

Grindplan – *Example*

Initial situation

You have chosen to pursue personal development with Mind-Craft of your own initiative. You have not yet completed any mental training, but you reflect on yourself intensively and are well aware of your strengths and weaknesses.

You are a father of two young children and married. Your time resources are very limited due to your full-time job and your responsibilities as a father and husband. You do not have many hours available to dedicate to yourself. Your wife is in a similar position. She is also working on her mental health and wishes that you invest in yours as well. You are physically and mentally healthy.

Sports are an important balance for you, even though it is difficult for you to maintain consistency due to your various roles (work, family). You try to go to the gym and/or swimming twice a week. Your motivation for sports comes from the mental aspects, as sports are a balance to your hectic everyday life. Through sports, you organize your thoughts, regain your focus, analyze problems, and define solutions. However, you lack consistency in implementation.

Your motivation for change comes mainly from your desire to be a more reliable partner and father for your family.

Personality and Mindset

Social Competence and Values

You are a loving, open-hearted, and immensely social person who is always a valuable resource for your family and friends. From the outside, you may appear distant. However, those who understand you know that community and closeness to others are especially important to you; you find the meaning of your life primarily in your family. Through your loyal and warm-hearted nature, you promote cohesion in your social circles and meet others with patience, understanding, and forgiveness. You are open and flexible towards the opinions and views of others and reject radical or extreme positions.

Reflection and Dealing with Challenges

Despite your emotional side, you are characterized by reflective and rational thinking. You consciously analyze situations, make considered decisions, and do not shy away from going into detail. Adversity and challenges have shaped you and made you a strong man who learns from mistakes and does not let setbacks discourage him. You are aware that you have already had to overcome various difficulties in life. Thanks to your perseverance, stamina, and fighting spirit, you have independently achieved various victories and trophies. You do not shy away from challenges but attack them. If you lose, you know how to get back up, analyze your mistakes, and attack again. These experiences have strengthened your desire to be an even greater support for your family.

Personal Patterns and Development Potential

You describe yourself as minimalist, lazy, and inconsistent—traits that have accompanied you since school and that you now want to actively change, as they burden not only you but also your environment. Your self-discipline is average and highly dependent on the situation. In phases of grief or overwhelm, your emotions occasionally take control, which sometimes leads you to unhealthy coping strategies such as alcohol consumption. Nevertheless, you know yourself very well, reflect regularly, and know exactly which points you want to work on.

In everyday life, you tend to postpone important decisions and prefer tasks that you enjoy, while you avoid unpleasant ones or “slip through.” After achievements, you actively seek rewards, which is an important drive for you. In stressful and pressured situations, you sometimes feel overwhelmed but usually find a pragmatic, though not always the most sustainable, solution. Your personality combines a strong, competitive mindset with situationally low willpower.

Motivation and Pressure to Change

The pressure to change has become great for you, as you feel it is time to take responsibility and be more present for your family. The urgency of your personal development is high, and your motivation to seek external support (Mind-Craft) is accordingly strong.

Assessment According to the OCEAN Model

To maximize self-reflection, it is essential to compare self-image and external perception and to recognize conclusions. The following model is ideal for this. You have already created your self-image as homework. Compare this with my external assessment and draw conclusions, which we will then discuss together.

The OCEAN model (also known as the Big Five) is a scientifically recognized personality model that describes a person's personality based on five fundamental dimensions. The name OCEAN is an acronym and stands for:

1. Openness: Describes how open and curious someone is about new experiences, ideas, and changes.
2. Conscientiousness: Shows how organized, reliable, careful, and goal-oriented a person is.
3. Extraversion: Indicates how outgoing, sociable, and energetic someone is in dealing with others.
4. Agreeableness: Describes how friendly, compassionate, cooperative, and helpful a person is.
5. Neuroticism (often referred to as emotional stability): Shows how emotionally stable or unstable someone is, i.e., how prone they are to stress, anxiety, or mood swings.

People can have high, medium, or low levels in each category. The OCEAN model is often used in psychology, coaching, and personnel development to better understand personalities and identify development potential.

It is crucial to understand that the more consciously you put yourself in a situation and adapt your behavior, the more you automatically shift the dimension of your personality over time.

Important: Since the assessment is always just a snapshot and is influenced by situational circumstances, it is merely an orientation and not a final categorization. The assessment can change at any time.

