

7 Levels of Goals for Each Habit Sphere

- 1. Philosophy of the good life for each sphere**
- 2. Determine what your self-identity is as it relates to this vision**
- 3. Long term goals for that sphere**
- 4. Short term goals for that sphere**
- 5. Core daily habits for these goals**
- 6. Nice, non-core habits for these goals**
- 7. Micro 60 second habits (including 10 second affirmations on goals)**