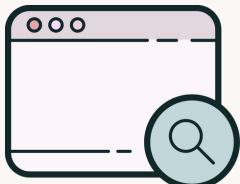


HOW TO USE

Life Master File



01 - Fill in the blanks

Add in the details to
 Your mission/ Vision
 Dreams / Goals
 Ethics and rules
 Regular Commitments
 Labels and Roles
 Upcoming Events



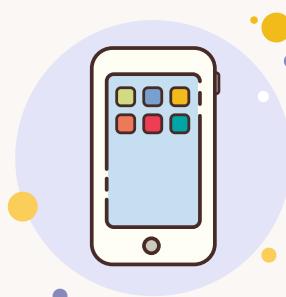
02- Personalise

Change cover
 Add in your favourite quotes
 Add in pictures you like



03- Edit your database

There are five databases in the Master file
 Projects, Reading list, Watch list, Dreams and goals, Tools and Apps



04 - Enjoy

I use this every day, so I hope you'll enjoy it as much as I do.

PS: This is not an organising tool. It's designed to help you see a bird's-eye view of the core elements in your life, so you can make the best decisions possible.

[CLICK HERE TO GET THE
NOTION TEMPLATE](#)