

■ Life System Framework Setup Guide ■

A step-by-step guide to help you get started

Welcome! This guide will walk you through setting up your Life System Framework in Notion. No prior Notion experience is needed—just follow each step and you'll be ready to use your new system with ease.

- 1 Create a free Notion account at <https://www.notion.so> (if you don't already have one).
- 2 Open the Life System Framework template link provided with your purchase.
- 3 Click **“Duplicate”** in the top-right corner of Notion. This will copy the template into your own workspace.
- 4 Once duplicated, you can access it anytime from your Notion sidebar on desktop or mobile.
- 5 Start with the **“About The Life System”** page—it gives you a quick orientation and overview.
- 6 Follow the suggested **“7-week onboarding path”** (outlined inside the system) to set up without overwhelm.
- 7 Customize your departments, consultants, and dashboards as you go—this is YOUR system, designed to grow with you.
- 8 Tip: Download the free Notion mobile app so you can keep up with your self-coaching from anywhere!

■ That's it—you're ready to begin! Take it step by step, and remember: this framework is designed to evolve with you. Start simple, stay consistent, and let clarity and flow build naturally.