

LIVING YOUR  
**BEST YEAR EVER**

**ALSO BY DARREN HARDY**  
*The Compound Effect:*  
*Multiplying Your Success. One Simple Step at a Time.*

# LIVING YOUR BEST YEAR EVER

A Proven System for Achieving  
BIG GOALS

**by Darren Hardy**

Bestselling Author of *The Compound Effect*,  
*Design Your Best Year Ever* and Publisher of *SUCCESS* magazine

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*“Dream no small dreams for they have no power  
to move the hearts of men.”*

—Johann Wolfgang von Goethe

## ACKNOWLEDGMENTS

First, I have to give thanks to my personal-development mentor, the late Jim Rohn. You will see his influence throughout this program. Many of the big goals I have accomplished in my life are attributed to the inspiration and great instruction in my apprenticeship with this incredible man.

Next, I must give thanks to the entire team at *SUCCESS* magazine and *SUCCESS* Media. While the words and ideas found in this program are the result of a process and system I have followed to accomplish my personal goals for two decades, they helped me formalize it into the beautifully designed book you have in your hands.

Special thanks to the editing talent of K. Shelby Skrhak, *SUCCESS.com* editor, and the design wizardry of Carl Waters, *SUCCESS* creative director, and Tim Kuck, graphic designer, who did all the brilliant layout work.

Lastly, and most important, my goal-planning partner and beautiful wife, Georgia. It is her inspiration and support that propels me to continually pursue the best within me.

*“Goal setting is the most important aspect of all improvement and personal development plans. Confidence is important, determination is vital, certain personality traits contribute to success, but they all come into focus in goal setting.”*

—Paul J. Meyer



## PREFACE

**H**ello friend. I know you. I may not know you personally, but I know about you. I know you want to do something great with your life. I know you want to have more, achieve more and become more than what most everyone settles for in life. I know you have unrealized dreams, greater aspirations and a desire to do something significant with your life.

I know this because you bought this program. You see, you and I are alike. We are achievers. Some people are afraid of the concepts in this book. They don't want to do more. They are afraid of having big goals. They are afraid of stepping away from the herd of average and out of the comfort of mediocrity. But that's not you. YOU are the one I designed this program for.

### THE TOP 3 PERCENT

By choosing to participate in this program, you have separated yourself from almost everyone else—or at least the remaining 97 percent of the population that don't give thoughtful contemplation to their life's desires nor chart a proper course to take their life in that direction.

Most people are more diligent about making their grocery lists than they are about designing their lives. That is why it is so easy to get ahead in life, stand out and move ahead. Most people—97 percent of them—couldn't be bothered.

Sad but true... but not you. Here you are. Congratulations!

Is it that easy to step away from the herd and step ahead of everyone you work with, compete against, live around, associate with and meet on the street? The answer is yes!

### IF IT'S SO EASY, WHY DOESN'T EVERYONE DO IT?

In this program, I will show you how to achieve in a few months what it takes others an entire lifetime to achieve. If you've got the ambition and passion to radically redesign your future, then this is the program for you.

Whenever I am asked the No. 1 skill that has been responsible for my success, I am quick to answer: my ability to set, stick to and achieve big goals.

I learned the principles of goal setting when I was only 18 years old. I set an outrageous goal to earn a six-figure income (while still attending college) before my 19th birthday. I hit that goal. Then I set a goal to be earning a million dollars a year in just five years. I hit that goal. Then I set a goal to be worth several millions and have my company doing more than \$50 million in revenue only three years later (age 27). I hit that goal! Needless to say, I am a big believer in the study and practice of setting goals.

There is a reason why goal setting doesn't really work for most people. Goal achieving is not simply the act of writing down a list of wishes, as if it were a Christmas list, with the hope you will wake up one morning with your goals realized. That is not how it works. There is a very specific process for not only discerning what you really want and what is most important to you, but also the development of a specific plan of action that will keep you motivated and accountable long enough to see those goals and dreams come to fruition.

