

HOW SIMPLE GUIDELINES
CAN HELP YOU DO COOL STUFF

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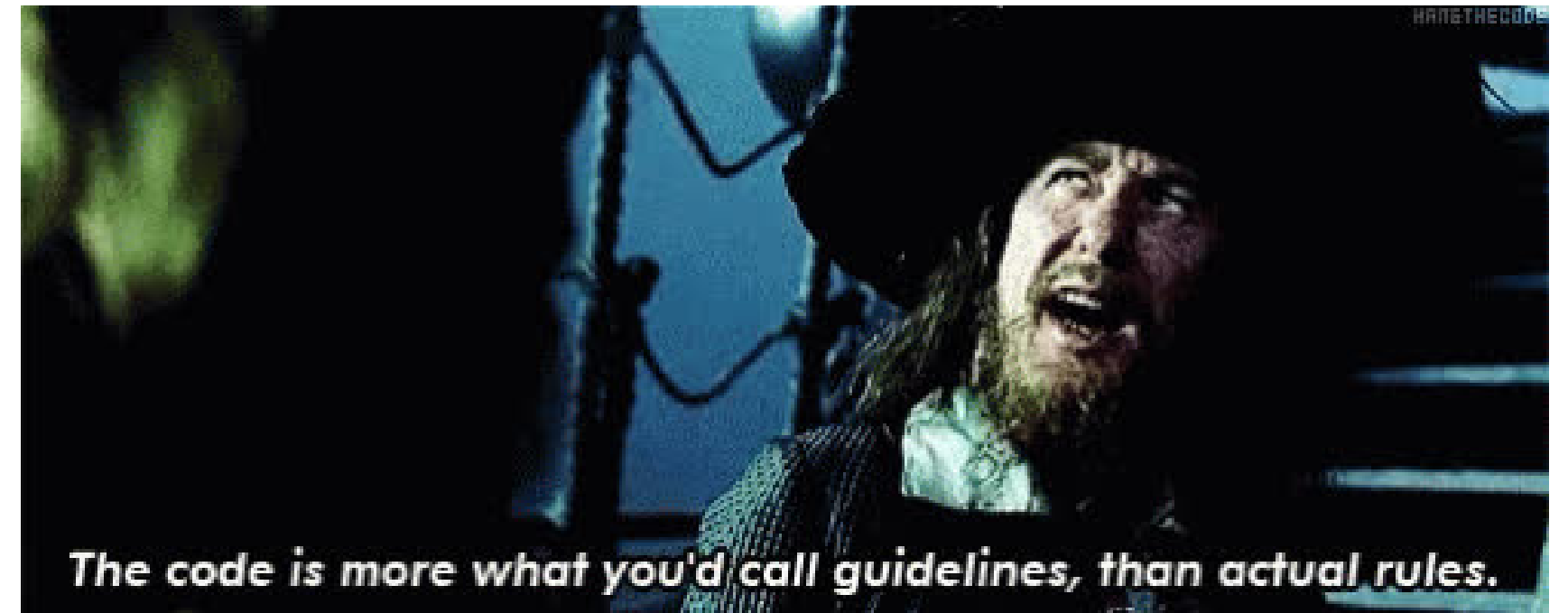
PART ONE :
what in the heck are
guidelines?

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WHAT IS A GUIDELINE?

Guidelines are what I call the guiding principals that I use to take me through my year.

They can often be deceptively simple, but offer opportunities for experimentation & play.



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THE PERFECTION TREADMILL



I frequently found myself stuck (much like this cat) on a perfection treadmill.

How can things be bigger, louder, faster, MOAR?

More clients. More money. More engagement. More

All the THINGS!

