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# OYL Bootcamp Workbook

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Learn how to plan  
holistically, and prioritize  
and plan out your next  
month for success.

# WELCOME TO THE OYL BOOTCAMP!

The Organize Your Life Bootcamp is the foundation you need to start building success. You'll learn how to re-frame your thinking and intentions to be more holistic, how to plan and prioritize, and how to manage when plans change (because they always do).

By the end of the bootcamp, you'll have a **CUSTOMIZED PLAN** in place for your next month to implement and get everything done.

Thank you so much for signing up! Don't hesitate to reach out with questions, even after the bootcamp is over.



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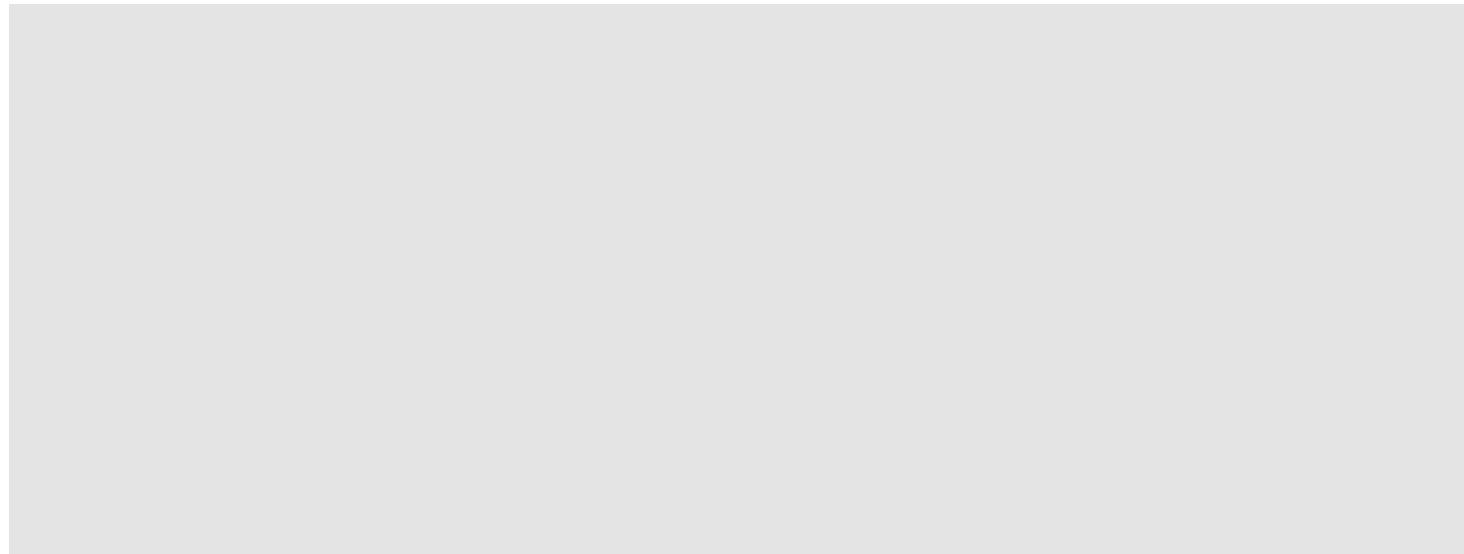
## List ALL your projects for this year.

Consider all aspects of your life, including the following:

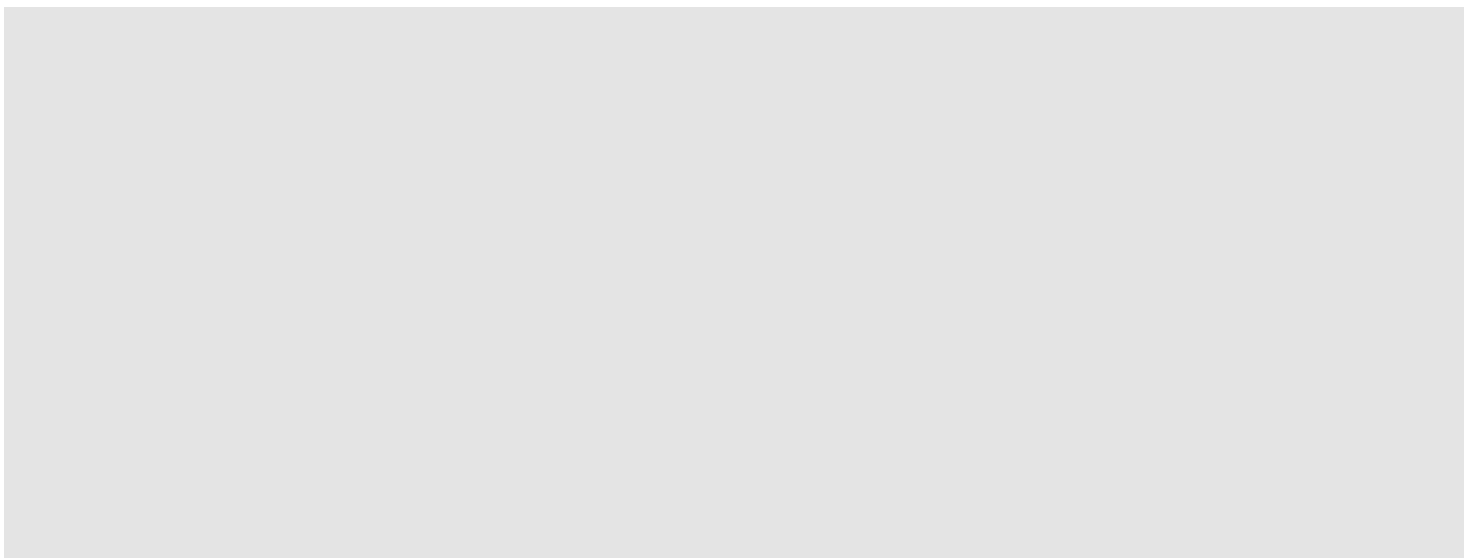
- Work/day job
- Author
- Family (Parent, Kids, Friends, Others)
- Partner/Spouse
- Personal/Self-care