Self-assessment:

Pole					Dimension	Counterpole				
talkative, energetic, assertive, extraverted					Extraversion	quiet, reserved, shy, introverted				
1	2	3	4	5		1	2	3	4	5
reliable, friendly, compassionate, warmhearted					Agreeableness	cold, quarrelsome, ruthless, competitive				
1	2	3	4	5		1	2	3	4	5
responsible, cautious, well-prepared					Conscientiousness	careless, reckless, irresponsible				
1	2	3	4	5		1	2	3	4	5
stable, calm, content, balanced					Neuroticism	worried, unstable, moody, impulsive, sensitive				
1	2	3	4	5		1	2	3	4	5
creative, intellectual, open, curious					Openness	simple, superficial, unintelligent, uninterested				
1	2	3	4	5		1	2	3	4	5

External assessment (Mind-Craft):

Pole					Dimension	Counterpole				
talkative, energetic, assertive, extraverted					Extraversion	quiet, reserved, shy, introverted				
1	2	3	4	5		1	2	3	4	5
reliable, friendly, compassionate, warmhearted					Agreeableness	cold, quarrelsome, ruthless, competitive				
1	2	3	4	5		1	2	3	4	5
responsible, cautious, well-prepared					Conscientiousness	careless, reckless, irresponsible				
1	2	3	4	5		1	2	3	4	5
stable, calm, content, balanced					Neuroticism	worried, unstable, moody, impulsive, sensitive				
1	2	3	4	5		1	2	3	4	5
creative, intellectual, open, curious					Openness	simple, superficial, unintelligent, uninterested				
1	2	3	4	5		1	2	3	4	5

Problem Description

Desire for Change and Current Challenges

With your self-critical nature, you recognize potential in mistakes and problems. You accept (self-)criticism, but do not always implement it. Your motivation is high, but you sometimes have respect for the process of change and other burdens in everyday life.

In everyday life, days often go by without anything being moved forward. You describe yourself as minimalist, which repeatedly leads to problems. There is a lack of energy and self-initiative to implement changes sustainably. Despite repeated attempts to improve, you lack consistency. Projects that you start are often not completed. However, you consider the development process feasible, and the desire for mental change is clearly present. Sports help you regain focus, but you lose it again in the hustle and bustle of everyday life. Mind-Craft is intended to accompany you in building consistency during this development process.

To improve your quality of life and that of your family, you have recognized that you want to change the following behaviors.

Avoidance Behavior and Inner Barriers

You do not like to deal with yourself because you know you should develop further, and this is associated with work. As soon as bigger challenges or tasks become visible that you do not like (administrative tasks, finances, planning with your wife, household), the impulse arises to cancel or flee. Confrontation with your own “construction sites” thus leads to frustration and escape, even though the importance of self-development is known. This behavior is therefore not congruent with that of your better version: a stronger resource for your family.

Retreat from unwanted tasks usually ends in short-term gratification, often in the form of smartphone use. You spend too much time on your phone in the evenings, even though you should dedicate this time to your family. Intensive phone use robs you of focus and distracts you from your goals.

Lack of Consistency

Inconsistency is a central pattern that runs through various areas of your life (household, administration and finances, self-development, conflict resolution, etc.). Despite reflection and awareness of your weaknesses, you lack the energy to initiate sustainable changes and overcome the “inner pig dog.” When you remember your weaknesses or are reminded of them, you are temporarily consistent but quickly let it slip.

Because your behavior sometimes does not match your beliefs, intentions, and thoughts, a tension field (cognitive dissonance) arises.

To behave consistently, it is essential to understand the four basic human psychological needs according to Klaus Grawe’s consistency theory in relation to your situation:

1. **Attachment:** Need for closeness, security, and reliable relationships
You have conflicts with your wife due to a lack of resources to support the family, which strains the relationship.
2. **Orientation and Control:** Desire to understand the environment and have influence over your own life
You feel the desire to change, but do too little and avoid tasks instead of gaining control.

3. **Self-Esteem Enhancement and Protection:** Striving for recognition, appreciation, and a positive self-image
You repeatedly fail to meet your own standards and deviate from desired behavior patterns, which weakens your self-esteem.
4. **Pleasure Gain and Pain Avoidance:** Need for positive experiences and avoidance of pain or negative emotions
You seek short-term gratification (escape from tasks, smartphone use), which has long-term negative consequences (e.g., impact on your relationship with your wife).

