



Modern productivity has led us to believe
a fundamental lie.

The lie: action equals progress.

Action alone, even disciplined action, can be misleading. Constant action can act as a placebo for productivity, giving us the illusion of progress. And oftentimes, this illusion of progress comes at the cost of the things that are most important to us—things like peace, connection, contribution and fulfillment.



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LEANING AGAINST THE WRONG
WALL.

—Thomas Merton

Often we're told that if we accomplish as much as possible in a day's time that we'll feel accomplished come day's end. However, this approach to life more commonly results in us feeling distracted, drained and perhaps a bit anxious. This blind trust in perpetual goal-setting and action can leave us at the close of a year, decade, or career, asking ourselves *what really mattered here?*

Most modern productivity thinking focuses us solely on doing—on completing tasks and crushing goals—but no real effort is spent in understanding why we are here, who we are becoming and what matters most.

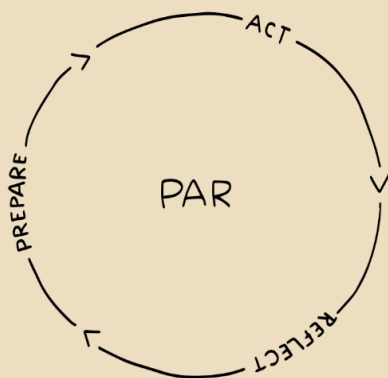


What if instead, we took a step back and started asking those bigger questions now and then allowed the insights we gain to influence our actions each day? And what if we built those questions into our daily routine so that every moment matters?

The PAR Method seeks to help us answer those very questions and is the core foundation from which all of Monk Manual's products are designed. PAR is a daily process that guides the most curious and inspired of doers towards a more meaningful and transcendent human experience.

PAR METHOD

The PAR Method offers a daily rhythm for peaceful being and purposeful doing.



P: PREPARE

Intentionally prepare for your day, week and year.

A: ACT

Live through action in the present moment.

R: REFLECT

Grow in awareness and insight.

Begin Again

As this virtuous cycle repeats, it moves us further along the path of personal growth and fulfillment, teaching us how to engage with every moment we're given to the fullest.

Within the simplicity of the PAR Method lies a powerful engine for growth.

In time, living into the rhythm of Preparation-Action-Reflection becomes second nature, shifting us from action as an end in itself, to action as a means for growth and transcendence.

The genius of the PAR Method is that it's a continuous and intuitive cycle that builds on our everyday lived experience. Our attentive preparations influence our actions, which help us to engage every moment with the purpose and freedom that emerge from clarity. Following that day's plans and actions with reflection helps us to learn the lessons life is presenting to us so that we can grow in awareness and wisdom for living the next day better.



~~Get more things done~~

~~Crush your goals~~

~~Build great habits~~

~~Focus on efficiency~~

~~Grow in knowledge~~

~~Cultivate control~~

~~Prove your worth~~

Do your most important tasks well

Realize your deeper desires

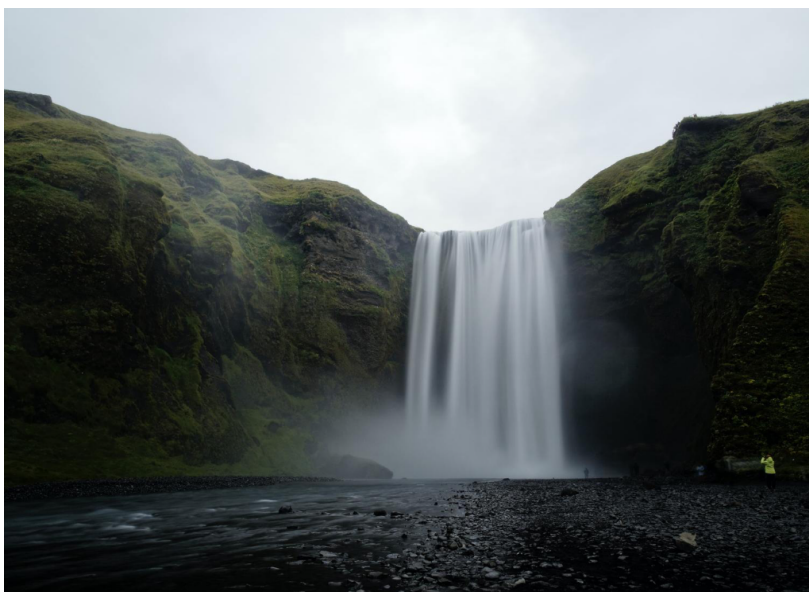
Build character habitually

Focus on intentionality and awareness

Grow in wisdom

Cultivate relationships

Share your gift



Live life full.

The PAR Method is about the potential of life. More specifically, it is about the potential of YOUR life. Everyday, your life tasks present opportunities for both being and doing—of internal growth and external progress. If you are willing to engage this process of life with intention and presence, you will learn to transcend the flat life-of-grind to one that is full of peace, purpose *and* productivity. Ultimately, you learn to invest your time and unique gifts in your life's most important work—that of becoming fully yourself and sharing your gifts with the world.



As more and more people become interested in, and in need of, some form of mindfulness in their lives, the Monk Manual serves as their best guide. MM's founder, Steven Lawson, has masterfully distilled the most essential and ancient practices from the masters themselves to help others successfully summit both their personal productivity and peace one day at a time.

As the pace of our world increases exponentially each and every day, so too do the expectations we place on ourselves and our productivity. Not only does our society's beloved "always busy" paradigm invite unwelcomed stress and misplaced pride, but most often results in inefficient practices and time expenditure. The Monk Manual is the first template of its kind to help course-correct the most driven and thoughtful of minds and deliver them to the finish line an evolved planner and person.

The Monk Manual does an expert job of teaching its users that in order to best fill the cups of others and our work, we must first fill our own. It accomplishes this feat by fluently intertwining practices of self-awareness and reflection, with the success of our most ambitious priorities and goals.

If you put in the work, so does the Monk Manual. It's the first planner of its kind to so seamlessly integrate awareness, efficiency and mindfulness into the intentions for your coming days, weeks and months. The Monk Manual is a true and proven testament of the saying "you get what you give."