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### Work/Day Job

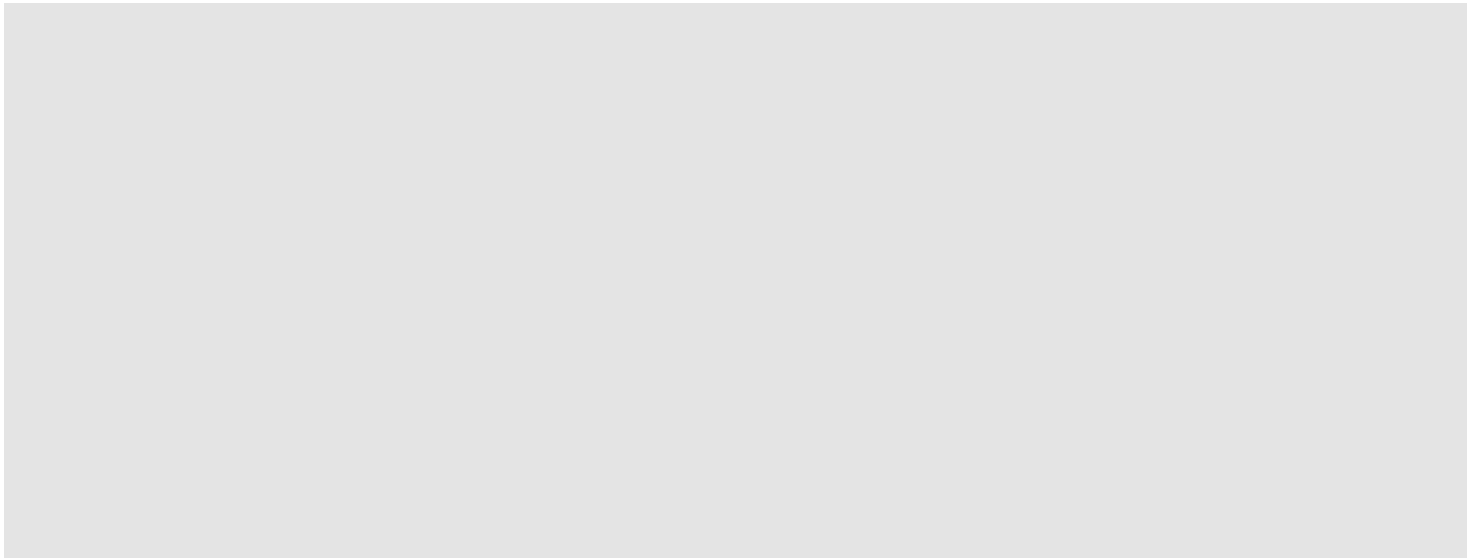


### Author

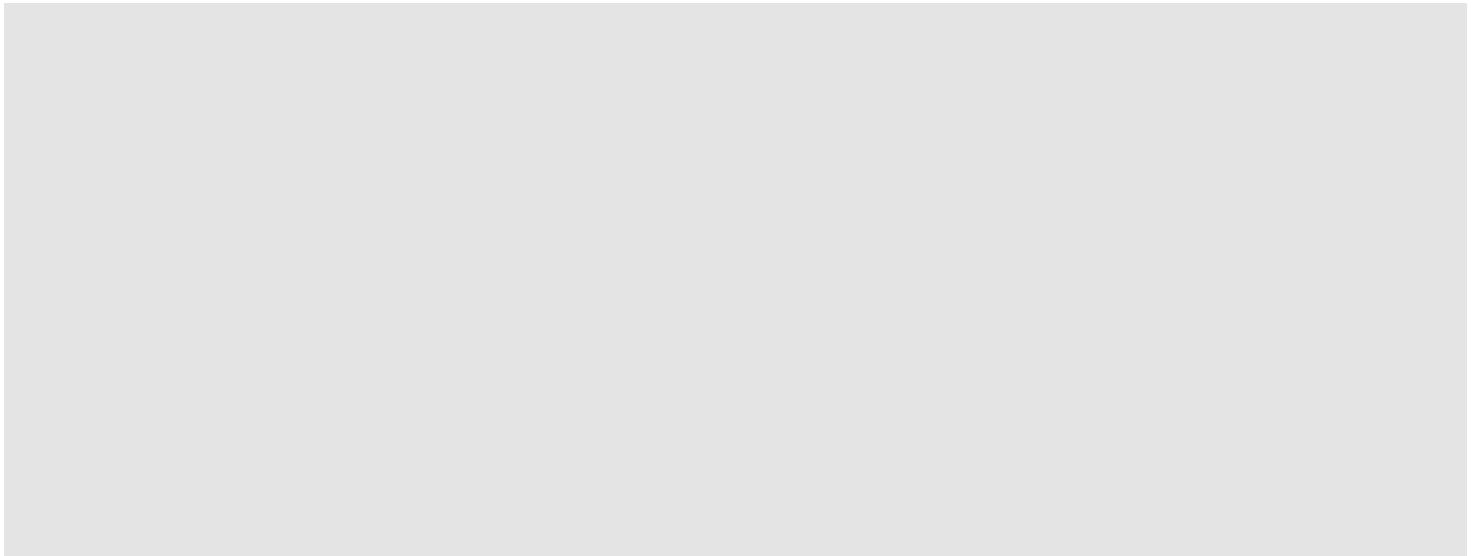


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