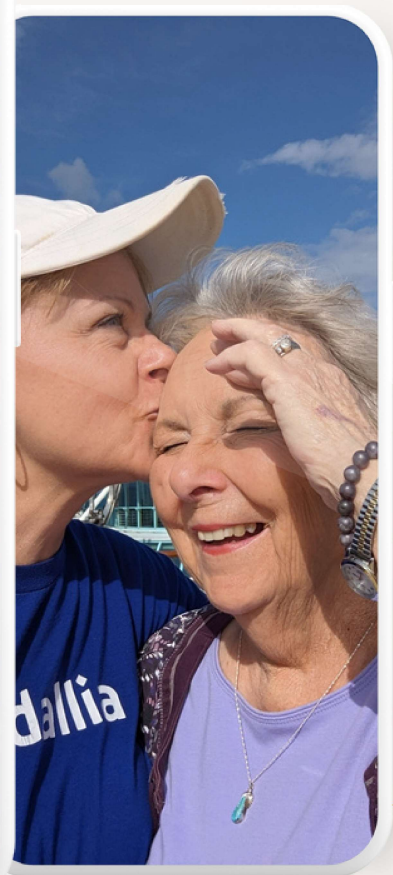




DEFINING AND PROTECTING YOUR

ME-ECONOMICS

with Whitney Hahn



"If you don't know where you are going, any road will do."
~ The Cheshire Cat to Alice



Welcome!

All too often, we focus on economic drivers to the exclusion of our ME-conomic drivers. We forget what we are working so hard for, or put our personal goals at the back of the line.

In doing so, we unintentionally make choices we think we "should" make instead of defining and pursuing a destination we actually care deeply about.

How will you measure your life? What do you want people to say about you when you aren't in the room? What goal makes your tail wag to think about it?

Once you've defined what really matters to you, you'll move on to define a few things to do to protect your ME-conomics. By keeping them front and center, you are less likely to be like Alice and desperately GO anyplace you don't care about.

