

The Life Design Codex

Four 20-minute sessions: choose a change, try it, and decide what to keep. Skip freely.



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1 · Choose what matters

1. Notice your starting point

What is working?

What would you like to change?

2. Name values in your own words

Try care, freedom, learning, fairness, or your own words. There is no preferred set.

Value	A recent example	How I want to express it

1 · Choose what matters

3. Choose one priority

My priority and why now

A starting signal I can observe

Competing value or constraint

What I want to protect

2 · Compare choices within capacity

Return to your priority. Waiting is a valid option; include its benefits and costs.

4. What capacity is available?

Fixed commitments

Flexible time, energy or support

5. Compare a small step, another route, and waiting

	Option	Value fit	Time / energy	Cost / support	Trade-off
Small step					
Another route					
Wait for now					

6. Choose a feasible next step

My choice and reason

Whose agreement is needed?

What I will reduce or defer

First step and when

3 · Plan a small routine

Use the choice from chapter 2. Plan something small enough to test before your next session.

7. Make the attempt specific

Cue: after or when...

Small action I will try

Place and realistic duration

Smaller fallback on a hard day

Likely obstacle

Support or agreement needed

8. What would count as a useful attempt, even if the result is imperfect?

Between sessions · Try and notice

Return here after each attempt. Use your routine plan; keep notes brief and concrete.

9. Record three attempts

Record context, including an attempt you changed or skipped. These are observations, not a score.

Date	Planned / actually tried	Conditions	Effect / learning

10. What pattern do you notice, and what one adjustment is worth trying?

4 · Review the evidence

Use your starting signal and attempt notes. A change in circumstances is part of the evidence.

11. Compare your starting point with now

	What I notice	At the start	Now / context
Priority signal			
Time / effort / cost			
Support / constraints			

12. What will you do next?

- ☐ Keep the approach
- ☐ Change the approach
- ☐ Stop or pause

13. What evidence supports that choice? What help or change in conditions would matter?

My take-away plan

Bring forward the decision from chapter 4. Use this summary on its own, and return to the earlier notes when helpful.

14. Keep this page for your next check-in

Priority I am choosing

Next action and timing

Support / agreement

Learning I want to remember

15. Schedule two later reviews

Review date	What happened / context	Keep or adjust

My take-away plan

16. When would it make sense to revisit the priority itself?