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YOU ONLY NEED 6 MONTHS TO CHANGE YOUR LIFE

The Four-Week Edit — envision, delete, install, track — then run the loop again every six months.

DAN MARTELL author of *Buy Back Your Time*



FROM THE VIDEO, NOT A BOOK
quotes checked vs. its transcript

youtube.com/watch?v=UvDgL8ShgXs

Don't burn your life down. Edit it — in four weeks, then live it for six months.

"Our lives today are a reflection of decisions we made 6 months ago." Most people spend six months *busy* and end up where they started. The fix: a four-step edit you set up once, live for six months, then repeat. Setup? *"you could probably do it in like 45 minutes."* Sticking to it is the hard part — so week 4 is about keeping score.

WEEK 1 — VISION

ENVISION

Where are you actually going?

YOUR 10.0 SELF

All your best moments put together in one day. Describe it as specifically as your life today, or *"That's just a wish."*

1. Four areas, no vague words: **body, bank, calendar, people**.
2. Write it as if it is Dec 31 and already true — *I weigh..., I made..., I spend..., I am surrounded by...* — plus who you *don't* see. Present or past tense, never future.
3. Make it a vision board — an AI image of you in that life. Wallpaper; look three times a day.

HAVE → BE → DO

Have: the goals. **Be**: *I am* statements (his: athlete, productive). **Do**: the habits that person keeps (*I don't drink*).

> ***"Hope is not a plan."***

WEEK 2 — CUT

DELETE

What is quietly holding you back? Cut before you build.

AVOID THE DRAGON

The one-tap app, the nightly wine. *"Willpower runs out."* Add friction.

1. Log your time every **15 minutes** for one week, on a timer.
2. Circle **red** what pulls you from the vision, **green** what pushes you toward it.
3. Cut the red; if you can't, add friction (a tap-to-lock brick for social apps).
4. Tell people your decisions; ask them to call you out.

FRIEND INVENTORY

Write the traits you want (his: positive, driven, financially successful, kind). List everyone from the last **60 days**: **vampires** drain you, **amplifiers** lift you. Shift time to amplifiers; *"love them from a distance"*, even family. Feed rule: would you dodge them at the mall? Unfollow.

WEEK 3 — BUILD

INSTALL

Fill the freed time with what changes your life.

SET THE THERMOSTAT

Environment beats attitude. Hamilton's 2025 move to Ferrari, no podium: *"Same driver, same talent, different environment."*

- **Good stuff easy:** gym clothes by the bed, tomorrow's water jug on the desk.
- **Upgrade inputs:** a feed of people doing what you want to do.
- **Bigger rooms:** be the lowest on the totem pole. To meet someone, *"ask past them": do you know anyone who could help with X?*

NON-NEGOTIABLES

1. 1–2 habits each for mind, body, business.
2. Start embarrassingly small: one page, one short workout, one call.
3. Habit-stack: vitamins by the toothbrush; Kindle by the hot tub.
4. Rewards *and* stakes. His rule: never skip the gym two days in a row.

WEEK 4 — SCORE

TRACK

Keep the machine running for six months.

> ***"Most people don't quit because they fail. They quit because they can't see they're winning."***

1. **North-star metric:** one number that proves you're moving — weight, revenue, pages, workouts. *"Not 20".*
2. **Daily scorecard:** the lead activities, in a spreadsheet, same time every day, no exceptions (his: last thing of the workday).
3. **Weekly check-in:** every Friday review and adjust; choose one or two moves for next week, "not 15".
4. **Go public:** post the photos and progress so you can't hide. *"Sunlight sanitizes all things."*

Then loop: after six months, run envision › delete › install › track again, and dream bigger. *"A life well-lived is well-examined."*

YOUR 6-MONTH SCORECARD

NORTH STAR	One number: _____ Today _____ Day 180 _____
DAILY (SAME TIME)	☐ _____ ☐ _____ ☐ _____ ☐ _____
NEVER SKIP TWICE	My 2-day rule habit: _____
FRIDAY REVIEW	What moved? What slipped? My 1–2 moves for next week.
STAKE / REWARD	If I miss: _____ If I hit: _____
TOLD	Who will call me out: _____

THE LOOP



"Don't wait till New Year's Eve because the calendar was never the point."

USE IT MONDAY

- Write your Dec 31 page: body, bank, calendar, people — numbers, past tense.
- Write three "I am" lines and the habits that person keeps.
- Set a 15-minute timer and log this week. Red and green on Friday.
- List everyone from the last 60 days; mark vampires and amplifiers.
- Pick one north-star number and a 5-line daily scorecard.
- Choose one stake that would genuinely hurt to lose.

FOR OUR BUSINESS

CFC · HALCYON · AVIOLOGY

ENVISION	DELETE	INSTALL	TRACK
Write each company's six-months-out page in past tense with real numbers you choose — e.g. CFC: students to licence; Halcyon: aircraft back on the promised day; Aviology: course completions.	One week of 15-minute logs for each manager and dispatch. Circle what doesn't serve the vision; cut it or add friction (fixed hours for walk-in questions, batched calls).	Embarrassingly small daily non-negotiables: one logged debrief per student flight; one written hand-over per maintenance shift; one piece of content per day.	One north-star per company, pulled from Pegasus, Phoenix and Griffin rather than a new spreadsheet. A Friday 20-minute review with the management team: one or two moves for next week.

FAIR WARNINGS

- His stakes (Porsches, a supercar, a mankini) are his scale. What matters is the cost: pick one that genuinely hurts *you*.
- Distancing from family is a personal judgment call, not a rule. And he notes Hamilton has since turned it around.

HOW THIS PAGE WAS MADE. Not a book. Built only from the YouTube auto-captions of Dan Martell's video of July 29, 2026 (saved Oct 19, 2026). Every quote was checked word for word against that transcript. The For-our-business box is our application, not his.

"6 months is 6 months. Let's start today and change your life." — DAN MARTELL