MINIMUM VIABLE DAY - Designing Your MVD

This worksheet helps you define the floors that keep your life in motion — even on hard days.
You're not designing your best life here. You're designing the version that survives real life.

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1. CHOOSE YOUR LIFE AREAS

Start with the areas of life where consistency matters most — the ones that quietly shape who you want to become over time.

Select 2-5 areas. Fewer is better, especially to start.

☐ Health / Fitness

☐ Personal Development / Learning

☐ Work

☐ School

☐ Relationships

☐ Family

☐ Spiritual

☐ Creativity

☐ Money

☐ Other: _____

Remember: If everything is important, nothing is.

2. NAME YOUR IDENTITIES

Floors protect *identities,* not outcomes. Before goals. Before measurements. Decide who you want to be in each area.

For each life area you selected, repeat this block below:

Life Area: _____

My identity: "I am the kind of person who _____"

Or: "I am someone who _____"

Or even simpler: "I am _____"

Examples:

"I am someone who stays in shape through daily exercise."

"I am the kind of Mom my kids want to talk to."

"I am an author."

Life Area: _____

My identity: "_____"

Life Area: _____

My identity: "_____"

Life Area: _____

My identity: "_____"

Life Area: _____

My identity: "_____"

Life Area: _____

My identity: "_____"

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3. DEFINE YOUR DIRECTION

In each life area, what direction do you want your life to move over the next year? This is not a performance target. It's the direction you want to stay connected to, even when progress slows.

Identity: _____

Direction: _____

Why it's important: _____

Identity: _____

Direction: _____

Why it's important: _____

Identity: _____

Direction: _____

Why it's important: _____

Identity: _____

Direction: _____

Why it's important: _____

Identity: _____

Direction: _____

Why it's important: _____

4. DEFINE YOUR FLOOR

Your floor is the smallest action that still keeps you connected to your desired identity.
It must be:

- doable on bad days
- real (not symbolic)
- small enough to remove negotiation

For each identity, decide:

On my hardest day, I can always do this: _____

Even on my hardest day, I can still commit this much time to my goal: _____

After a week, would I look back and say these actions provided sufficient proof of each identity?

☐ Yes   ☐ No *(If no, then make your commitment slightly larger or more meaningful.)*

Examples:

Identity	My Floor
Reader	Read 10 pages of a book.
Writer	Focused writing for 20 minutes.
Someone who keeps a clean home	Clean one area of the house for 20 minutes.
Someone who shows love through action	10 minutes serving my spouse.
Someone who connects to others	10 minutes of fully present conversation with someone.
Piano player	15 minutes of piano practice.
A person who is healthy and fit	Walk for 15 minutes
Person who speaks a second language	Spend 20 minutes studying my second language.

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Identity: _____

On my hardest day, I will always do this (include time/effort required):

_____

☐ *This is the minimum, meaningful effort I can take to preserve my identity in this area.*

Identity: _____

On my hardest day, I will always do this (include time/effort required):

_____

☐ *This is the minimum, meaningful effort I can take to preserve my identity in this area.*

Identity: _____

On my hardest day, I will always do this (include time/effort required):

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Identity: _____

On my hardest day, I will always do this (include time/effort required):

_____

☐ *This is the minimum, meaningful effort I can take to preserve my identity in this area.*

5. REFLECTION & COMMITMENT

Looking at the floors you defined in step 4…

Which one feels most important right now?

_____

Which one feels hardest to keep?

_____

What would change if you *never fully fell below these minimums again*?

_____
_____
_____

☐ *"My Minimum Viable Days are built to survive my real life."*

Signed: _____   **Date**: _____