Impact on the Environment

You are a very warm-hearted person who has immense love for his family. This love shows you that minimalism and avoidance of certain responsibilities are not long-term solutions. By postponing and neglecting tasks, others, especially your partner, have to take on additional responsibility and bear a greater mental load. You recognize that this behavior not only burdens yourself but also the family environment and want to change this to be a greater support for your family with more consistency.

Origins and Previous Coping Strategies

Inconsistency has been part of your personality since school. In the past, you often “slipped through” with minimal effort and considered this behavior a gift. Today, you see that this strategy/mindset has long-term negative effects, especially on the children, who need a better role model. You want to actively develop yourself and reprogram your mindset.

Goal Setting

You want to develop mentally in order to be a more steadfast support for your family, to provide your wife with more resources and relieve her burden, and to be an even better role model for your children. You strive to become the “best version” of yourself. The gap between your current self and your best version is as follows: A consistent, reliable man with a more structured daily life, control over finances, organization, and routines. You are ready to reduce distractions (e.g., phone time) and can already visualize your best version. The gap between your current and best version is not large.

Overarching Goal

I will become a reliable person who consistently shapes his life and is a stable support for his family. To achieve this, I must change mentally and develop my personality.

Short-Term Goal

- **Definition:** By the end of March, I will reduce my phone time in the evening by 50% (from 2 to 1 hour), complete my office work weekly, and exercise at least twice a week.
- **Measurability:**
 - Screen time max. 1 hour per evening (instead of 2 hours)
 - Complete office work once a week
 - Exercise 2–3 times per week (at least 30 minutes)
- **Achievability:** Effort approx. 2–3 hours per week
- **Relevance:** Create less distraction and more structure to be more present for the family
- **Timeframe:** Implementation within 3 months (8–12 weeks)

Medium-Term Goal

- **Definition:** By November next year, I will have established fixed routines for sports (3x per week) and office work (1x per week) and consistently implement my plans so that my partner perceives a significant relief.
- **Measurability:**
 - Office work and sports are fixed habits (at least 90% adherence)
 - Partner confirms noticeable relief (e.g., less mental load)
- **Achievability:** Through gradual habit formation
- **Relevance:** Consistency brings satisfaction and balance
- **Timeframe:** By the end of next year (12 months)

Long-Term Goal

- **Definition:** In 5 years, I will be a reliable and stable partner for my family, have my finances and organization under control, and actively live according to my values.
- **Measurability:**
 - Family describes me as reliable and stable
 - Financial and organizational areas are permanently regulated
- **Achievability:** Through continuous development and adaptation
- **Relevance:** Role model for children and stable partnership
- **Timeframe:** Within 5 years

Suggested Solutions

The analysis shows that inconsistent behavior is the origin of your urge for mental change. This creates cognitive dissonance, which undermines your self-esteem and lowers your quality of life, control, and attachment.

1. **Goal vs. Behavior:**

Example: You want to be a reliable resource for your family, but you act in the opposite way (avoiding tedious tasks like finances).

2. **Belief vs. Reality:**

Example: You know that self-development is important, but you avoid tasks that would contribute to it and remain in your comfort zone.

3. **Needs vs. Strategies:**

Example: Short-term pleasure (phone use) replaces long-term need satisfaction (conversations with your wife).

From this, we have defined the overarching goal that you become a reliable person who consistently shapes his life and is a stable support for his family. To achieve this, you must change mentally and develop your personality.

To initiate mental change, you need to stimulate your awareness and adjust your decisions and behavior regarding specific situations (for example, changing your reaction to administrative tasks by regularly putting yourself in these situations).

The more consciously you find yourself in these situations, the more you can intentionally shift the dimensions of your personality (OCEAN model) over time and, for example, expand your conscientiousness.

Be aware that personality development is influenced by internal factors (your intelligence, genetics, interests, goals, etc.) and external factors (family, friends, social expectations, economic conditions, etc.). Environmental influences affect your behavior. Through your behavior over time, you adjust your personality. Your personality, in turn, influences your environment.

