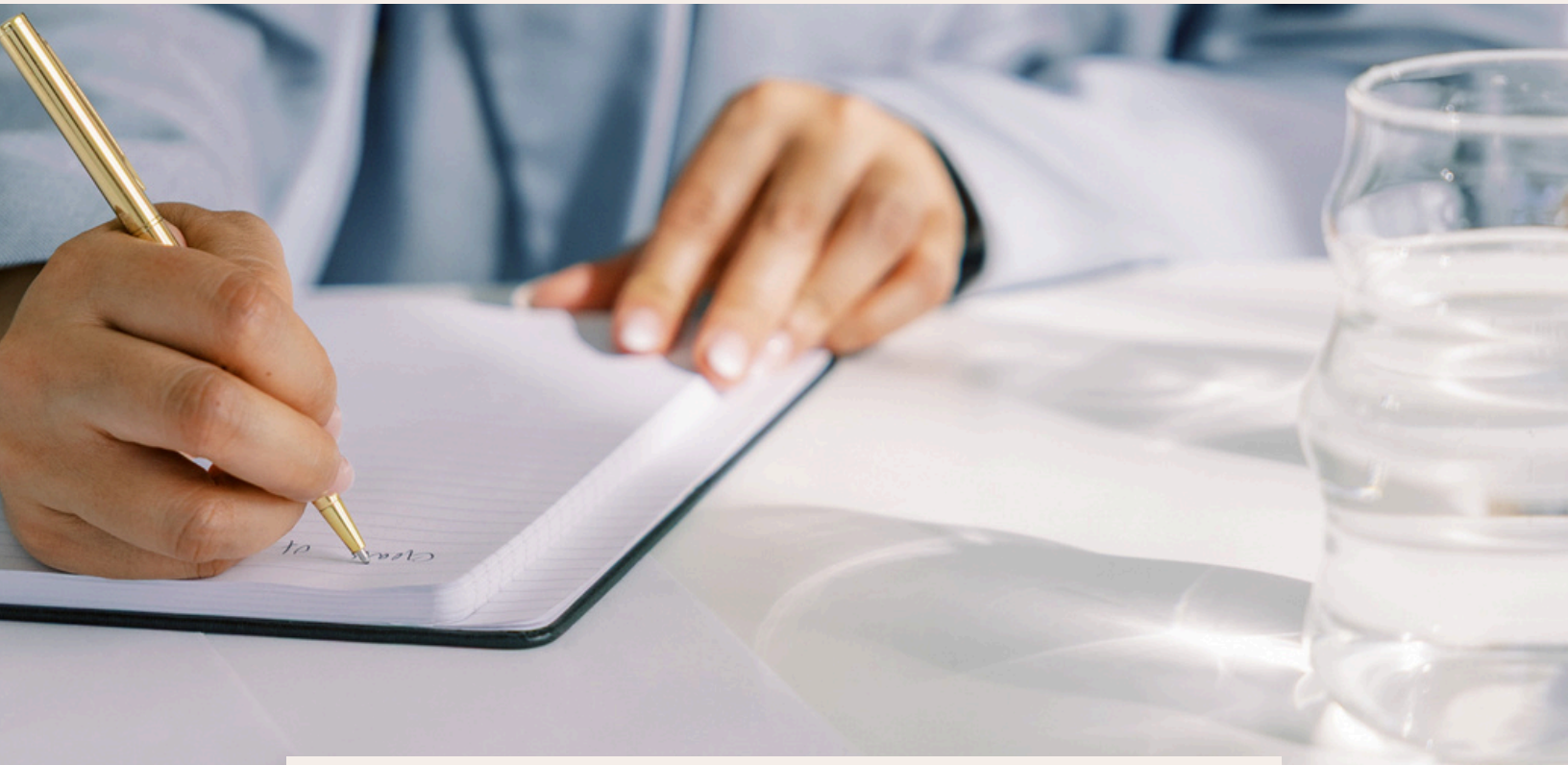
WORKSHEET

RECEIVE THE MUSE & LIVE WITH EUDAIMONIA

by kalika yap



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Start Here

Use this one page worksheet to set your aim, invite the Muse, and keep your work aligned with a good spirit for you and your business.

1) Today's aim

- The single thing I will move:

  _____

- Who it helps:

  _____

2) Eudaimonia check

- Is this aligned with my values? ☐ Yes ☐ No
- Will this help customers, team, or self flourish? ☐ Yes ☐ No
- If no, how can I adjust it:

_____

3) Tiny ritual

- Choose one cue that tells your brain it is time.

  ☐ Headphones on ☐ Kettle on ☐ One breath

  ☐ Short stretch ☐ Other: _____

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4) Invitation words

Say one out loud. “Enthousiasmos.” or “I welcome my daimōn.”

Write your own line:

_____

_____

5) 10 minute sprint plan

- Minutes 0 to 5:

_____

- Minutes 6 to 10:

_____

6) Friction finder

- Likely distraction:

_____

- My guardrail for it:

_____

7) After action notes

- What moved today:

_____

- One loose idea to revisit tomorrow:

_____

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Wrap up

Circle the feel ☐ Light ☐ Steady ☐ Heavy

Thank the muse. Book the next session: _____ at _____ .

You can't wait for inspiration. You have to go after it with a club.

- Jack London

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