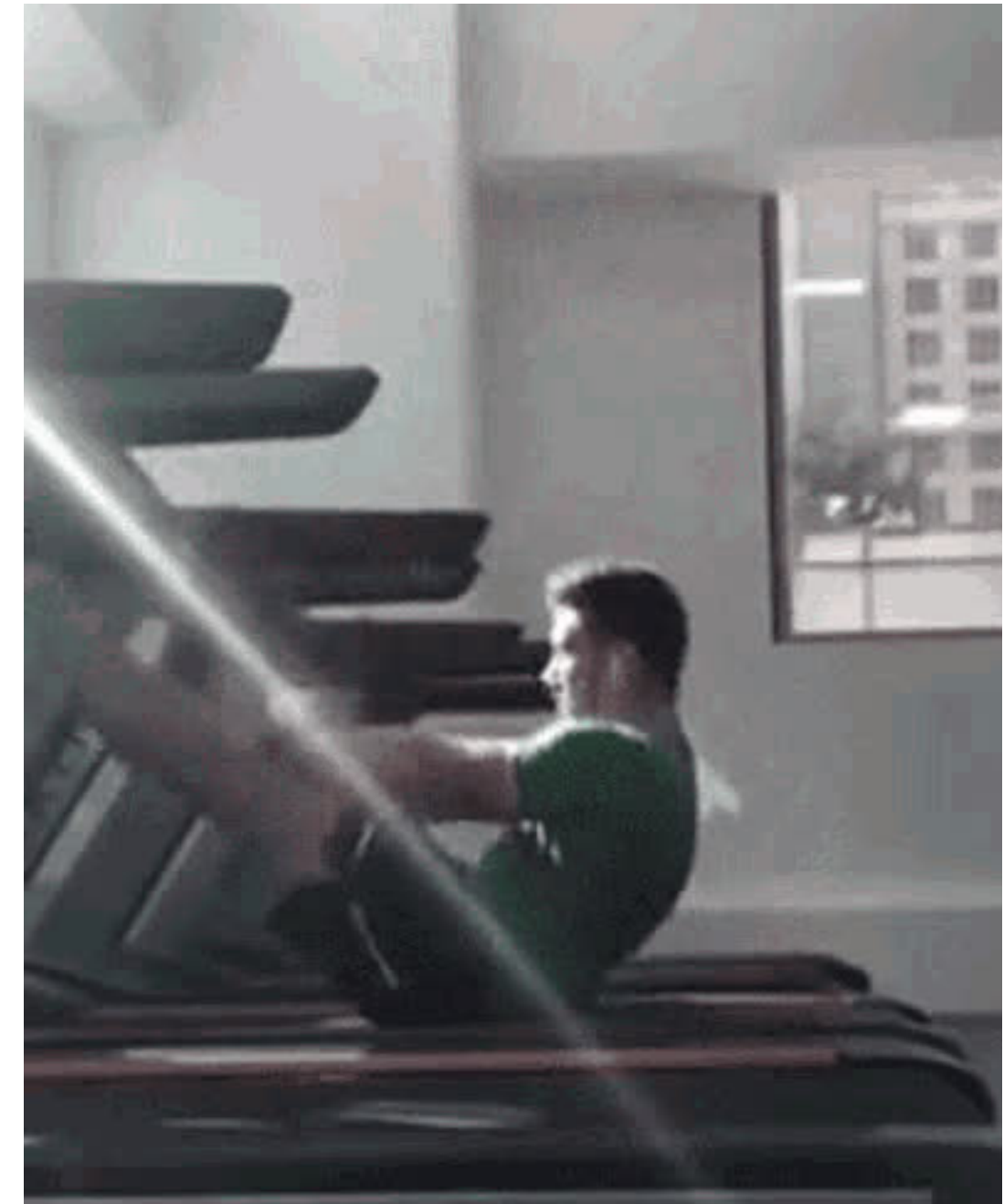
And if I didn't hit the goals/habits/etc perfectly, I had failed.

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PLAYING WITH TREADMILL

Instead, I decided to play
with the treadmill.

Instead of discarding habits or
goals that I hated by spring, I
focused on creating guidelines for
myself to use each year instead.



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PART TWO :
Guidelines vs. Goals

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I ORIGINALLY CALLED THEM THE RULES

But over time, I found that they had a lot of room for play, and a lot of different ways to enjoy them, so now? They're guidelines.

Remember your boundaries

Make things with your hands.

Find ways to spend time with people you love.

Look silly more often.

Flow your movement more.

Share your process.

Be more curious.

Find ways you enjoy
spending time outside.

Figure Out What is "Enough"

No doesn't need an explanation.

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WHAT'S THE DIFFERENCE?