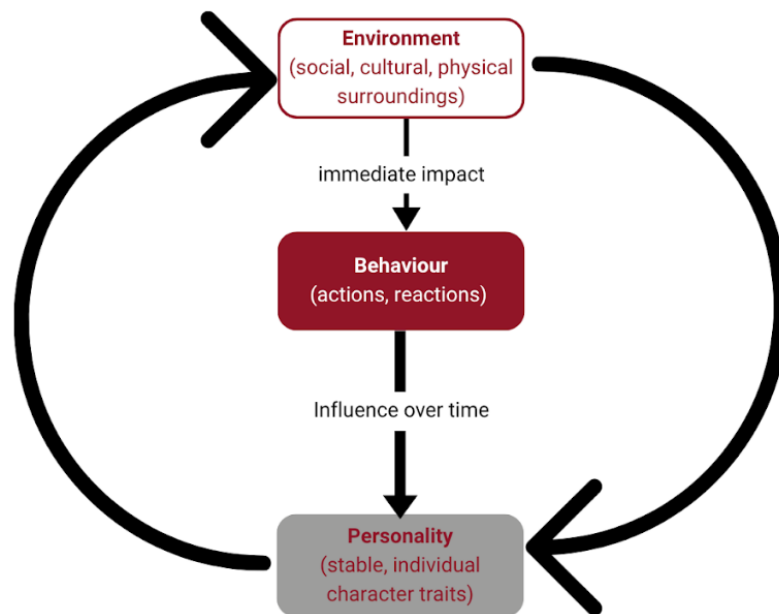
Example:

Your goal is to build consistency. You seek external influences through Mind-Craft (environmental influence) to build self-discipline. At the same time, you establish routines and plan your administrative tasks at home (behavioral change). If you maintain this training and your routines over time, the poles of your conscientiousness according to the OCEAN model will shift as you want them to. Your personality change, in turn, influences your family, as you become a greater support for your wife and children and thereby improve your quality of life.

Important: If you set a goal that does not match your current personality, you will initially need even more willpower to compensate for this hurdle: Your goal is more consistency, which, however, is not in line with your conscientiousness. You need more willpower to control your behavior.

The following graphic is intended to show you the reciprocal influences between environment, behavior, and personality:

INTERACTIONS IN SELF-DEVELOPMENT



The following suggested solutions and recommended tools are aimed at helping you achieve your goals: to promote your consistency, develop your personality, and thereby improve your quality of life.

Promoting Consistency According to Consistency Theory

1. Attachment:

- Plan regular feedback conversations with your wife, exchange your individual progress, and use the opportunity that both of you are in a mental development process.
- Create a joint ritual before going to bed: spend 25 minutes together without your phones (support app: Pomodoro timer).
- Fixed weekly 15-minute check-in with your wife (e.g., Sunday evening): What's coming up? Who does what? What was completed?

2. Orientation and Control:

- Reflect on your everyday life and build fixed structures and routines where it makes sense and where capacities/resources are available. This reduces decision-making load and increases reliability.
- Sports as a fixed routine: Sports bring not only physical balance but also mental strength and structure. Try to plan fixed days and stick to them.
- Create a weekly plan: Record tasks and sports sessions in your personal weekly plan and check them off. Visible progress motivates.
- Introduce administrative routine time: Instead of hoping that "desire" will arise at some point, create a fixed framework: e.g., every last Sunday of the month from 19:00 – 21:00 is "admin time"—important: this routine is non-negotiable.
- Set a daily timer: 5 minutes of full attention for administration (e.g., open letters, organize and file) and then ignore for the rest of the day.

3. Self-Esteem Enhancement and Protection:

1. Self-Esteem Enhancement: Make successes visible
 - Recognize success after completing a task:
Take conscious time to celebrate small progress. This strengthens your sense of competence.
 - Keep a success journal:
Write 2–3 sentences daily about completed tasks and successes. Visible successes increase self-esteem.
 - Conduct weekly review:
What have I achieved? What worked well? What is still blocking me?
2. Self-Esteem Protection: Mental alignment and identity
 - Formulate self-image statements (beliefs):
 - "I am someone who takes care, even when it's unpleasant."*
 - "I keep things in order because it's good for me and my family."*
 - "I am someone who gets things done."*
 - "I take care of things, even when they are annoying."*
 - Read these sentences aloud before starting your admin time. This helps you actively strengthen your identity and fight your inner resistance.
3. Self-Esteem Maintenance: Mindfulness and stress reduction
 - Meditation: Short meditation sessions (regularly 5 minutes) help reduce stress, recognize potential, and reduce threats to self-esteem. Meditation brings calm and clarity to your change process. You reflect on yourself, your successes, but also your losses.

