

Creating Your Own Simple Rules

Overview

Your life is a pattern of behaviors. You are currently living a set of 'simple rules' that are getting you what you have in your life today, most likely unconsciously. The rules guide your actions and decisions. Usually, we aren't even conscious that we are living them. Think for a minute and you can probably determine the unwritten, unspoken, rules in how you work and live.

This worksheet is a simple guide to help you write the simple rules you want to live by to create a life you want, versus one that less consciously happens. Creating simple rules as a guide for your behaviors, sets conditions for your desired way of being. Simple Rules don't just tell you what you value, they tell you what to do. But they don't tell you *exactly* what to do; they point you in the direction of your desired way of being. If you need assistance schedule a free 30-minute coaching session with me [HERE](#).

Examples of Simple Rules

- Flock of geese:
 - Fly towards center
 - Create space between you and your neighbor
 - Match the speed of your neighbor
- Sample Simple Rules:
 - Turn judgment into curiosity
 - Keep it simple
 - Lead with love and openness
 - Engage the diverse perspective
 - Teach and learn in every interaction
 - Listen with an open heart
 - Choose courage over comfort



Creating Simple Rules

1. Include no more than 5 rules (+ or – 2)
2. Make them general enough to be applied in all possible scenarios, and specific enough to provide boundaries for what to do
3. Begin with an action verb (keep it short, 5-7 words)
4. State them in the positive (the first word must be a positive, no "Don't do this...")

Next Steps / Evaluation

How will I bring them to life? What will I see that tells me that I am acting according to the simple rules? What situations in my life would be a good place to start living them?

What patterns in your life do you want to see? (Examples might be more fun, focus, creativity, abundance, etc.)

What simple rules would bring about those patterns? (Using the guide above for writing simple rules, write some drafts here and then decide on 3-5, that together, would bring about the patterns you want to see above.)

How will you start living them? Are there certain situations, people, times of day to start your practice?

What will you see that tells you that you are living the simple rules? What will be different?

How will you hold yourself accountable? *If you aren't sure how – get a coach! 😊*