Over the last 20 years of my life, I have voraciously studied, practiced, tweaked and refined the process of designing each year with the goal to make it even better than the last one, making it the best year ever. I know it works and now I share it with you. You now hold in your hands that formula—the very best I have learned and proven to work for achieving big, audacious and wildly ambitious goals.

Follow this program and you too will have the formula to achieve your own great dreams, desires and outrageously exciting goals.

Welcome. Life will never be the same again as soon as you turn the next page and get to work with me.

Cheers to your best year ever!

A handwritten signature in black ink, appearing to read 'D Hardy', with a stylized flourish at the end.

## INTRODUCTION

**B**ack during World War II, enemies torpedoed a Navy cruiser carrying more than 1,100 crewmembers. As the ship sank into the frigid water, the crew floundered in the sea for five days. They were starving, drowning, and being attacked by sharks. The ocean current pulled nine of the guys away, splintering off from the rest of the ranks. Seeing these men were beginning to lose their will, a young officer started asking them about their families and lives back home. He asked them to describe what they were going to do when they got back. He asked them what they wanted to accomplish and what difference they wanted to make. He had them envision how scared their spouses and children were; how their parents must feel not knowing if they were alive. He asked them to fight to stay alive, not just for themselves but for their loved ones back home. Finally a passing plane spotted the men in the water. Two-thirds of the 1,100 crew members perished. However, all nine inspired by that young officer lived.

This story helps illustrate the importance of vision. The Bible explains, where there is no vision, the people perish. What is the vision for your life? It needs to be bigger than yourself. What are you willing to fight for; who are you willing to fight for; or rather... live for?

My name is Darren Hardy, publisher of *SUCCESS* magazine. In this book, I will help you answer some life-changing questions: What's your grander purpose in life? What really motivates and ignites your passion? What will keep that passion burning long enough for you to achieve your wildest, most outrageous goals?

Do you remember all the big dreams you had when you were younger—dreams so exciting that you could barely wait to grow up so you could pursue those grand dreams? You had those dreams for a reason—your inner potential was casting a vision of what is possible for you. Somewhere along the travels, trials and tribulations of life you may have forgotten your dreams, got distracted, or believed other people who'd lost their dream that yours wasn't possible either.

I want to help you rekindle those dreams and show you they're not only possible, but attainable. We'll build the path that will lead you directly and expeditiously to them.

Reminds me of the story about a large, majestic mountainside where a fragile eagle's nest rested. The eagle's nest contained four large eagle eggs. One day an earthquake rocked the mountain causing one of the eggs to tumble down the mountain to a chicken farm, located in the valley below. By instinct the chickens knew they must protect and care for the egg, so an old hen volunteered to nurture the large egg.

One day, the egg hatched and a beautiful eagle was born. But the eagle was raised to be a chicken. Soon, the eagle believed he was nothing more than a chicken. The eagle loved his home and family, but his spirit cried out for more. While playing a game on the farm with some of his chicken friends one day, the eagle looked to the skies above and noticed a group of mighty eagles soaring in the skies. "Oh," the eagle cried, "I wish I could soar like those birds." The chickens roared with laughter, "You cannot soar with those birds. You are a chicken and chickens do not soar."

The eagle continued staring, at his real family up above, dreaming that he could be with them. Each time the eagle would let his dreams be known, he was told it couldn't be done. The eagle, after time, stopped dreaming and continued to live his life like a chicken. Finally, after a long life as a chicken, the eagle died—a chicken.

What's the moral of the story? If you listen to the chickens around you, you'll live and die like them—a chicken. Inside you is that eagle. How do I know? You wouldn't have picked up this book if something inside you didn't connect to it. This is your call to soar. You are an eagle. It is time to follow YOUR dreams and not the words of chickens.

NOW is your time. Now is YOUR time to soar. I'm a believer that things happen for a reason and there aren't any "accidents." This is your opportunity; this is your time; this is your chance... but it is up to YOU to get the hint and answer the call.

