



Lifestyle Tribe

www.lifestyle-tribe.com



LIFESTYLE TRIBE **PROCESS OUTLINE**

LIFE PROCESS FOUNDATIONS

Each of these steps allows us to positively move forward in our transformational journey.

Remember, you are not alone on this adventure. You are part of a much larger community here at Lifestyle Tribe.

The Life Foundations



You are on a journey. It can be passive without purpose or passion.

OR you can create the journey of a lifetime.

Your life!



| Life Strategy Methods | Life Journey |
|---------------------------------|---------------------------------|
| 1. Connect | Find your tribe |
| 2. Goals – BHAG | Choose your destination(s) |
| 4. Assessment | Chart where you are |
| 5. SMART Goals | Set your compass |
| 6. Why - Your Passion & Purpose | Create your path |
| 7. Systems vs. Habits | Start traveling |
| 8. Tools - External & Internal | Pack a First Aid & Survival Kit |
| 9. Automation | Ensure long-term supplies |
| 10. Accountability & Acceptance | Plan for refuelling |
| 11. Fun Exercises | Discover |