Six Months From Now

A free workbook: change your people, your days, and learn to say no.

successpathguru.com

Print it, punch it, keep it in your folder. Fill one page at a time.

How to use this workbook

This workbook comes with two articles on successpathguru.com: *Three Changes That Decide Where You Will Be in Six Months* and *Giving Up vs Letting Go*. Both grew out of a motivational video that mixes many voices. We kept the useful ideas, wrote them in our own words, and left out the parts we disagree with (like "sleep is for the weak").

> **Nichod:** 6 mahine baad zindagi alag chahiye? Teen cheezein badlo — **sangat**, **roz ka din**, aur **"na" bolna**. Pehle khud se sach bolo, phir ek-ek page bharo.

The plan

Week	Page	Time
Week 1	1. The honest look	20 min
Week 1	2. Your five people	20 min
Week 2	3. Where your hours go (3 days)	10 min a day
Week 2	4. Practise saying no	15 min
Week 3	5. Your why	20 min
Week 3	6. Give up, let go or keep going	20 min
Week 4 – month 6	7. Daily tracker + monthly check	2 min a day

Rules: do not try to fix everything at once. Do not cut sleep. Be honest — nobody else will read this.

1. The honest look

Change is easy. Admitting that something is not working is hard. Answer in one or two lines each.

What in my life right now am I not happy with?

What story do I keep telling myself so I don't have to change it?

If nothing changes, where will I be in six months?

What would a good six months look like? (Be specific.)

2. Your five people

You slowly become like the people you spend most time with. You don't need to drop anyone. Add before you subtract.

Name	Hours / week	After time with them I feel… (more able / less able)	Do they talk about doing, or about why not?

People I want to add (someone a step ahead of me, a group, an online community, an author):

Who	How I will meet / learn from them	By when

> Ask yourself: what value do **I** bring? People who are ahead also want to sit with someone useful, curious and reliable.

3. Where your hours go

For three normal days, write what you did each waking hour. Mark it: **M** = must do, **F** = builds my future, **R** = real rest, **L** = leak.

Time	Day 1	Day 2	Day 3
06:00			
07:00			
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			

Total **L** hours per day: _____ One hour I will move from L to F: _____

Before sleep, ask: ***Did I use my phone today, or did my phone use me?***

4. Practise saying no

Every yes costs something. Write the yeses you regretted this week, then a clear, kind no you could have said.

What I said yes to	What it cost me	What I could say next time

Ready sentences

- "Thanks for asking. Not this week. I have kept my evenings for something important."
- "I can't lend money right now. I can help you look for other options."
- "I'd rather say no now than say yes and do it badly."
- "Let me check and answer tomorrow." (Then actually decide, calmly.)

> The first few times you will feel guilty. That feeling fades. The time and money you get back stay.

5. Your why

A plank on the ground: you walk across for small money. The same plank between two tall buildings: nobody walks. Your child is in the other building and it is on fire: you walk at once, for nothing. The plank didn't change. The **why** did.

What do I want to reach? (my aim)

Why do I want it — the real reason, not the nice-sounding one?

Who else wins if I reach it?

What knowledge do I still need for this aim?

What hard work will it take every week?

Aim → knowledge → hard work → perseverance. Don't lose the fight in your head first.

6. Give up, let go, or keep going?

Giving up = you stop, but keep carrying the frustration. **Letting go** = you stop and also take it out of your mind. Pick one thing that is heavy right now:

The thing: _____

Question	Yes / No	Note
Is my reason for starting still true?		
Is the result mostly in my hands?		
Am I only tired, embarrassed or scared today?		
Is it costing health, family or money I can't afford?		

My decision (tick one)	
Keep going — one small move this week:	
Let go — I am putting this down. I learned:	
Wait one week, then decide again on (date):	

> Whatever is not in your hands, take it out of your mind too. Whatever is in your hands, give it your full focus. **Don't panic in bad times. Don't go crazy in good times.**

7. Daily tracker (copy this page for each month)

Tick each day: **P** = time with a good person/group, **F** = at least 20 min on my future, **N** = said a clear no when needed, **S** = slept enough.

Day	P	F	N	S	One line
1					
2					
3					
4					
5					
6					
7					
8					
9					
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11					
12					
13					
14					
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30					
31					

Monthly check (months 1 – 6)

Month	What changed?	What did not?	One thing for next month
1			
2			
3			
4			
5			
6			

Honest limits

In six months the **direction** of your life can change. Big results often take years — that is normal. If you are dealing with serious debt, illness or a crisis, handle that first and ask for help; a new routine is not a cure for real problems.

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