4. Pleasure Gain and Pain Avoidance:

1. Consciously plan pleasant activities (pleasure gain)
 - Plan regular activities that bring you joy, e.g., sports, fire brigade service, time with family.
 - This increases motivation and makes your routines more attractive.
2. Reduce distractions (pain avoidance)
 - Remove unnecessary time-wasters from your everyday life (social media, TV, gaming).
 - Consciously control your smartphone screen time and set daily limits that you strictly adhere to.
 - Less distraction = less frustration, more resources, and more focus.
3. Use the reward principle (pleasure gain)
 - Goal: Your brain links administrative tasks with something positive.
 - After admin time, treat yourself to something small and pleasant, e.g.:
 - 15 minutes smartphone, YouTube, social media*
 - Call with a friend*
 - Evening walk with your family*

Strengthening Willpower and Self-Discipline

In our joint training, we focus on strengthening your willpower and self-discipline by regularly engaging in activities that are uncomfortable for you, thus consciously stepping out of your comfort zone. That's why it's important for you to understand how willpower and self-discipline are connected to consistency:

Consistency means that our behavior aligns with our thoughts, emotions, and goals.

Inconsistency arises when we act differently than we actually want. If these needs are not met over time, it can lead to low self-esteem, anxiety, or even depression.

Self-discipline is the ability to consciously control one's own behavior, regardless of external factors or current emotions, in order to achieve a specific goal. It is therefore a central tool for building consistency, as it helps us align our actions with our values and goals. Developing self-discipline requires willpower.

Neuroscientific studies show that professional athletes have a more developed anterior midcingulate cortex (amCC)—the brain region that plays a central role in willpower, self-control, and decision-making—than average people. The reason: professional athletes regularly train to forego short-term pleasure and instead do demanding things to achieve long-term goals. This proves: willpower can be trained by consciously leaving the comfort zone, accepting discomfort, and facing challenges. Willpower and self-discipline work together:

- We need willpower to establish new routines (e.g., going to the gym in the morning). At first, this takes a lot of energy.
- Over time, the action becomes a habit, and we need less willpower but more self-discipline to maintain the routine.

Since our motivation is strongly influenced by pleasure gain and pain avoidance, it's important to proceed in small steps. Our system is designed to avoid pain and feel good. That's why moderate rewards after demanding tasks are crucial, such as short screen time, a walk, etc. To make your progress in building willpower measurable and consciously perceptible, you should record all successes, setbacks, and thoughts in a journal. This strengthens self-reflection and makes your journey visible.

So be aware that in training with Mind-Craft, you will face what you usually avoid. This way, you will strengthen your willpower and self-discipline to maintain structures and routines and steer your behavior with greater consistency.

Your Toolbox

The following tools are available to support your development. They serve as aids in your mental change process. They help foster orientation, motivation, emotional stability, and structure. They help you keep your goals clearly in mind, strengthen your self-image, and create consistency between thinking and acting. These tools support willpower by increasing pleasure gain and making pain avoidance easier. In short: they are essential for overcoming blockages, building routines, and making the change process sustainable. These tools are psychological levers that help bring behavior, emotions, and goals into harmony—exactly what consistency theory demands. Use them when you feel weak, doubt yourself, or get stuck.

Psychological Tools

1. Your Trophy Collection

You have already proven many times in your life that you can withstand adversity and overcome challenges. Keep a list of all your achievements and anchor this list deeply in your memory. This

list is your personal trophy collection. When challenges arise, recall this list and remind yourself of what you have already accomplished and overcome. Remember what sets you apart and what you are capable of. Add every new trophy to your collection. You should continually expand your list.

2. Beliefs

People strive for their self-image and behavior to match. If we want to see ourselves as a certain person, we want to show actions that confirm this image. Beliefs are mental convictions that guide our behavior, thinking, and feeling. We act so that our behavior matches our beliefs (consistency theory). Positive beliefs strengthen our self-esteem.