Are you living the life you envisioned for yourself? Are you where you thought you would be by now? Did you think you would be richer and healthier, have a better intimate relationship and more friends, experience more joy and have more peace of mind than you do now?

I want to help you rekindle those dreams and show you they're not only possible, but attainable. We'll build the path that will lead you directly and expeditiously to them.

It's time for a turning point.

You've probably heard the definition of insanity—doing the same things over and over and expecting different results. If you want this year to be different than last year, then now is the time to do something different.

## **A VERY INSPIRING REALIZATION**

No matter what your past has been, you have a spotless future.

Humans are unique. We are the only species who can completely change the course of our lives. Ants can't do it; alligators can't and lions can't either. If a goose wanted to fly west instead of south for the winter, it couldn't. Animals are directed entirely by impulse written into their genetic code. But we are different. As a human, if you don't like the story of your life thus far, you can rip up the script and write a completely new one.

Ask anyone who has achieved great success in life; they all had a defining turning point, a time when they made a clear and resolute decision that from that moment forward, their life would never be the same. They drew a figurative line in the sand and separated the patterns of their past from their new vision of themselves and the life they were committed to leading. Some make that turning point at age 15, some not until they're 50; some do it several times throughout their lives and some never at all.

My challenge to you is this—make NOW your turning point.

This year, this month, this day, this moment—what you have accomplished so far is only a fraction of what's truly possible for you. You are far more powerful, capable and gifted than you allow yourself to be. The only thing separating you from your grandest vision of your life is courage. Muster the courage to declare that right now, this year is your turning point.

Make a decision. When the clock strikes midnight next year, you'll be able to look back at this moment and this year as your pivotal turning point for the dream life you will be enjoying.

## **HOW TO USE THIS PROGRAM**

Each step of this program will be a new layer to the cake. It's important you complete each step of the process before moving to the next. If you add frosting before the cake is done, it will get messy. So will your plan.

Now let me warn you. You might be excited and committed to designing your best year ever, but life will soon get in the way. You'll need to consciously force yourself to carve out time to do this, then stay committed to the weekly Achievement Management System (AMS).

This IS the master skill for success, so if you don't do the work, you won't get the results. I can't tell it to you any simpler than that. Don't miss this process then complain how your life isn't working out how you thought it would. This is it, but you have to do the work. Stick with me. It's simple and relatively easy to do—it is certainly easier than making excuses why you are not living up to the potential you were given and still living in the pain of discontent.

## **LET THE JOURNEY BEGIN!**

It's time to design and live your best year ever!

# STEP ONE

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## THE WHY IS MORE IMPORTANT THAN THE HOW

As you will learn throughout this program, it is always more important to know why to do something than how. Oftentimes, the how is laborious, tedious or even frustrating. If there is not a compelling enough reason why, then you're not likely to persevere through the how. So before we go through the labor of designing your best year ever, let me start off by explaining why you should set goals in the first place.

When I attended the funeral of another mentor of mine, Paul J. Meyer, I was reminded how full, rich and diverse a life he led. He achieved, experienced and contributed more in one lifetime than the lives of 20 combined. Reading his obituary made me reassess the speed, quantity and sheer size of my goals.

If Paul were here, he would tell you the reason for the quality and quantity of his successes came down to two skills: setting and staying committed to big goals. In fact, he wrote one of the first programs on the topic called the "Dynamics of Personal Goal Setting." A couple of ideas I will share with you come from my studies and practices of that program.

### THE TWO COMMON TRAITS OF SUPERACHIEVERS

People often ask me what common traits I observe as I interview and get to know many of today's superachievers. My answer is quick because those commonalities are shared by nearly 100 percent of them. The two strategies used by almost all great achievers are:

1. An unyielding commitment to constant learning; and
2. Clearly written goals that have specific plans laid out to achieve them

So, here's a question for you: If you knew that devoting a few hours could multiply the results you're getting in your life tenfold over the results your peers or competitors are getting and ten times more than what you'd achieve without defining your goals on paper—would you do it? Would it be worth it? Easy answer, but it's easier said than done.

