



sensible living

Create Systems To Live The Life You Want

Practice Overview

Experienced, trusted, insightful, and conscientious.

Premier thought partner for creating systems for aligned daily living and discovering meaningful work.

Encouragement. Rigor. Accountability. Wisdom.

Sensible Living is a 1-1 coaching service helping high achievers create systems to live the life they want. As Gandhi said, “Action expresses priorities”. Our decisions, how we choose to live from moment-to-moment, express what we care about in our lives. And too often, the only thing stopping us from living an aligned life is ourselves – our systems, environments, epistemology, heuristics, and blind spots. Since 2018, we have worked with some of the most successful executives and investors to ensure that their systems for living, both personally and professionally, are fully aligned with their goals and values.

Our Clients' Backgrounds



Our Background



Founder & Your Coach
Teddy Daiell

Leveraging over 12 years of experience and expertise in corporate strategy, private equity, start-up leadership, and 1-1 coaching, Teddy provides strategic coaching to high achievers to upgrade their systems, environments, and decision making.



Core Service: Sensible Living

We help high achievers create systems to enable daily living that is fully aligned with their goals and values. There is no single correct answer to the question “*How do I live well?*”; but there is a unique and exciting answer for every one of us. The journey to discover who we are and how to live well is the paramount work of our lives.

Our clients want external perspective, strategic thinking, and greater alignment for their physical health, mental health, social health, direction, productivity, and fun & adventure.

In our 1-1 coaching sessions, we will help you define: your pillars of living well & their importance; your guiding principles; and your key rituals. We will then systematize your pillars, principles, and rituals to make success the default outcome.

“Teddy was a great source of insight and help on a range of issues, from the humdrum daily to-do-list to the audacious life goals. He provides energy, encouragement, accountability, and wisdom, along with a great framework and some really helpful tools. For the first time in a long while, I feel as though I am moving in a productive direction.”

Sean, Entrepreneur

Examples of Sensible Living engagements include:

- Bolstering success rate for an investor’s morning mental health routine by modifying their bedroom & living room environments and bedtime routines
- Improving dietary adherence for a consultant’s nutritional goals by modifying their office environment and work-related routines
- Creating an entrepreneur’s morning & evening direction routines by clarifying their goals, designing novel experiments, and ‘childproofing’ their systems with contingency plans

Core Service: Discovering Meaningful Work

We help high achievers create systems to enable meaningful professional lives. Only 1 in 20 people think their current job is the most meaningful work they could imagine having. Our clients understand that meaning is a fundamental building block of human flourishing, well-being, and life satisfaction. They want to discover what they really want and why, and to create a professional life filled with intrinsic motivation and autonomy.

We designed a program to help high achievers cultivate meaningful professional lives:

- First, decide what to optimize for. Our clients discover what they really want and why. They generate meaning hypotheses, draft a life purpose statement, and define meaningful work.
- Second, decide on constraints. Our clients explore their constraints, boundaries, blind spots, limiting beliefs, and aspirations. They clarify the current state, dream what is possible, confront & mitigate downside risks, and synthesize clear constraints & boundaries.
- Third, define the solution space. Our clients create a shortlist of exciting visions of success for their next professional act. They dream of divergent paths and converge on priorities.
- Finally, make success the default outcome. Our clients cultivate systems and processes to empower self-efficacy in iterating and experimenting to success. They set ambitious goals, create their meaningful work system, and break down barriers.

"Teddy is exceptional. He structures your work, keeping you accountable and motivated!"

Tim, Executive & Investor

Examples of Discovering Meaningful Work engagements include:

- Silicon Valley titan wanted help deciding on and systematizing allocations for their time, money, and energy across investing, operating, advising, and their personal life
- Technology executive wanted help figuring out what meaningful work might look like, and translating that into systems & processes to discover their next professional step

Partnering with Sensible Living

Our Coaching Methodology

We utilize coaching principles and methods from Motivational Interviewing (MI), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).

Personal Candor

We get to the heart of the issue, helping you figure out what you really want and what is constraining you, to make the most out of your future impact and potential.

Pushing (& Not Violating) Boundaries

We listen with curiosity and compassion, testing and pushing your boundaries. We will not allow you to lie to yourself with bullshit excuses. We will not let you give up or be too hard on yourself.

"Teddy is an incredibly insightful human being who gets to the core of the matter quickly. He's willing to ask the difficult question in a caring way and takes a holistic view of anyone's situation, appreciating the various factors that may be influencing someone's behavior."

Brent, Executive

Bayesian Reasoning

We discover actionable, testable hypotheses and experiments to ensure that what you think you really want is feasible in the real world.

Empower Self-Efficacy

We co-create personalized systems and processes with you to make achieving success the default outcome while acting within your values.

Personal Ownership

We cannot and will not do the work for you.