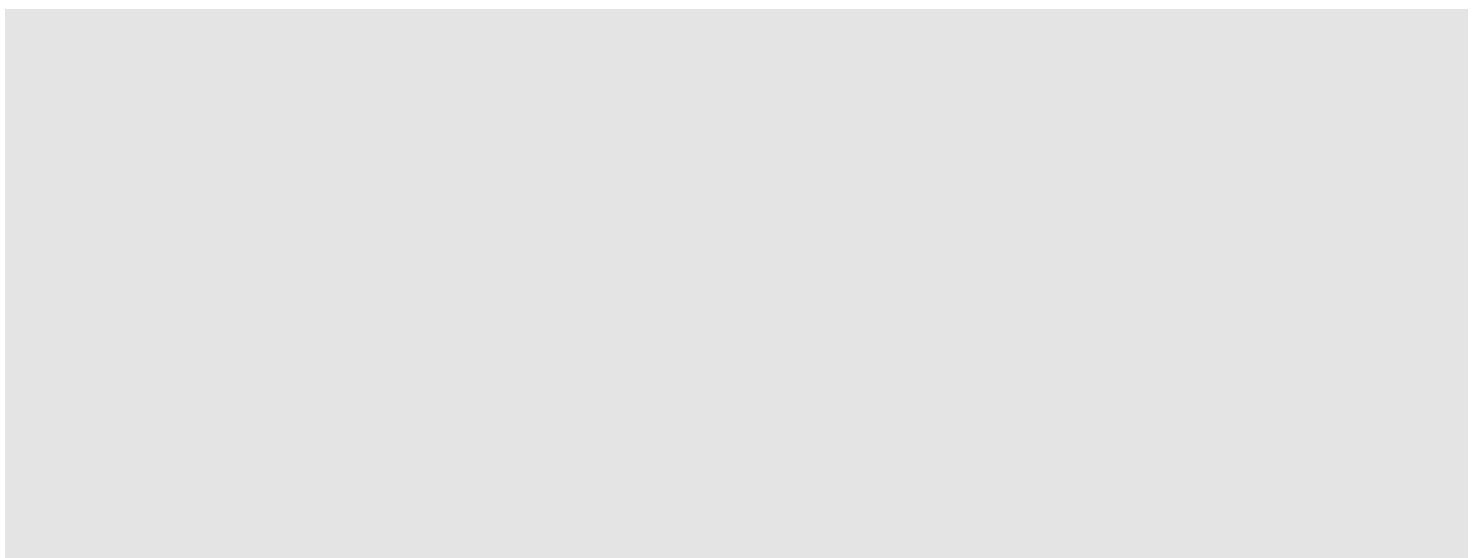
**Family (Parent, Kids, Friends, Others)**



**Partner/Spouse**



**Personal/Self-Care**



**Other:**

A large, empty grey rectangular area intended for handwritten notes or answers.