Traditional Goal or Resolution

Work out 5 days a week.

Send out 24 newsletters in 2024.

Get 5 new clients by Q4 2024.

Host a family dinner each month.

Guideline

Explore different movement options
& repeat those you enjoy.

Connect with my community by telling my stories.

Stay open to new opportunities & connections.

Leave time open for the people you love.

One is strict, with lots of "lost cause" situations, one is open
and begging for opportunities to play.

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BUT HOW DO THEY TURN INTO COOL THINGS?

Guideline

Explore different movement options
& repeat those you enjoy.

Connect with my community by telling my stories.

Stay open to new opportunities & connections.

Leave time open for the people you love.

What I Did

Refined my own dance style & created a 6-week workshop on it, that is now in the works to be an outdoor dance workshop.

Created 2 newsletters and refined my marketing for my business.

Got 5 new clients in the last year because I focused on listening to what people need.

Found small ways to connect with my family

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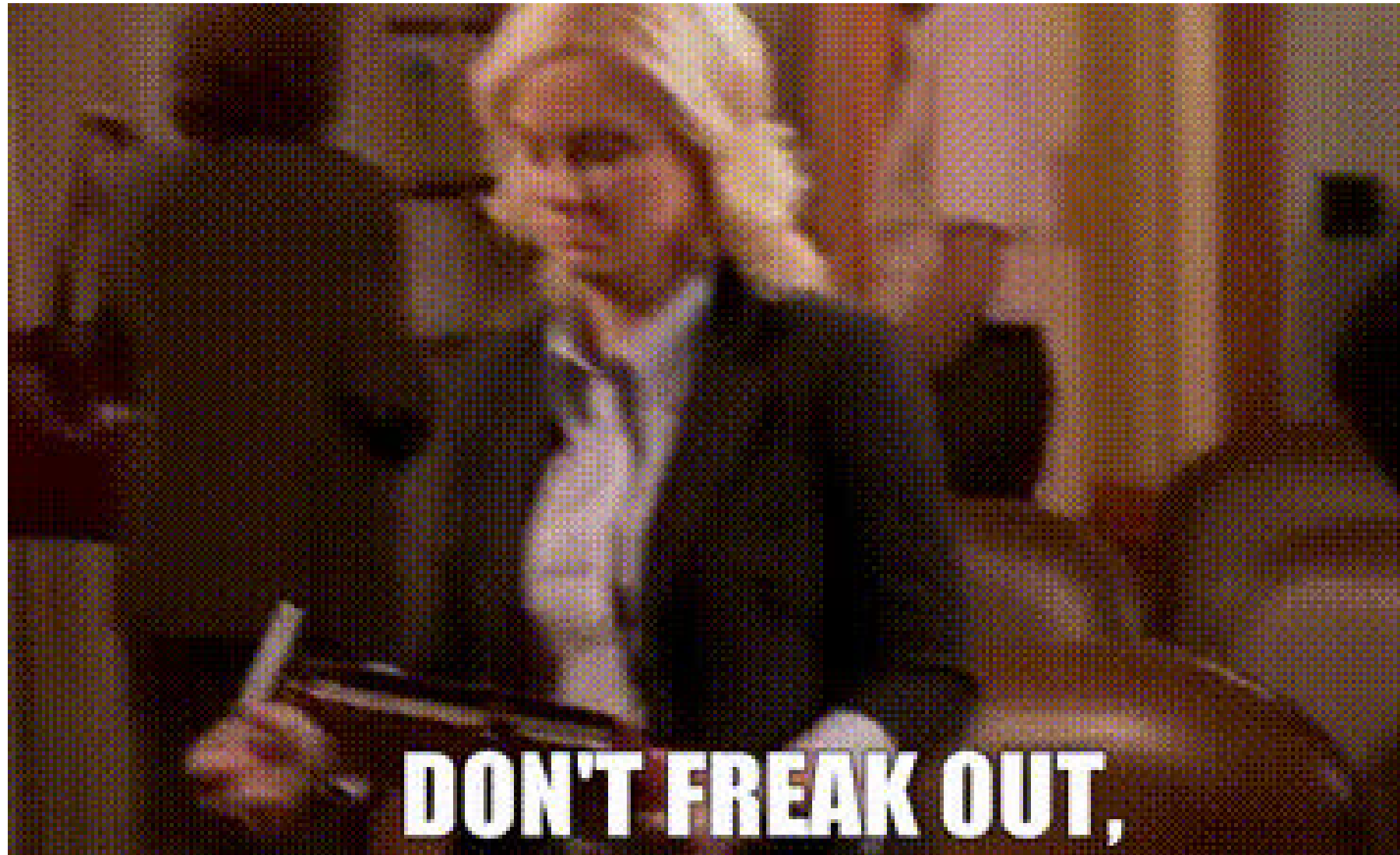
WHAT THINGS CAN MAKE UP GUIDELINES?

