

Goals

A daily reminder of
your short-term goals



Focus word

One word that encapsulates your focus

Focus Areas

Health

Physical | Mental | Spiritual

Wealth

Career | Finances | Investments

Relationships

Family | Friends | Colleagues

Simple Rules

to help you create better habits, navigate complexity, and live a more successful life



Practice gratitude daily

Being grateful, taking time to mindfully count your blessings keeps your mind healthy, mitigates for loss aversion, and opens you up to opportunities.



Take time for yourself

Look after yourself, so that you can look after those around you. Set aside some time each week for things that rejuvenate and give you energy.



Focus on being better

Every day is a new day. Irrespective of how you were yesterday, endeavour to be a better version of yourself today than you were yesterday.



Develop deep relationships

Science shows us that the happiest people are the ones who have a number of deep, trusted relationships. Isolation is a killer. Live long and prosper with a strong tribe.



Learn to forgive

Holding on to unforgiveness is like drinking poison and expecting the other person to get sick. Even when it feels unjust or unfair, learning to forgive (both yourself and others) is essential to mental and spiritual health.

THRIVE SYSTEM (you)

'Rational' decision-making

- Slow
- Controlled
- Conscious
- Cognitively demanding
- Novel situations

THREAT SYSTEM (ape)

Reactive decision-making

- Fast
- Automatic
- Unconscious
- High intensity
- Habitual behaviours



What type of decision maker are you?

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