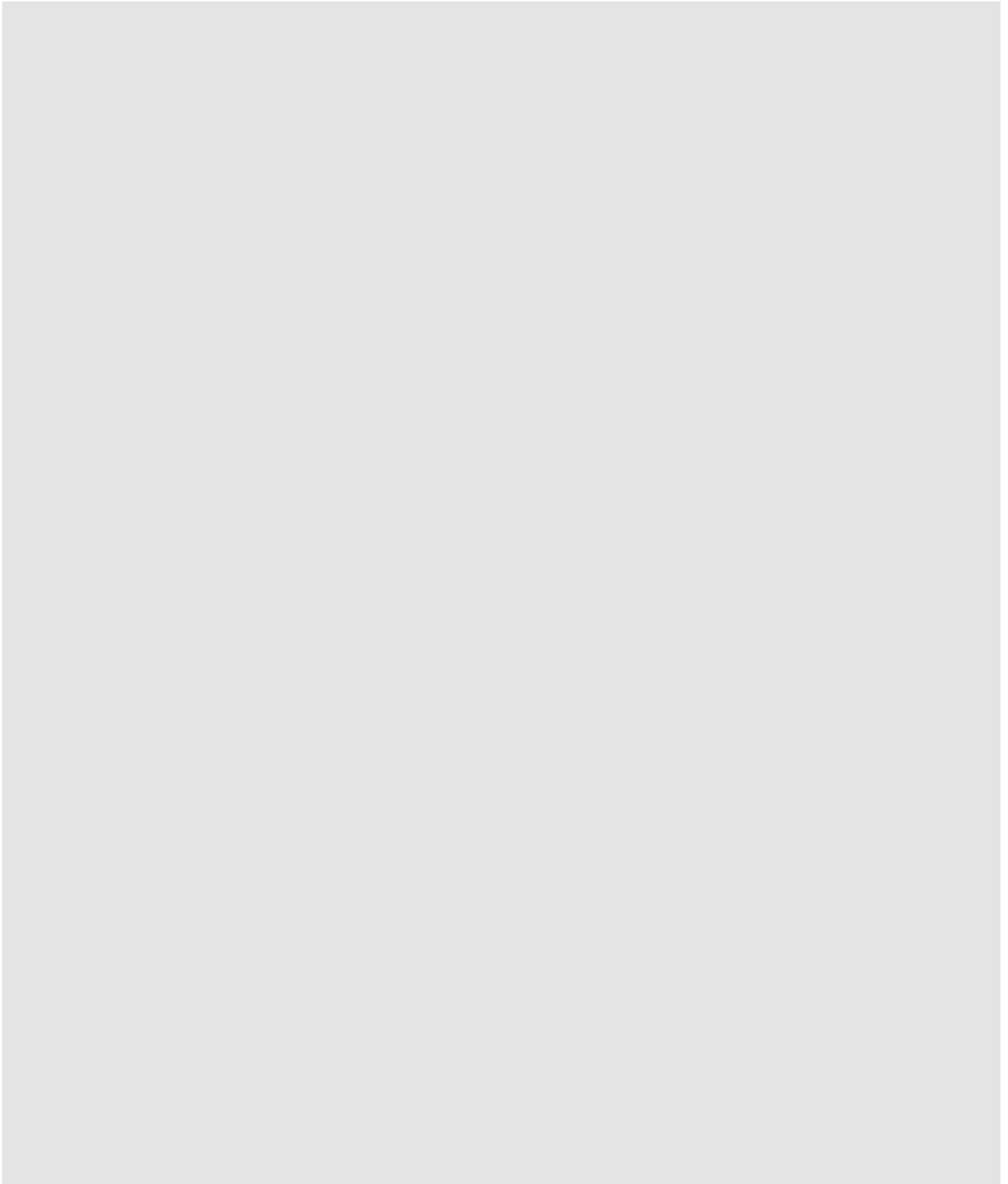
**Other:**

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**Write down any notes or key takeaways you learned.**





