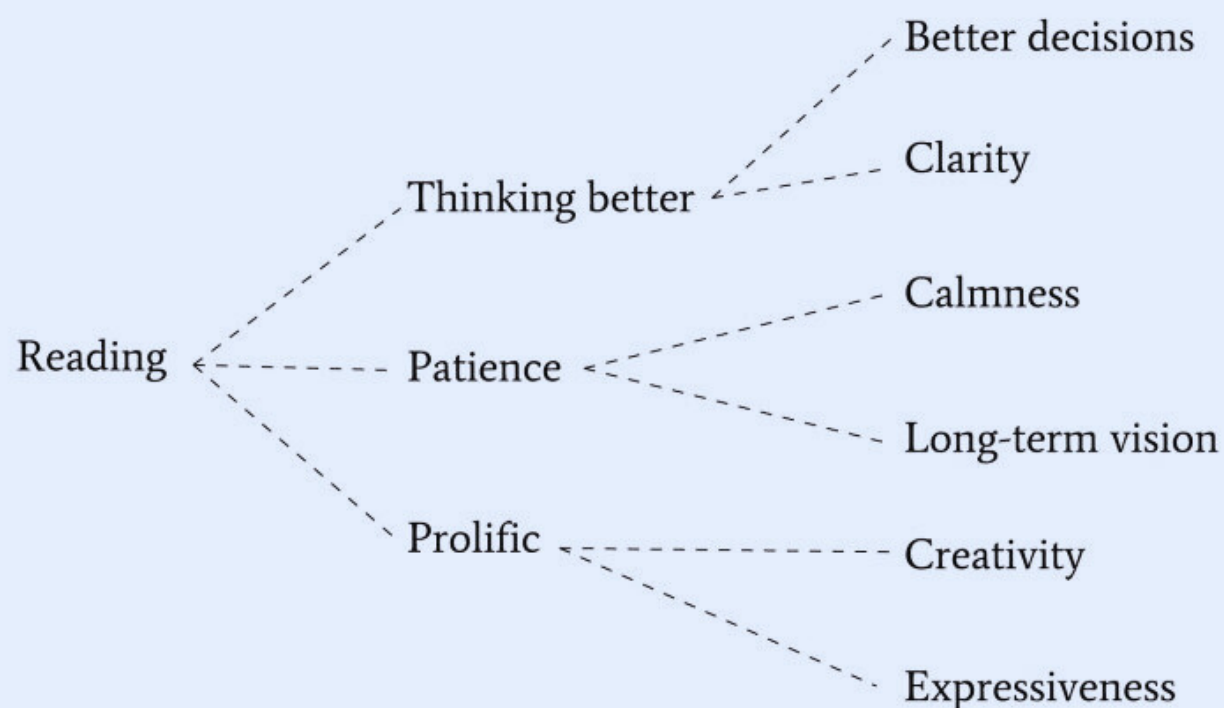
(Assuming you sleep 8 hours, that's 10 hours completely screen-free!)

Focus on keystone habits

These habits are your big dominoes. Exercise, reading, sleeping well. They create a lasting positive ripple throughout your life.

Try this:

Choose 2-3 keystone habits to focus on for the next 90 days. Start small, try to do them each and every day.













































Ruthlessly prune bullsh*t

“If you find yourself thinking that life is too short for something, you should try to eliminate it if you can.”—Paul Graham

Try this:

Calendar Energy Audit: Identify the activities that give energy and the ones that drain it. Consider what to keep/cut.

<div> DID THIS ACTIVITY GIVE ME ENERGY?</div>				
9	10	11	12	13
<div><ul style="list-style-type: none">10am Goal Setting 12pm One-on-one 2pm Product Roadmap 4pm Video Interview </div>	<div><ul style="list-style-type: none">10am Management Checkin 12pm Board Meeting 2pm Business Development 4pm Marketing Materials </div>	<div><ul style="list-style-type: none">10am Customer Experience 12pm Client Call 2pm Forecasting 4pm Engineering </div>	<div><ul style="list-style-type: none">10am Management Checkin 12pm Onsite Interview 2pm Social Media Review 4pm Operations </div>	<div><ul style="list-style-type: none">10am Mentorship 12pm Product Demo 2pm Client Call 4pm Invoicing </div>
16	17	18	19	20
<div><ul style="list-style-type: none">10am Goal Setting 12pm One-on-one 2pm Accounting 4pm Legal </div>	<div><ul style="list-style-type: none">10am Management Checkin 12pm Client Call 2pm Budgeting 4pm Product Development </div>	<div><ul style="list-style-type: none">10am All-Hands 12pm Investors Call 2pm Product Review 4pm Sales & Marketing </div>	<div><ul style="list-style-type: none">10am Management Checkin 12pm Recruiting 2pm Strategy 4pm Technology </div>	<div><ul style="list-style-type: none">10am Mentorship 12pm Partnerships 2pm Write Blog Post 4pm Creative Services </div>
23	24	25	26	27
<div> DID THIS ACTIVITY DRAIN MY ENERGY?</div>				

Track your progress

If you want to improve something —track it. The awareness + visual incentive is a game changer.

Try this:

Use my goal tracker: I spent 150+ hours building it, and I’m so proud of how it turned out ([link in bio](#)).

