

How To Create Your Highest Self List:

A Step-by-Step Guide

Ready to transform your daily habits into a powerful tool for success? This guide will walk you through exactly how to create your own Highest Self List. While my list works for me, your list should reflect your unique goals, values, and vision for your life. Let's break it down.

1. Define Your Highest Self (30–90 minutes)

Grab your journal and answer these questions in detail:

- If money wasn't a factor, how would I spend my day?
- What activities make me feel most alive, focused, and grounded?
- What habits would my best self prioritize?
- What does success look like across mind, body, spirit, career, and community?
- What time does my best self wake up and go to bed?
- What daily practices would make me proud?

2. Categorize Your Activities (20–30 minutes)

Break your ideal activities into five core areas: If money wasn't a factor, how would I spend my day?

- **Mind** - Activities that challenge you intellectually and maintain mental clarity. Reading, podcasts, courses, learning new skills.
- **Body** - Everything that supports your physical wellbeing. Workouts, nutrition, sleep, hydration, physical self-care.
- **Spirit** - Activities that nurture your inner self and keep you grounded. Prayer, meditation, journaling, gratitude practices.
- **Career** - Tasks and habits that move you closer to your professional goals. Networking, skill development, strategic planning, "moonshots."
- **Community** - Ways you connect with and contribute to others. Checking in with friends, mentoring, family time.

3. Create Your Stacks (30 minutes)

Organize your activities into time-based stacks:

- Morning Stack
- Midday Productivity Stack
- Evening Wind-Down Stack
- Nighttime Sleep Stack
- Standalone Activities (things you can do anytime)

4. Implement Habit Stacking

Look for activities that can be naturally paired together, like:

- Listening to a podcast while making breakfast
- Doing visualization while having your morning tea
- Reading while taking a footbath

5. Make It Visible

- Write out your complete list
- Keep it somewhere you can see it daily (I keep mine next to my desk)
- Use the provided Google Sheets tracker to monitor your progress

Remember:

- This isn't a to-do list – it's a menu of choices
- Start small – pick 2-3 items to focus on first
- Celebrate every win, no matter how small
- Adjust your list as you grow and evolve
- Track your progress but don't obsess over perfection

Want more guidance? Listen to the full breakdown on the Beyond Bold Podcast and read the detailed strategy on my Substack. And don't forget to tag me (@kylabolden) when you create your list!

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website: beyondboldpod.com

instagram: @beyondboldpod and @kylabolden

substack: kylabolden.substack.com