QBR = QUARTERLY BUSINESS REVIEW · FOR YOUR LIFE

THE LIFE QBR

The 20-minute review I run on my own life, every quarter

Every business reviews each of its units every quarter, and almost nobody does it for their own life. This is the one I run.

HOW TO USE IT Grab a pen and set 20 minutes. Score each unit from 1 to 5, honestly. Write one action with one date. Do it again in 90 days.

HEALTH

1 Can I climb three floors without stopping?
2 When did I last get a full check-up, and did I actually read it?
3 Am I training at least three days a week?

SCORE [1] [2] [3] [4] [5] ONE ACTION _____ BY _____

CAREER

1 Am I still learning, or repeating last year?
2 If this role ended tomorrow, do I know my next move?
3 Is the work costing me more health than it pays?

SCORE [1] [2] [3] [4] [5] ONE ACTION _____ BY _____

MONEY

1 Do I know my monthly spend to within ₹10,000?
2 Could I go six months without a salary?
3 Am I buying time, or just buying things?

SCORE [1] [2] [3] [4] [5] ONE ACTION _____ BY _____

FAMILY

1 When did I last spend quality time with them?
2 Do they get my best, or what's left over?
3 What's the one thing I keep promising and not doing?

SCORE [1] [2] [3] [4] [5] ONE ACTION _____ BY _____

TOTAL [/20] LOWEST UNIT _____

Total /20. **The lowest unit gets the first action.** Same questions every quarter. Watch the trend, not the score.