- Example 1: Self-image statement
"I am someone who takes care, even when it's unpleasant."
→ You complete admin tasks because it fits your self-image.
- Example 2: Routine as an identity anchor
Belief: "I am organized."
→ You keep a weekly plan and a success journal to confirm this image.
- Example 3: Sports as a consistency booster
Belief: "I care about my health."
→ You stick to fixed sports appointments to support your self-image.
- Example 4: Self-esteem protection
Belief: "I am competent."
→ You do a weekly review to prove to yourself that you are making progress.

3. Visualizations

Visualizations help make goals clear and tangible, activate positive emotions, and strengthen self-image during mental change processes. Here are examples of effective visualizations to support your development:

- Example 1: Your best version
Draw your best version and assign it values (e.g., family, consistency, strength, love, etc.). Describe the image with keywords and give your best version a name. Recall this image at your next challenge.
- Example 2: Minimalist slacker
Just like with your best version, create a visualization of your worst version. Show yourself how you see yourself when you are inconsistent. Bring this image to mind when you falter and your behavior deviates from your best version.

4. Listing All Excuses

Create a two-column list. Next time you procrastinate, pull out this list and check whether it's a legitimate reason or one of your typical excuses:

- Left column: Legitimate reasons
Here you enter all realistic and objective reasons that explain or justify your behavior.

- Right column: Excuses/Pretexts
Here you enter all the weak or superficial explanations you usually use to excuse your behavior, even though they are not the real reason.

- Example:

Legitimate reasons	Excuses / Pretexts
Illness	"I didn't feel like it."
Unexpected work obligations	"The weather was bad."
Lack of resources (e.g., because of children/family)	"I was too tired." – Even though you slept enough.

5. Immediate Measures for Resistance

Emotion / Thought	Immediate Measure
"I don't feel like it"	Set a 5-minute timer, just start
"I don't know where to start"	Write a list, pick one thing first
"It takes too long"	Break the task into 3 mini-steps
"I'll do it later"	Do a micro-task now, plan the rest
"I'm overwhelmed"	Ask your partner for 5 minutes of support

6. Pay Attention to the Emotional Side

Unpleasant tasks are often avoided because they are linked to emotions: fear of failure, boredom, loss of control. Helpful questions:

- What exactly makes this task unpleasant for me?
- How can I make it more bearable? (e.g., play music, have coffee, reward afterwards)

Structuring and Organization Tools

1. Self-Binding

When the urge to procrastinate arises, it's very hard to resist. This requires willpower. Self-binding helps create an environment that generally keeps us away from temptations. There are three main forms:

- Physical self-binding:
Concrete physical measures to prevent access to the addiction
Example: Turn off your smartphone in the evening and lock it in a box.
- Chronological self-binding:
Restrict consumption to certain time windows
Example 1: Use your smartphone only after productive work
Example 2: Set time limits, e.g., limit daily smartphone use
- Categorical self-binding:
Avoid all activities linked to procrastination
Example 1: Use a blocking app that blocks certain categories (social media, entertainment) for set times
Example 2: Uninstall gaming apps, remove streaming services from your phone
Example 3: Block push notifications for social media apps

2. 2-Minute Rule

If something takes less than 2 minutes (e.g., sending an email, paying a bill, opening a letter), do it immediately. This greatly reduces mental load, as small things otherwise pile up in your mind. It also brings order and structure to your family life.

3. Create a Frictionless Environment

Make it hard not to act:

- Create a fixed place for administrative tasks ("admin office area" at home)
- Keep everything you need ready: laptop, pens, scanner app
- Remove everything unnecessary (e.g., deliberately place your phone elsewhere)

4. Don't Break the Chain Calendar

Mark every day with a cross when you've done something administrative (even 5 minutes count!). Goal: Visible motivation through progress.

5. Boredom

In sports, it's often said that focus is the currency of success, because the more we focus on performance, the more we invest in it and the greater the return. In our modern world, however, we are flooded with stimuli. Our brain constantly processes information, we are always distracted, and we lose focus on what's important. To set your priorities correctly, you must control your focus. Regularly put yourself in a stimulus-free zone. Use this "boredom" consciously to adjust your focus, create inner clarity, and recover your mind from everyday distractions and overstimulation.