# PROJECT:

**TASK**

**TIME NEEDED FOR THAT  
TASK**



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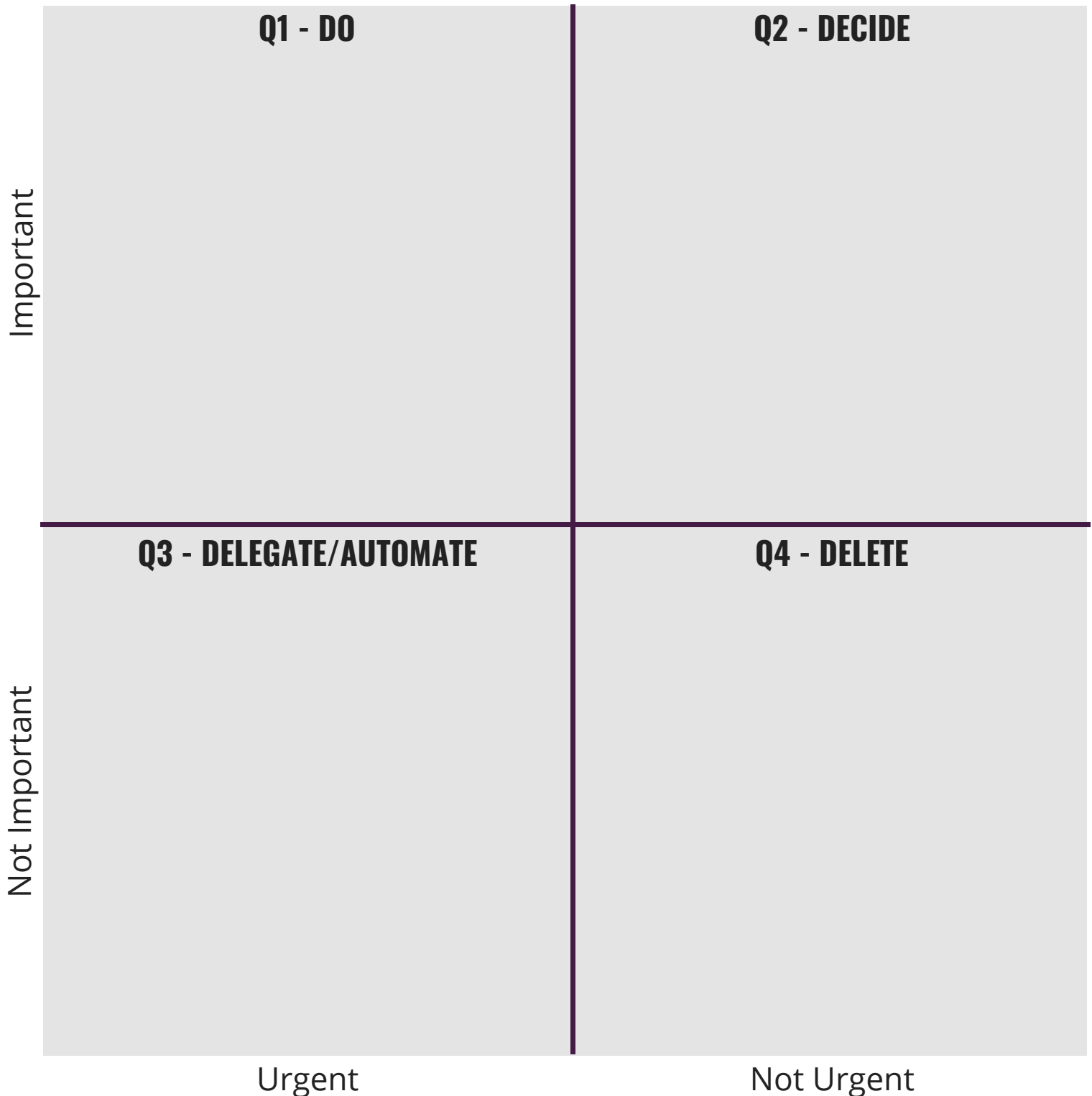
# PROJECT:

