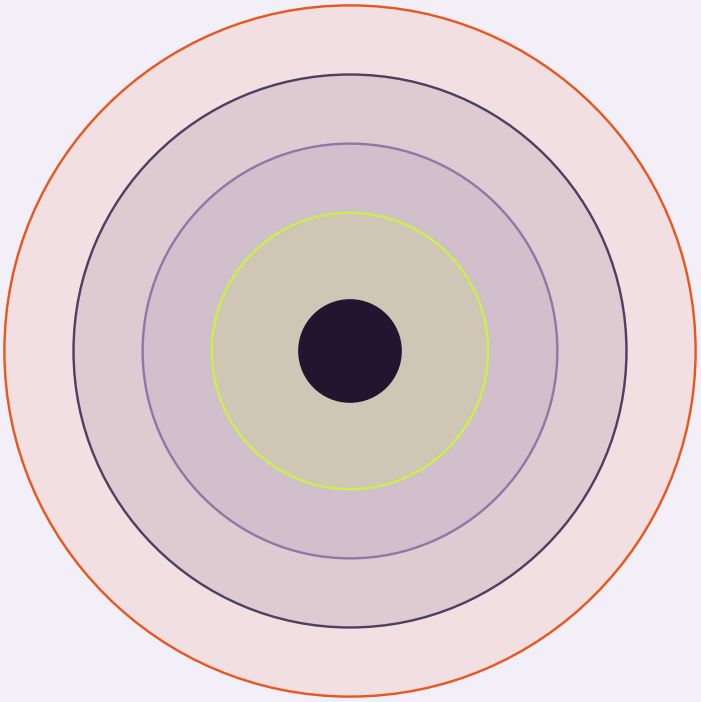


Life in Perspec-tive

A reading of the book by Tiago Forte (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Life in Perspective, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Tiago Forte's guide to the annual life review: the ARC method of appreciating the past, reflecting on the present and creating the future, in about eight hours.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

FROM THE BOOK · CHAPTER 1, WHY YOU CAN'T SEE YOUR OWN LIFE CLEARLY

“If you’re making progress toward the wrong thing, that’s not progress.”

Busy years feel productive. The review is the one day you check whether the effort is pointed somewhere you still want to go.

2

HOURLIFE TAKEAWAY

Reactivity is the real enemy of perspective: a life spent answering what's in front of you never gets to look at itself.

Forte's case for a set day: the review won't happen in the gaps, because the gaps fill with whatever is loudest.

3

FROM THE BOOK · CHAPTER 5, YOUR MEMORY IS LYING TO YOU

“What you appreciate appreciates.”

Starting with gratitude isn't a warm-up. Whatever you give attention to in the review is what grows in next year's plan.

4

HOURLIFE TAKEAWAY

Ask what the year was trying to teach you, not whether it was good or bad.

Grading a year invites a verdict. Asking what it taught you turns even a hard year into material for the next one.

5

FROM THE BOOK · CHAPTER 7, BEING PRESENT ENOUGH TO LET YOUR LIFE SHAPE YOU

“What is pleasurable is easy, and what is easy is sustainable.”

A review that feels like an audit gets skipped next year. Good food, a good place and music are part of the method, not extras.

6

HOURLIFE TAKEAWAY

Your body often votes before your mind does.

Forte looks for several signals at once (a lift in energy, a lean forward, a tight throat) before trusting that something is a yes.

7 HOURLIFE TAKEAWAY

Prune before you add: most of us have no room for a new project until an old one goes.

Cancel, pause or park the bottom of the list first. Then fill the two or three open slots with what the portrait asked for.

8 FROM THE BOOK · CHAPTER 12, THE SUPPORT SYSTEMS THAT TURN INSIGHT INTO FOLLOW-THROUGH

"To have more inflection points in your life, you need to have more reflection points."

The annual review is the big one, but the monthly hour and the six-month check-in are what keep it from fading by February.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Block eight hours before the year ends
- [ ] Write a touchstone phrase
- [ ] Walk back through the year a week at a time
- [ ] Write a gratitude list, then message one person on it
- [ ] Draw an excitement map before you plan anything

KEEP UP DAILY

- ◯ Keep a monthly hour with your project list
- ◯ Keep a resonance log all year
- ◯ Check in with a small group on what you planned

30 days · Nov 16 - Dec 15, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 16 - Dec 15, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Block eight hours before the year ends

Put the review in your calendar now, as one day, a weekend or four evenings, and treat it like an appointment you can't move.

MY VERSION

DONE ON

- [ ] SETUP 2

Write a touchstone phrase

One short line that says why you're doing this, such as "Do this for yourself".

Read it aloud when you start and whenever you drift.

MY VERSION

DONE ON

- [ ] SETUP 3

Walk back through the year a week at a time

Open your calendar, photos and notes and move through them in order.

Stop on what moves you; don't try to catalogue everything.

MY VERSION

DONE ON

- [ ] SETUP 4

Write a gratitude list, then message one person on it

Give each line a reason it mattered.

Then tell one person what they did and why it counted.

MY VERSION

DONE ON

- [ ] SETUP 5

Draw an excitement map before you plan anything

Write "life" in the middle, what excites you around it, and why on an outer ring.

Plan from that, not from last year's leftovers.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Keep a monthly hour with your project list

Once a month, check what moved and what stalled.

Nov 16 - Dec 15, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11 ○	12 ○	13 ○
14 ○	15 ○	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Keep a resonance log all year

Note what moves you as it happens: a line, a conversation, a day.

Nov 16 - Dec 15, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Check in with a small group on what you planned

Pick two or three people who also reviewed their year and meet every month or two to say what moved, what stalled and what you need.

Nov 16 - Dec 15, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

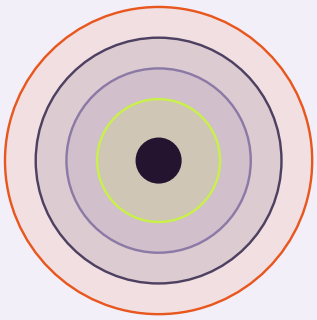
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The annual review is a form of insurance for your inner life.

TIAGO FORTE, LIFE IN PERSPECTIVE