Generally Useful Tools

1. Self-Reflection and Journaling

When it comes to self-development, self-reflection and journaling are essential tools that can be used at any time, regardless of the mental development process:

- They make our progress visible and measurable.
- They show us the potential in setbacks.
- They reduce mental blocks by consciously processing successes and setbacks.
- They show us the gap between our current self-image and our target image.
- They strengthen our self-esteem.
- They create orientation and control by promoting our routines and consistency.
- They maintain our motivation when building willpower by documenting our successes.

Final Words

The path of self-development is endless and immensely arduous—you will experience this yourself. Because progress takes a lot of time, the average person gives up early and considers it hopeless. If it were easy, we would all live our best versions and be perfect. So don't expect things to change overnight; you must work hard and disciplined on yourself. Whoever constantly builds houses becomes a master builder; whoever constantly paints walls becomes a master painter. You too must constantly work on yourself to become a master of yourself. Work even more intensively on yourself outside of our grinds. Try to always apply what you've learned and go through everyday life with your new mindset.

Be aware that as a father, husband, and employee, you are in intense life roles and your resources are therefore very limited. Invest your available resources wisely and thoughtfully in your self-development. Always take responsibility for your actions and decisions. Be honest with yourself and don't look for excuses. Face the truth and confront yourself.

This process is not a sprint that you decide on once. Self-development is a deeply rooted attitude to life, an endless journey that you choose every day. It's not about reaching your defined version as quickly as possible, but about trying to close the gap between your current and best version a little more every day until the end of your life. Focus on the process rather than the goal. This way, you will get the most out of your potential.

I am giving you a large number of training activities and tools that you can practice independently and outside of Mind-Craft to sustainably implement your mental change process. The goal is not to use all the methods. Find out for yourself which tools are best for you individually. This development is difficult and lengthy, as you are about to change deeply rooted habits and personality dimensions. Be aware that the whole thing takes time and you won't see results overnight. You are embarking on this path of development to improve your quality of life and that of your family. You should enjoy and perceive this process positively. There is no room here for compulsion, doubt, reluctance, perfectionism, fear of mistakes, or frustration.

Accept that this path is hard and don't fight against it. Find your own way to navigate this storm. The journey is the goal, and this journey is endless. Get started and keep going—you can do it! And don't forget: You are not alone!

Activities Plan with Mind-Craft

Activity	Date	Time	Place	Details
Analysis and initial consultation	Saturday, 08.11.25	10:00 am – 13:00 pm	Neuenhof	
Go Hard – Grind Activity: Distance Run I	Sunday, 30.11.25	06.00 am – 09.00 am	Neuenhof - Baden - Neuenhof	- 2 hours of running, followed by 1 hour discussing tools (visualizations, beliefs, routines, etc.), clarifying questions about the plan - Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run II	Sunday, 14.12.25	06.00 am – 09.00 am	Rüsler - Sennenberg - Heitersberg	- Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run III	Sunday, 04.01.26	06.00 am – 09.00 am	Neuenhof - Oberrohrdorf - Baden - Neuenhof	- Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run IV	Sunday, 18.01.26	06.00 am – 09.00 am	Neuenhof - Baden - Neuenhof	- Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof

Go Hard – Grind Activity: Distance Run V	Sunday, 01.02.26	06.00 am – 09.00 am	Rüsler - Sennenberg - Heitersberg	- 2 hours of running, followed by 1 hour of reflection and check-up - Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run VI	Sunday, 15.02.26	06.00 am – 09.00 am	Neuenhof - Oberrohrdorf - Baden - Neuenhof	- Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run VII	Sunday, 01.03.26	06.00 am – 09.00 am	Neuenhof - Eigi Wettingen - Boppelsen - Otelfingen - Würfenlos - Neuenhof -	- Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof
Go Hard – Grind Activity: Distance Run VIII	Sunday, 15.03.26	06.00 am – 09.00 am	Neuenhof - Baden - Neuenhof	- 3 hours of running, followed by 1 hour of reflection and check-up, discuss further steps - Recommended: Eat about 30 minutes beforehand (oatmeal, banana, or similar) - Bring: Running backpack with enough water, carbohydrates (e.g., bananas) - Meeting point: Landhaus, Neuenhof

Self-Directed Activities Plan:

Interval	Activity	Details
One-time: Saturday, 29.11.25	Self-study	- Important: Must be completed before our first Grind - Read through the Grind plan, note questions, select, create, and internalize tools - Define routines and structures, set up a schedule
Daily, 15 minutes	Admin Tasks	- Evenings: Check mail, open letters, organize letters
Daily, max. 60 minutes	Reduced Screen Time	- Evenings: Screen time max. 60 minutes
Weekly, 30 minutes	Boredom	- Reserve 30 minutes each week for emptiness. Spend these 30 minutes completely distraction-free in a quiet room without acoustic or visual stimuli. You can do this as meditation. - Use “boredom” consciously to adjust your focus, create inner clarity, and recover your mind from everyday distractions and overstimulation.
Weekly, 10 minutes	Check-Ups	- Weekly check-ups according to Excel
Weekly, 45 minutes (Sundays))	Self-reflection and Journaling	- When it comes to self-development, self-reflection and journaling are essential tools that can be used at any time, regardless of the mental development process. Reflect on your behavior, self-image & what happened during the past week. - Reflect weekly on the last 7 days, ideally at the end of the week (Sundays): - What were your successes? Record them and add them to your trophy collection. - What were your setbacks? Record your development potential (what do you need to improve?). - In which situations were you inconsistent? Why? Clarify for yourself. Adjust for the next week. - What changes do you notice? Measure your progress and write down the results.
Weekly, 15 minutes (Sundays))	Forecasting	- Prepare for the upcoming week: - What challenges do you expect in the next 7 days? - On which days will you likely need more energy and on which less? - Where do you see potential risks and time constraints? - Define goals for the next week.

Interval	Activity	Details
Biweekly, 3 hours	Mind-Craft Grind	- According to the activity plan with Mind-Craft
Monthly, last Sunday of the month	Administration (major)	- Financial planning, paying bills, major administrative tasks, family planning
Monthly, last Sunday of the month	Feedback conversations	- Feedback conversations with your wife How does she perceive your progress?

Interval (Weekdays)	Activities and Details
Monday	- Sports: Gym or swimming (fixed appointment, e.g. 8:00 pm), at least 60 minutes
Tuesday	- Boredom/Meditation: as per weekly tasks, 30 minutes
Wednesday	- Time with family (consciously without distractions, e.g. walk): at least 60 minutes
Thursday	- Short reflection: How has the week gone so far? Conversation with your wife about administration, planning, etc.: 60 minutes
Friday	- Sports: Gym or swimming (fixed appointment, e.g. 8:00 pm), at least 60 minutes
Saturday	- Morning: Sports (gym or swimming), at least 60 minutes - Community: Activity with friends or family (e.g. cooking together, excursion)
Sunday	- Morning: Leisure, relaxation, family, buffer time for administrative tasks - Reward for sticking to routines during the week (e.g. favorite meal, TV, relaxing with family) - Evening: Self-reflection & journaling, forecasting, check-ups, see weekly task

Check-Ups

Check-Up for Short-Term Goal

Goal: Reduce phone time, complete office work, exercise.

- **Phone time:**
 - Weekly evaluation using the screen time app (Target: max. 7 hours per week)
- **Office work:**
 - Weekly evaluation: Have daily admin tasks been completed? (Target: 5x per week)
- **Exercise:**
 - Weekly evaluation: Training sessions per week (Target: 3x per week)

Check-Up for Medium- and Long-Term Goals

Medium-term goal: Establish routines, noticeably relieve your partner.

Long-term goal: Be a reliable “rock,” have finances & organization under control.

- **Routine-Tracking:**
 - Phone time: Maximum 28 hours per month → 7h per week
 - Daily office work: 15 out of 20 per month completed → 75%
 - Exercise: 8–12 sessions per month → 2–3x per week
- **Partner-Feedback:**
 - Monthly conversations: “Do you feel relieved?” → Scale 1–10
 - Goal: Improvement by at least 2 points per year
- **Selbstreflexion:**
 - Monthly check: “How satisfied am I?” → Scale 1–10

Check-Up Mind-Craft

The Mind-Craft assessment helps you understand and strengthen two key mental abilities:

- **Grit:** Your perseverance and tenacity to pursue long-term goals despite obstacles and to build consistent behavior.
- **Self-Control:** Your ability to manage impulses, resist temptations, and complete tasks with discipline.

You rate 20 statements on a scale from 1 to 5. From your answers, you get:

- Scores for Grit and Self-Control
- An overall evaluation
- An overview of your strengths and areas for development

The assessment shows where you are already strong and where you can specifically work on your mental strength.