THE CHEAT CHARTS

THE ULTIMATE LIFE DESIGN & ACTION GUIDE

The Complete Master Book • Actionable Guide to Life, Habit & Progress Charts

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CHAPTER I

The Life Design Cheat Chart

Welcome to the foundation of intentional living. The Life Design Cheat Chart is the ultimate framework for diagnosing your current reality, setting focused intentions, and holding yourself strictly accountable to the lifestyle you actually want to live. It is designed to replace vague resolutions with empirical data and scheduled execution.

1. The 8-Lane Baseline Scoring Chart

You cannot navigate without knowing your starting coordinates. Score eight specific life lanes on a scale of 1 to 10. Once scored, conduct a immediate gap analysis to identify exactly why that lane is not currently a 10.

Life Lane	Score (1-10)	Gap Analysis (What is missing?)
Physical Health	4	Inconsistent sleep; haven't visited the gym in 60 days.
Wealth & Finance	5	No active budget. Credit card debt is not shrinking.
Career & Mission	7	Stagnant trajectory; need to lead a new major project.

2. The 90-Day Outcome Grid

Pick exactly **three focus lanes** from your baseline. The remaining five lanes go into maintenance mode. For each focus lane, assign a 90-day target and three non-negotiable actions.

Focus Lane	90-Day Target Outcome	Three Required Actions
Physical Health	Drop body fat by 4% and restore daily energy.	1. In bed by 10:30 PM 2. Lift weights Mon/Wed/Fri 3. Sunday meal prep

3. Weekly Rhythm & Monthly Re-Score

Map your three required actions into a Weekly Rhythm Chart so they become protected, non-negotiable blocks in your schedule. Finally, at the end of every month, run a Monthly Re-Score. If the numbers aren't moving up, your design is flawed and must be adjusted.

CHAPTER II

The Daily Momentum Cheat Chart

Momentum stops being a feeling and becomes a formula when you measure it. The Daily Momentum Chart strips away busywork by forcing you to identify three true priorities, protect a single deep-work block, and assign an honest end-of-day score.

1. Daily Big Three Priority Chart

Before checking email or Slack, identify the three tasks that will actually move the needle today. Everything else is secondary.

Done?	The Daily Big Three Priorities
[X]	**Priority 1:** Draft and submit the Q3 financial projection model.
[ ]	**Priority 2:** Outline the onboarding sequence for the new software.

Done?	The Daily Big Three Priorities
[X]	**Priority 3:** Finalize vendor contracts and send for signature.

2. Deep-Work Block Log

Identify your protected time block. This is zero-distraction, high-leverage time. Track what you planned versus the reality of your execution.

Planned Time	Actual Time	Focus Objective	Interruptions Logged
9:00 AM - 11:00 AM	9:15 AM - 10:45 AM	Financial Projection Model	2 (One phone call, one urgent email)

3. The 7-Day Roll-Up Grid

At the end of the day, score your Focus, Energy, and Progress on a scale of 1-10. At the end of the week, roll these numbers up to spot patterns. Do you always crash on Thursdays? Are your Mondays unfocused? The data will tell you.

CHAPTER III

The Productivity Tracker Cheat Chart

Log every hour for 30 days. The ratio chart shows exactly where your week is leaking time and what you need to cut, delegate, or automate.

1. The Four-Tag Daily Time Log

Every hour of your workday falls into one of four tags: **Build** (creating long-term value/assets), **Sell** (revenue-generating activities), **Admin** (maintenance and operations), or **Drain** (unproductive scrolling, useless meetings).

Time Block	Activity Log	Tag (B/S/A/D)	Output Generated
09:00 - 10:00	Writing sales copy for the new landing page.	**Sell**	500 words
10:00 - 11:00	Inbound emails, organizing folders, Slack catchup.	**Admin**	Inbox Zero
11:00 - 12:00	Browsing industry news, got lost on Twitter.	**Drain**	None

2. The 30-Day Ratio & Decision Matrix

At the end of the week, calculate your **Build + Sell Percentage**. High-performers aim to keep this ratio above 60%. Take any task repeatedly tagged as "Admin" or "Drain" and run it through the Cut/Delegate/Automate Decision Chart.

> *"If you spend 70% of your week on Admin and Drain activities, you are not running a business or a career—you are simply running on a treadmill."*

CHAPTER IV

The Inventor's Build Cheat Chart

Taking an idea from a notebook sketch to a licensed product or launched business requires rigorous structure. This chart prevents you from skipping vital validation steps and protects your intellectual property along the way.

1. The 10-Stage Ladder

Track your progress through the exact lifecycle of a build. Never advance to the next stage until the previous exit test is fully passed and dated.

Stage	Objective	Exit Test Requirement	Date Cleared
1	Idea & Sketch	Clear napkin sketch with core problem identified.	Oct 12
2	Prior Art Search	Google Patents & USPTO search shows no direct hit.	Oct 15
3	Documentation Log	Signed, dated, and bound proof of concept logged.	Oct 18

2. Pitch Pipeline Tracker

If you are licensing or seeking investment, you need a pipeline. Track the top 10 target companies, NDA statuses, and pitch outcomes.

Target Company	Key Contact	NDA Signed?	Pitch Date	Next Action / Status
Acme Innovations	Sarah J. (VP Product)	Yes	Nov 02	Awaiting prototype feedback.

CHAPTER V

The Money & Milestone Cheat Chart

Ideas do not survive without capital. This chart tracks exactly what the build costs, what it returns, and the exact day it breaks even—keeping the dream solvent.

1. Build Budget & Runway Chart

Map your projected costs against actual spend. Knowing your exact financial runway prevents the panic of sudden cash-flow failure.

Expense Category	Projected Cost	Actual Spend	Variance (Over/Under)
Provisional Patent Filing	$150.00	$150.00	$0.00 (On Budget)
3D Printing & Prototype	$500.00	$820.00	-$320.00 (Multiple iterations needed)

2. The Break-Even Marker

Track your cumulative spend against your 12-month revenue tracker. The Break-Even Marker is the exact calendar date where cumulative revenue overtakes cumulative spend. Connect this to the **Milestone Payoff Chain**, where you pre-plan exactly how to reinvest the first profits back into the build (e.g., "At $5k revenue, upgrade website; at $10k revenue, hire VA").