**TASK**

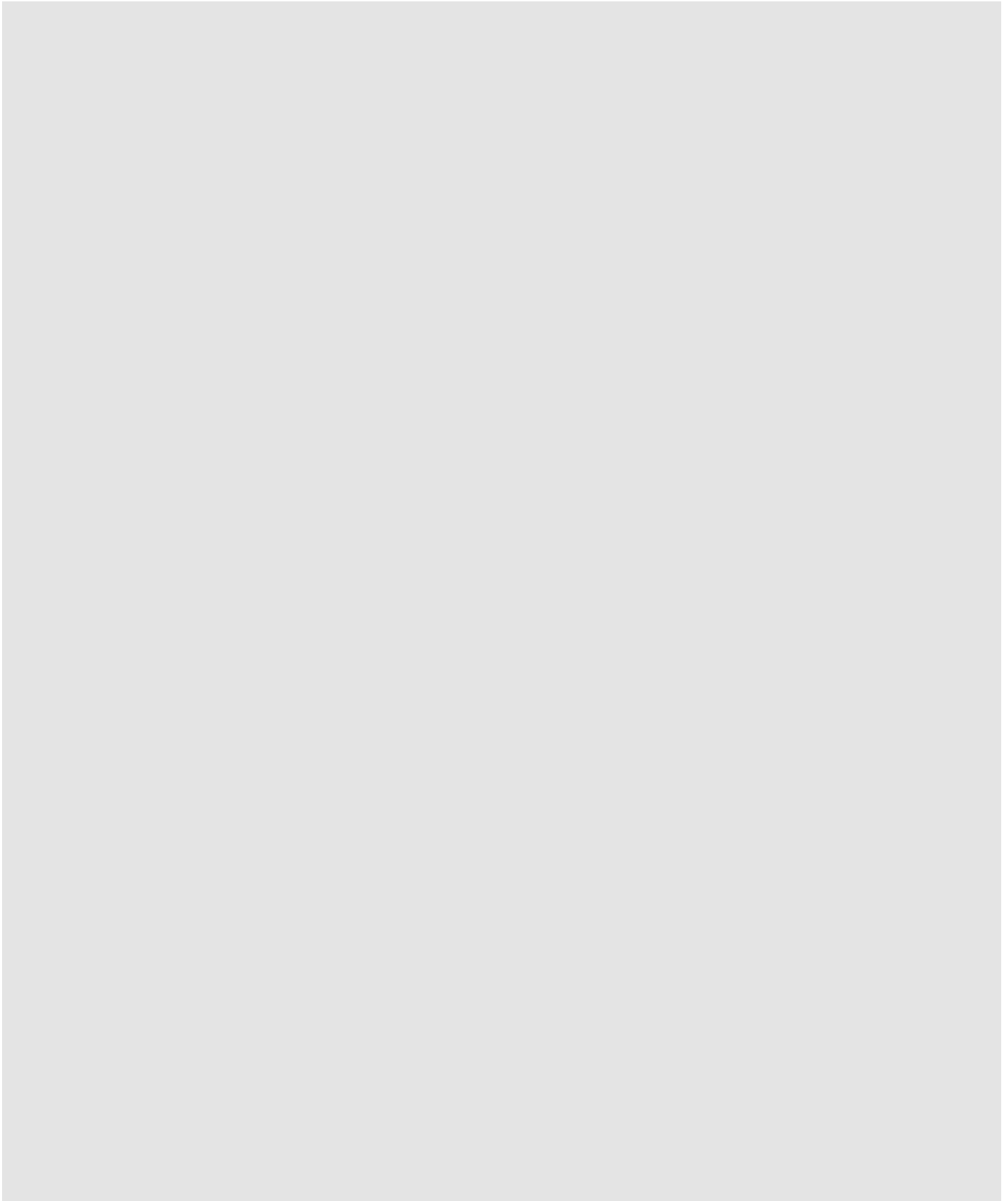
**TIME NEEDED FOR THAT TASK**

# Prioritize Your Projects

Use the Prioritization Matrix to decide which projects should be completed first.