xo, Whitney



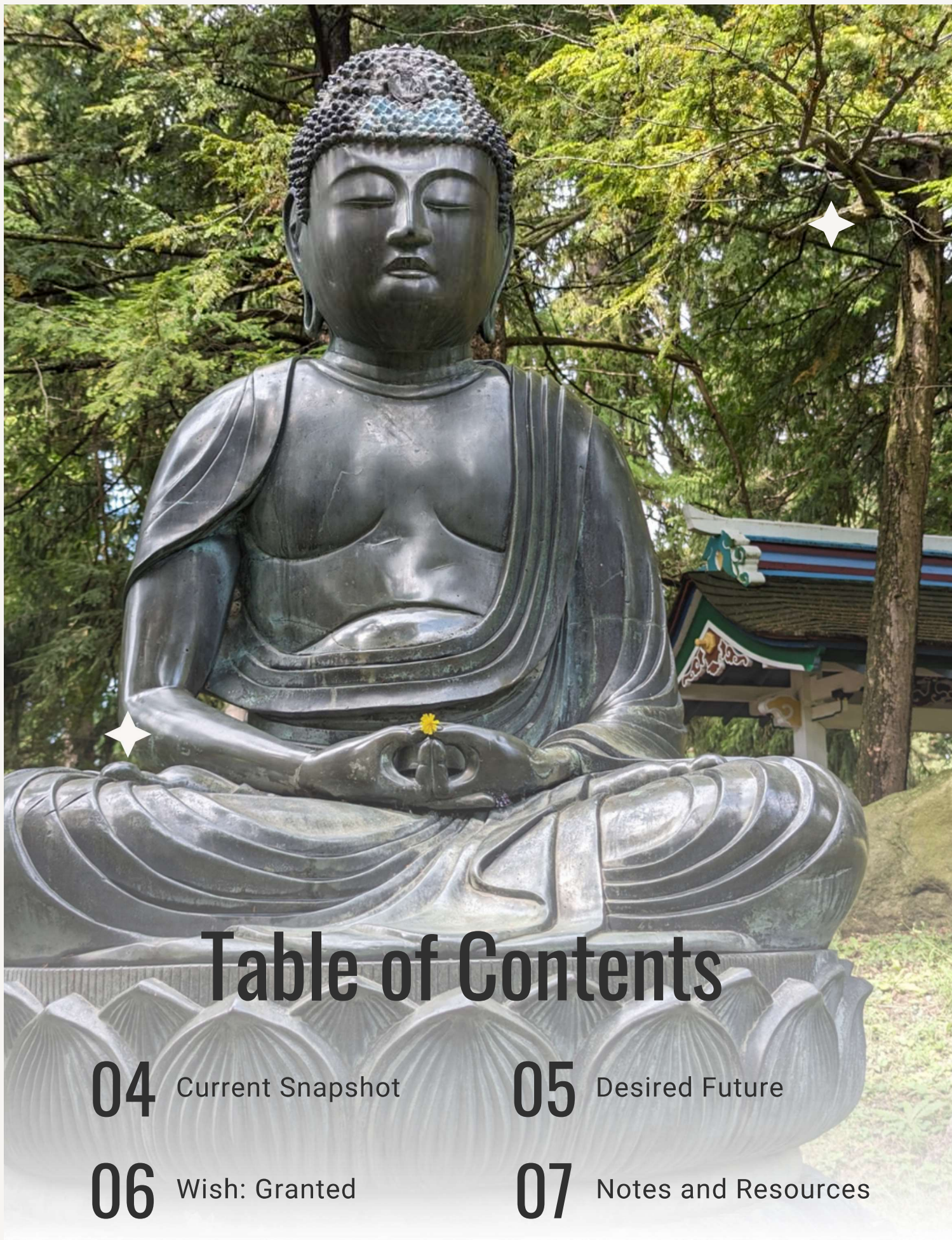


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My Current ME-conomics Snapshot

Starting this process of reflection about your life by considering your most recent year.

WIN-ventory List

"Chuck It" List

Where I Want To Be

Now think into the future – next week, next year,
or 10 years from now.

What would I want to EXPERIENCE in life
if time and money were not an obstacle?

How do I want to GROW my knowledge, skills,
personal practices, character, etc.?

What are the ways I want to CONTRIBUTE to my family,
community, or the world?

Wish: Granted!

Play the long game - small changes made over time accumulate to either help you live into The Story of You or keep you from it.

	WISH #1	WISH #2	WISH #3
Write it as a SMART goal: Specific, Measurable, Attainable, Relevant, Time-bound.			
Make it an inevitable "yes, if." What needs to change?			
What can I do this week to bring this one step closer?			
What can I do this year toward this goal?			
What do I need to say No to in order to protect this?			
Who or what do I need to spend time with to become the version of me who can achieve this goal?			

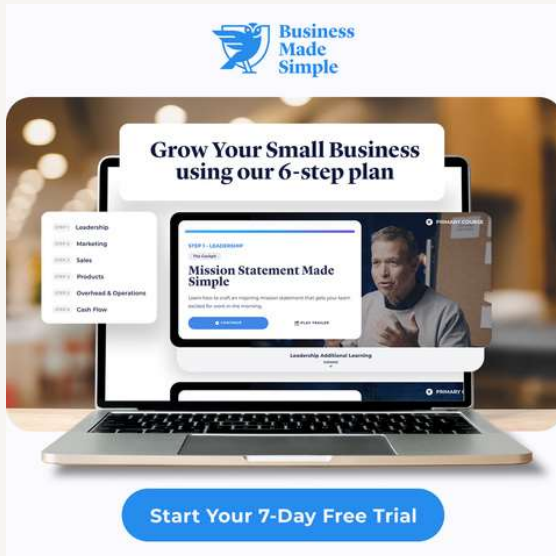
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Notes and Resources



For an even more in-depth exercise, I recommend the Life Plan: Hero on a Mission course from Business Made Simple.

This course will help you create a life plan and daily planner that will keep you focused and ensure you experience a deep sense of meaning in life.

[Here's my referral link for a Free 7-day Trial.](#)

The questions of reflection are inspired by a number of sources including:

- [3 Most Important Questions](#) from Vishen Lakhiani of Mindvalley
- Erica Schneider and Kasey Jones of [Power Your Platform](#)
- [The Magic Lamp](#): Goal Setting for People Who Hate Setting Goals (Keith Ellis)