Let me outline the compelling advantages that having clearly designed goals gives you.

## **THE KILLER ADVANTAGE OF SPEED**

No matter your background, education or current level of success, if you master the skills and process I'll show you, you can instantly gain a speedy advantage over everyone else around you. You can access more of the grand potential within yourself and achieve more in a year than others could accomplish in their entire lifetimes. You can achieve vastly more in a shorter period than you ever imagined.

I have seen many people with average intelligence run circles around the supposed geniuses. The one who learns the skills of effective goal-setting and achieving will become far more wealthy, successful and happy than many geniuses who don't even know what they really want!

Put it this way: A genius will still get lost in a foreign country without a map. Even a numskull will arrive at the destination faster if they have a clear destination and follow a map. **HAVE A MAP** of where you want to go.

Here is an example of how goals give you direction and speed: three boys out hiking came to an open field. They decided to have a contest to see who could walk the straightest line. The first two boys studied each step, carefully putting one foot in front of the other. When they looked up they could see they had zigzagged or arched off in one direction or the other. The third boy walked a perfectly straight line and did it with much more speed. How did he do it? He kept his eyes focused on a single tree in the distance and simply walked directly toward it. While most people may be paying attention to what they are doing or where they are going day to day, it is only when you have goals set out on the horizon that you can directly and expeditiously advance your life in that direction.



Learning to set goals is the master skill of success. Without goals your life is like a boat without a rudder. You drift along with the current, inevitably crashing onto the rocks time and time again. Proper goal-setting puts you in a speedboat and gives you a target to steer toward. You will go directly to your destination and arrive with great speed.

## DISCOVERING YOUR INDOMITABLE INNER POWER

Have you tried before and failed? After your initial excitement to make a change has faded, have you found it difficult to stay motivated long enough to see your goal through? Not to worry. This time can be different. This time I will help you find your unconquerable inner power, drive and unrelenting passion. No, it's not your willpower. It's your "Why Power." This kind of power will drive you to move mountains, swim oceans and walk through fire to accomplish your goals.

Let me pull an excerpt from my book *The Compound Effect: Multiplying Your Results. One Simple Step at a Time* to make this clear.

*If I put a 10-inch-wide, 30-foot-long plank on the ground and say, "If you walk the length of the plank, I'll give you \$20," would you do it? Of course, it's an easy twenty bucks. But what if I took that same plank and made a rooftop "bridge" between two tall buildings? For the same \$20, would you walk across that sky-high plank? Probably not.*

*However, what if your child was on the opposite building, and that building was on fire and the flames were licking at her neck. If you didn't go across she would certainly perish. Would you walk across that plank to save her? Likely, your answer would be, "Absolutely and immediately!"*

*Why is it that the first time I asked you to cross that sky-high plank, you said no way, yet, the second time you wouldn't hesitate? The risks and the dangers are the same. What changed? Your "why" changed—your reason for wanting to do it. You see, when the reason is big enough, you will be willing to perform almost anything.*

Here's a story to help illustrate this. In the Andes Mountains, there were two warring tribes that not-so-peacefully co-existed—one that lived in the lowlands and the other, high in the mountains. One day, the mountain people invaded the lowlanders plundering and kidnapping a baby from the village. They vanished with the child and took her back up into the mountains. The lowlanders—pushed to action at the disappearance of one of their own—didn't know how to climb the mountain. They didn't know any of the trails that the mountain people used, and they didn't know where to find the mountain people or how to track them in the steep terrain. Even so, they sent out their best party of fighting men to climb the mountain and bring the baby home.

