

TURN ONE GOAL INTO A DAILY PRACTICE WITH MUSE

Choose something you genuinely want to develop. Then let Muse keep it in your orbit—one useful action at a time.

01 / CHOOSE

START WITH ONE GOAL

Tell Muse what you want to move forward and why it matters. You don't need the steps yet—work them out together.

"I want to make progress on this goal: _____. Help me find a practical way to work on it."

02 / SHAPE

ASK FOR A DAILY ACTION LIST

A broad intention gets easier when Muse turns it into small, specific things you can do today and revisit tomorrow.

"Turn this goal into a daily action list with steps that are small enough to keep doing."

03 / MIX

MAKE THE LIST VARIED

Ask for a thoughtful mix: something to read, a video to watch, a question to consider, an assignment to try.

"Mix readings, YouTube videos, reflection questions, and practical assignments into my list."

04 / TRACK

TURN IT INTO A CHECKLIST

A checklist keeps you from backtracking. As the check marks add up, progress becomes visible—almost like a game.

"Put these resources and assignments into a checklist so I can see what I finished and what comes next."

05 / REFINE

IMPROVE IT AS YOU USE IT

Say what held your attention, what felt like too much, which formats worked. The list can change as you learn.

"Keep what is working, adjust what is not, and shape the next list around what I actually finish."

06 / CONTINUE

MAKE MUSE AN ACCOUNTABILITY PARTNER

Check off what you finish, talk through what each item taught you, and keep taking the next manageable step.

"Keep this goal in front of me. Give me a manageable next step and ask how the last one went."

THE LIST IS ONLY THE BEGINNING.

Each reading, video, question, or assignment offers another bit of insight into the goal you chose. The value isn't just getting things done—it's becoming more intentional about something you want to grow.

Start small: choose one goal, ask for one useful next step, and keep refining the rhythm until it feels like yours.

A RESOURCE FROM MYAGELESTBEST