1. One Guideline for One Sphere or area of your life
2. Ways of living that aren't quantifiable in the first place.
3. Reminders that you need as you move through the year.



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DON'T FREAK OUT



Just because I use guidelines doesn't mean I don't want to accomplish stuff.

My guidelines help me do cool things, because they are based on how I want to be in the world, rather than what I want to do.

A lot of times, when we focus on tasks & projects, instead of the why behind them, it's easy to lose the way and drop off, AND it's easy to say yes to shitty things.

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PART THREE:
Getting to Your
Guidelines

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I WANT IN! WHAT DO I DO?

It's time for some thinking & reflecting! Think about

- Patterns you are or are not fond of (how many times have you written "DO NOT DO _____" or "Remember _____")?
- Things you've said you want to do but haven't? (Maybe you said you wouldn't volunteer for PTO again, or that THIS TIME, you wouldn't let that one client bargain down to an unacceptable rate?)

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I WANT IN! WHAT DO I DO?

It's time for some thinking & reflecting! Think about

- Ways you **want** be or ways you want to focus but never do? (Maybe you're pining to enjoy outside like you used to when you were a kid, or are yearning for a hobby, but you don't know **what** it is)

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Pause and write down potential guidelines (or
patterns, things you've said you want to do
but haven't, ways you want to be but never do,
Projects or Habits that you've abandoned but
don't know why)

TAKE THAT LIST AND KEEP LOOKING AT IT

Write out your possible guidelines as they come to you (my first list had 25!).

See if there are any that double up or are similar. Patterns often show you the best potential guidelines.



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HOW DO WE GET THERE?

Sit with your list of potential guidelines - this isn't something that you have to do in a day.

Ask yourself questions:

Why do I want to do this?

What do I really want from this?

Is there a way to make this FUN?

Does this have possibilities or does it just go in one direction?



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TAKE THAT LIST AND KEEP LOOKING AT IT

REVISE THEM...take them from:

“Do X 15 times per year” to “Find ways to enjoy doing X regularly”

“Drink more water!” to “Listen to what my body needs and then give myself that!”

“Find a hobby” to “explore things that tickle my fancy and do more of the ones I like”



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Let's Pause for a moment. Circle the ones
that make the most room to PLAY.

Why do I want to do this?

What do I really want from this?

Is there a way to make this FUN?

Does this have possibilities or does it just
go in one direction?

BUT REMEMBER!

You have to use them.

It's not enough to write them out, but apply them to your daily life.



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HOW I USE THEM

1

WROTE THEM DOWN IN EVERY NOTEBOOK I HAD
& SHARED THEM.

2

WHEN I HAD PLANNING SESSIONS, I WOULD
REFER TO THEM AS I PLANNED & SEE WHAT I
COULD DO TO “PLAY” WITH THEM

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HOW I USE THEM

3

WHEN THINGS GOT BUSY & I FORGOT MY WAY, I WAS STUCK, OR FACED WITH A CHOICE, I'D LOOK AT THEM, AND REMEMBER HOW I WANTED TO SHOW UP.

4

I'D LOOK FOR OPPORTUNITIES TO USE THEM AS PERMISSION TO PLAY. EXPERIMENTATION OVER RIGIDITY WINS THE DAY!

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THE BEST PART?

There is no finish line. You can use them for as long as you want.

You can add more & delete the ones that no longer work as you go throughout the year.



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THANK YOU!

Want to connect and hear more stuff like this?

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