The men first tried one method of climbing and then another. They tried one trail and then another. After several days of effort, however, they had climbed only a few hundred feet. Feeling hopeless and helpless, the lowlander men decided that the cause was lost, and they prepared to return to their village below.

As they were packing their gear for the descent, they saw the baby's mother walking toward them. They realized that she was coming down the mountain that they hadn't figured out how to climb. They saw that she had the baby strapped to her back. How could that be?

One man greeted her and said, "We couldn't climb this mountain. How did you do this when we, the strongest and most able men in the village, couldn't do it?"

She looked intently at them and said, "It wasn't your baby."

The power of your *why* is what motivates you through the grueling, mundane and laborious tasks. All of the *hows* in life will be meaningless until your *whys* are powerful enough. Until you've set your desire and motivation in place, you'll abandon any new path you seek to better your life. If your "Why Power"—your desire—isn't great enough and the fortitude of your commitment isn't powerful enough, then you'll end up like every other person who makes a New Year's resolution and gives up too quickly and reverts to living a life of ho-hum mediocrity. Not you, not anymore.

The person who has a clear, compelling and white-hot burning reason *why* will always defeat the best of the best at doing the *how*. We see this reality played out repeatedly. It's where greatness and extraordinary achievement comes from.

It's time we unlock that deep-seated passion and embolden you with the indomitable power and fortitude of your "Why Power." This program will give you the keys to unlock it.

*"He who has a why to live for can bear almost any how."*

—Friedrich Nietzsche

## HOW GOAL SETTING *ACTUALLY* WORKS

Let me reveal the mystery 'secret' of goal-setting. You only see, experience and get what you look for. If you don't know what to look for, you certainly won't get it.

By our very nature, we are goal-seeking creatures. Your brain tries to align your outer world with what you are seeing and expecting in your inner world. When you instruct your brain to look for the things you want, you will begin to see them. In fact, the object of your desire has probably always existed all around you, but your mind and eyes weren't open to it.

This is actually how the Law of Attraction really works. It is not some mysterious, esoteric voodoo, as it sometimes is described. It's far simpler and more practical than that.

We are surrounded by billions of visual, audio and physical messages each day. To keep ourselves from going insane, we ignore 99.9 percent of them. You only really see, hear or experience those you focus your mind on.

Make sense? It's not mysterious at all; it's actually quite logical. Whatever your mind is thinking on the inside is what it will pay attention to on the outside. All of a sudden, you 'see' it.

Did you ever start car shopping and then you started to see the model and make of that car everywhere? Seems like there are tons of them on the street all of a sudden. More likely, they have been there all along, but you weren't paying attention to them. Thus they didn't really 'exist' to you before.

When you define your goals, you give your brain something to focus on and look for. You give your mind a new set of eyes to see all the people, circumstances, conversations, resources and ideas. They help you go about matching up the outside with what you want on the inside—in other words, your goal. It is that simple, but the difference in how you see, experience and ‘draw’ ideas, people and experiences into your life after you have clearly defined your goals is profound.

Through this program I will guide you through all the potential pitfalls to ensure you have the precise formula for achieving the boldest goals and wildest ambitions you can dream up! So, take a moment right now to look in the mirror and say goodbye to your old self. *Life will never be the same starting today.*

I will warn you now, though. If you are going to take this journey with me, you will need to be serious. Be serious about significantly changing the trajectory of your life. Be serious about wanting to access your great, but maybe mostly dormant, potential and set it free. Be serious about challenging old thought and behavior patterns and declaring new choices. Now is the time to establish new behaviors, build new skills and take bold, new actions to realize your great goals today!

Are you up for the challenge? If you are serious and ready to commit to this process, I promise you it will be one of the most important decisions you will ever make for your life’s success. I can personally testify to this.

See  
**WORKSHEET**  
on page  
45

## **ACTION ITEM** ➔

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Make your commitment now by signing the **COMMITMENT PLEDGE** enclosed in the book.

Being committed is like being pregnant: You either are or you aren’t.