**Write down any notes or key takeaways you learned.**



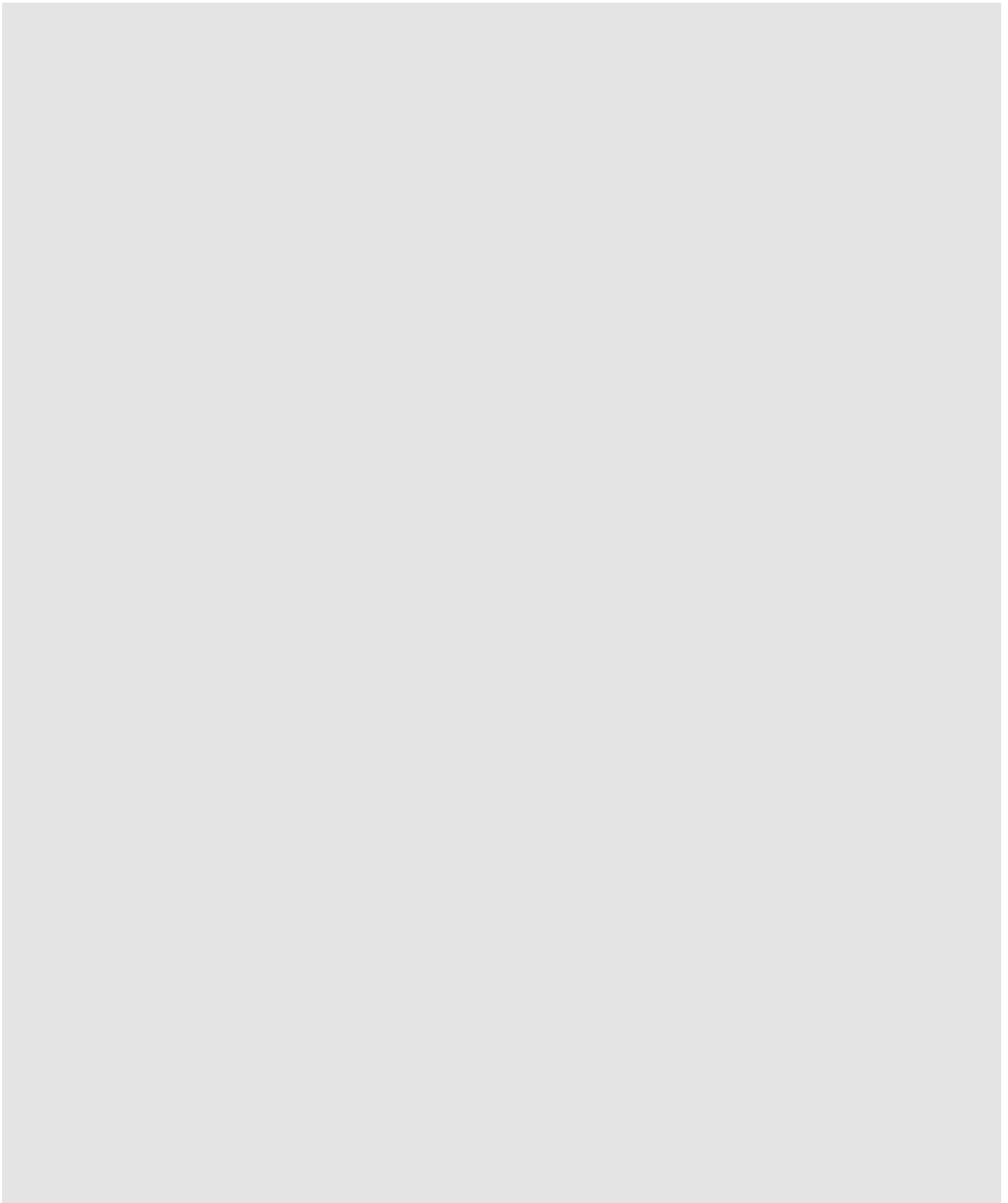
**Plan out your next month!** Note the projects you're focusing on (recommend no more than 3) and list the key tasks/deadlines/etc. for the next month. **Remember - Week 4 is to rest/reset** so assess what worked over the month, what didn't, and then plan again for the following month while keeping those challenges and successes in mind.

FOCUS	WEEK 1	WEEK 2	WEEK 3	WEEK 4

## INSIGHTS/NOTES

Large empty area for writing insights and notes.

**Write down any notes or key takeaways you learned.**



"The real key is to live in an environment where the mind feels free to choose the right thing instead of being compelled by habit and inertia to choose the wrong thing." - **Deepak Chopra**



**CONGRATULATIONS!**  
**You finished the bootcamp!**

