

**CONFIDENTIAL**

# LAWS OF LIFE

DITCH THE SYSTEM.  
DESIGN YOUR LIFE

JACK SPIRKO

## **How to Use This Workbook**

This workbook isn't here to hold your hand or give you gold stars. It's here to give you space to think, plan, and execute — on your terms, in your life, without excuses. You're not here because you need motivation. You're here because something in you knows it's time to get serious and build a life that actually works.

Each section in this workbook lines up with one of the 16 Laws. You'll find space to take notes, define action items, write your own mental codes, and pull out your top takeaways. These aren't school assignments. This is real-time, real-world clarity. Write what matters. Ignore what doesn't. If something stirs up a business idea, a strategy, a reminder of what you've been avoiding — write that down. This is your personal operating system, and it's going to evolve every time you engage with it.

The progress tracker isn't for show — it's for accountability. You either applied the law or you didn't. You either talked about it with someone you trust, or you kept it to yourself. This book doesn't care. But you should. Treat it like a punch card for real-world impact. Every box you check moves you one step closer to living on your own damn terms.

Use this tool how you want. Flip around. Start where the fire is. Or go straight through and build momentum. Just don't treat it like a book you'll "get to someday." You've got it open — now put it to work.

I also resisted the urge to make this document a PDF this will let you edit it with MS Word, add to it, give yourself extra space, etc. Why? Because this is really all about you, you are the commander of your life so take command here, add to my framework for you and make it perfect for needs. Print it out if you want to do it with pen and paper, leave in electronic if you prefer. Like everything else in your life your really are in control.

**Chapter One - Always be on time, when you are late you are saying your time is more valuable than the other person's is.**

**Summary Thought:**

**Mental Code to Remember:**

**Reflection Prompt:**

**Action Items:**

**Write Your Own Code:**

**Business / Network Ideas This Inspired:**

**Top 3 Takeaways:**

1.

2.

3.

**Progress Tracker Update:**

- Applied this law in my life this week
- Talked about this concept with someone I respect
- Set a goal to apply this law consistently going forward

**Chapter Two - Always be frugal, never be cheap. Frugality breeds wealth, cheapness leads to poverty.**

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**Reflection Prompt:**

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**Chapter Three - Everything is a cycle, if you want to know what is coming next, just look at what happened before.**

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**Top 3 Takeaways:**

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**Chapter Four - Never take the advice of anyone, on any specific thing that they have not proven to be highly competent at.**

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**Top 3 Takeaways:**

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**Chapter Five- All power granted to the state will be abused and used incompetently so think carefully before granting them any such power.**

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**Reflection Prompt:**

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**Top 3 Takeaways:**

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**Chapter Six - What you do matters, nothing effects your life more than what you do or choose to not do.**

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**Chapter Seven - The greatest failure of leadership in America is at the individual level. Learn to lead yourself and others eventually will follow you.**

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## Chapter Eight - When you are wrong, apologize for what you did, not how you made the other person feel

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**Top 3 Takeaways:**

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**Chapter 10 - When it comes to what you want and those you love, no one will ever care as much or work as hard as you.**

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**Reflection Prompt:**

**Action Items:**

**Write Your Own Code:**

**Business / Network Ideas This Inspired:**

**Top 3 Takeaways:**

1.

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**Chapter 15 - Always keep your word, especially when doing so is difficult.**

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**Reflection Prompt:**

**Action Items:**

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**Top 3 Takeaways:**

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2.

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**Chapter Sixteen - Keep your true friends to people who you want to be a little more like in some way”**

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