# STEP TWO

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## YEAR IN REVIEW

**H**istory often repeats itself. Why you quit your first diet is likely why you'll quit your next one. The communication problems from your first marriage will likely surface in your second. The New Year's resolution you failed to complete last year will likely be your resolution this year. But how do you avoid making the same mistakes? Learn from your past successes and failures.

*“Those who cannot learn from history are doomed to repeat it.”*

—George Santayana

### WHY MOST GOAL SETTING FAILS

Here is an excerpt from my feature article in the January 2010 issue of *SUCCESS* magazine: “Why Goal Setting Doesn't Work” on five reasons why most people fail to reach their goals.

#### **1. Wish List and Cross Your Fingers**

As I said in the article, you cannot simply write down a list of wants on New Year's Day, stick it in a drawer for the rest of the year and wait around for your life to change.

#### **2. Clear as Mud**

Your goals have to be crystal clear. You have to give clear instructions to your brain in order for it to see and ‘draw’ into your life what you need to accomplish your goals. Just like the combination on a lock, the digits in a phone number or an ATM code, if the instructions are off by only one digit, they won't work.

### 3. All Talk

Proclaiming your goal is just the starting point. Now you have to actually draw a map for exactly how you are going to get there and define the resources you'll need to arrive safely.

### 4. Houston We Have a Problem

You must have your own command and control system to keep on track along your journey into the unknown.

### 5. Lack of Reinforcements

And don't forget the support and guidance of people and resources you will need along the way.

Before marching blindly into the next year, the first, and most important, activity is to take a look back at the year just finished. Take an inventory, add it all up and see how you did.

In this section, we'll learn how to examine your past successes and failures through an important process I learned in life called "Plan, Do, Review and Improve."

## PLAN, DO, REVIEW AND IMPROVE

What were your successes, and where did you come up short? What has worked, what didn't? Which were good decisions, which were bad? It's important to learn the lessons of life quickly or you will be apt to repeat them. The smack in the head gets harder, and tuition for the lesson gets steeper each time. So it's better (and less painful!) to learn each lesson the first time.

The process of Plan, Do, Review and Improve will help ensure that you get the intended lesson and schedule the necessary improvements to triumph in the next round.

The process is a simple one. First, you make a **Plan** or set goals. (Not planning is a plan, too—just a bad one.) Next, you **Do** or execute. Then, you assess how you did in **Review**. In the review stage, you measure your accomplishment, counting your wins and losses. Then finally, make necessary adjustments to **Improve**.

*“The definition of insanity is doing the same thing over and over again and expecting different results.”*

—Albert Einstein

**Here’s a quick tip:** *When doing my yearly review, I keep last year’s calendar, photo albums and online photo storage service handy to help jog my memory of all the events and activities of the past year.*

We will review the entire year, so start thinking. What were the 10 best things that happened to you or your family last year? Your answers could be that you purchased a home, had a child, got promoted or started building your own business. There’s no right or wrong answer. Just the honest truth. And yes, you have 10. They may not spring to mind all at once, but think of 10 great happenings in your life.

Continue your inventory, thinking of your greatest accomplishments, the lessons learned, the personal-development tenets you’ve employed and the smartest decision you made last year. Skip this step, and you might not even realize you are off course until too much time has passed, too many resources have been spent, and your life is on the rocks.

See  
**WORKSHEET**  
on page  
46

## **ACTION ITEM** ➔

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Complete the YEAR IN REVIEW worksheet in the index so you can get on your way to **Plan, Do, Review, and Improve.**





# STEP THREE

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## FOUNDATION OF ABUNDANCE

*“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”*

—Oprah Winfrey

I’m here to tell you, there is one thought that can change your life. This one thought can:

- Create great wealth
- Bolster your health and keep disease at bay
- Unlock your greatest potential
- Forge and fortify deep abiding love
- Inspire great joy to the point of bliss

Of all the thoughts you experience and control, there is one that can profoundly transform your life on a daily basis—**Gratitude**. Realizing what you already have is an important step to creating your goals for what you want.

