

Backcasting To-Do List

CHOOSE HARD, LIVE EASY: BACKCASTED "TO DO" LIST

Visit ChooseHardLiveEasy/downloads for the PDF version of this form.

DATE: _____ **TOTAL POINTS:** _____

< 30 (Day Off?)	30-39 (Fair)	40-49 (Challenger!)	50+ (Warrior!)	80+ (Goal NInja!)

MY ATOMIC DOMINO (POWER TASK) [50 points for completion]

What is the the most important action you need to accomplish today, optimally a task that moves you closer to stated goals?

1 _____ DONE

MY PRIMARY TASKS TODAY [5 points each completion]

What are the urgent and/or important actions you need to accomplish today, optimally a task that moves you closer to stated goals?

1 _____ DONE
2 _____ DONE
3 _____ DONE
4 _____ DONE
5 _____ DONE
6 _____ DONE
7 _____ DONE
8 _____ DONE
9 _____ DONE
10 _____ DONE
11 _____ DONE
12 _____ DONE
13 _____ DONE
14 _____ DONE
15 _____ DONE

"Trust the Process"

MY SECONDARY TASKS TO CONSIDER [2 points each completion]

What tasks should you potentially address that aren't necessarily important or urgent?

1 _____ DONE
2 _____ DONE
3 _____ DONE
4 _____ DONE
5 _____ DONE

REMINDERS FOR TOMORROW OR WEEKEND

Add any tasks or reminders here that you did not finish, or could be addressed potentially tomorrow or on the weekend.

1 _____
2 _____
3 _____

"The same habits of the old year will get you the same results of the new year. Change something, or change nothing."
MJ DeMarco, Entrepreneur and Author of The Millionaire Fastlane

BEST-LIFE ENGINEERING

Weekly Goals

Before the week, write down your weekly goals that will directly influence the **MONTHLY** goal.

7 Hustle

Monthly Goals

Before the week, write down your monthly goals that will directly influence the **YEARLY** goal.

31

One Year Goals

Every few weeks, write down your goals for the year that will directly influence the **FIVE YEAR** goals.

1Y

Five Year Goals

Periodically envision & record your five year goals that will influence your **TEN YEAR** dream life.

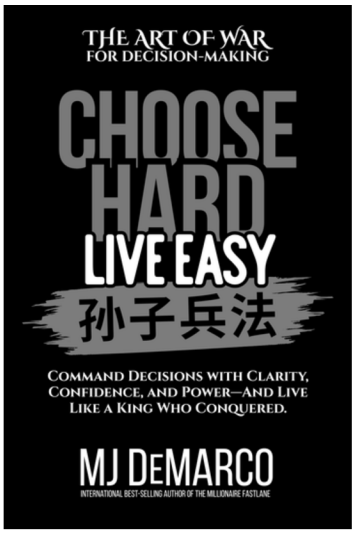
5Y

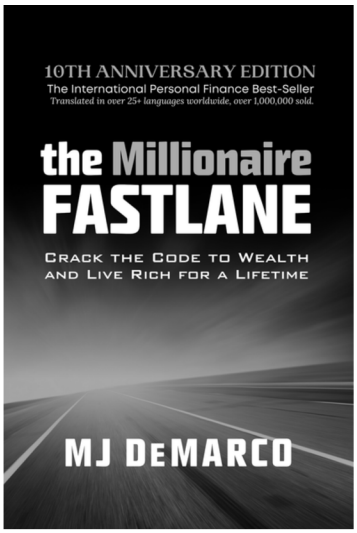
Ten Year Dream Life

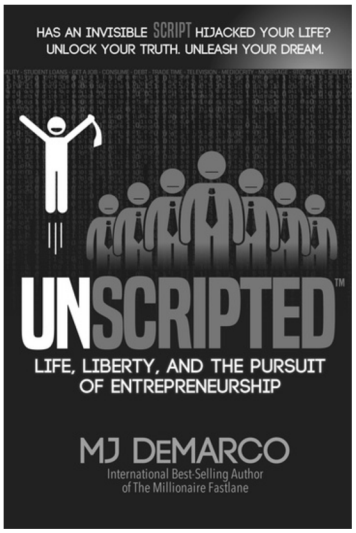
Periodically envision & write your ten year goals that frame your **OPTIMUM DREAM LIFE.**

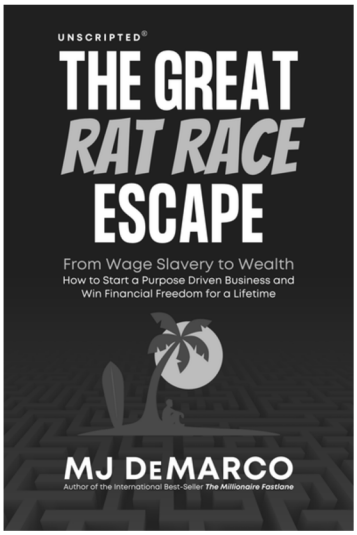
10Y

Other Books by MJ DeMarco









Resources to Choose Hard, Live Easy!

MJ's NEWSLETTER: GET LIFE-CHANGING DECISION INTELLIGENCE
https://newslettter.themillionairefastlane.com

MJ'S DISCUSSION FORUM (SINCE 2007!)
https://thefastlaneforum.com/community/

MJ's TELEGRAM GROUP
https://t.me/UnscriptedNetwork

MJs YOUTUBE CHANNEL
https://youtube.com/FastlaneMJ

MJ's PERSONAL BLOG
mjdemarco.com

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