### THE CREATION PROCESS FORMULA

We get out of life what we create. Simple enough, right? We are all creative beings. We all arrive the same—naked, vulnerable and ignorant. What becomes of our lives from that point forward is what we create for ourselves.

# INPUT ➔ THOUGHT ➔ EXPECTATION ➔ CREATE ➔ LIFE RESULTS

So what drives and determines our creation process?

In a word, *expectation*. You may have heard the saying, “Expectation manifests into creation.” Thus, expectation determines what we create in our lives.

So what then are we expecting? Why does one person have a different expectation for life than another? It’s our thoughts that drive our expectations. Whatever we’re thinking about becomes our expectation of what will happen. Good or bad, our thoughts have a powerful effect on our lives. This is why many of the great self-improvement books have focused on the power of thoughts: *Think and Grow Rich*, *The Power of Positive Thinking*, *As a Man Thinketh*, *The Magic of Thinking Big*, etc.

**This is why what you think about comes about.**

## PREVENTING THE FATAL MISTAKE

During the goal-setting process, you can actually turn this creative process against you. As you design the life you want, you will be fixated on the life you don’t have. You will focus on all you don’t have, what you haven’t accomplished and all that you are not, yet. While you need to have a vision for where you want to go and who you want to become, it is critical to first get centered, grounded and affirmed with the abundance you already possess. You want your mind and creative process fixed on abundance. An abundance mindset comes from realizing and appreciating all that you already have and all that you already are.

**Gratitude is the attitude that changes everything.**

We can stop the natural, negative doubts deep inside our minds by redirecting them toward abundance. This simple shift can change your world and all that you can create in it. An attitude of gratitude adjusts your mind to focus on the positive. Thus, you'll see, discover and create more of the same, experiencing more abundance, prosperity, well-being, love, joy and happiness.

## **THE CONTINUED TANGIBLE BENEFITS OF GRATITUDE**

### **Health**

Research has proven that practicing gratitude improves our emotional and physical well-being, reduces stress, worry, fear, anxiety and the conditions closely associated with these emotions such as high blood pressure, depression, heart disease, and immune system deficiencies. Gratitude can save and prolong your life.

### **Relationships**

I loved what *SUCCESS* cover personality Joel Osteen said in my interview with him. He said our romantic partners usually fulfill only about 80 percent of our needs. Most people, however, focus on the 20 percent that's missing. Thus, they ultimately become unhappy and unfulfilled. Sadly, many people will leave their relationships to find that 20 percent in someone else. What they find is that "new" person will also fulfill only about 80 percent of their needs as well—they're just different needs and expectations from their last partner.

The key is to focus on the 80 percent that is right, wonderful and beautiful about your partner and your relationship. Your positive perspective will change how you behave, interact with and support your partner, and your partner will respond to this more positive behavior in kind. Gratitude can build and deepen your relationships.

### **Wealth**

When you see the glass half-full versus half-empty, you will start to see the abundance of water all around you. When you attune your mind to abundance, you will start to develop new ideas, and see the opportunity and potential all around you. Your positive outlook will change how you walk, talk and interact in the world. Other influential and resourceful "birds of a feather" will also see the commonality and flock to you. Gratitude can make you wealthy.

## GRATITUDE IS A CHOICE

It can become a positive habit—but only with discipline. With continued exercise, practicing gratitude will create more abundance, prosperity, well-being, and happiness than you ever thought possible.

In order to create abundance you must first acknowledge and appreciate the abundance you already have. If you operate from what you lack, you will continue to produce outcomes to match it.

To turn this around, start thinking about the great abundance you already possess. This attitude or mindset will now attract more of itself into your life. Your external life will begin to mirror your new internal one.

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

—John F. Kennedy

I know the power of gratitude. So, to help calibrate my creative “attraction magnets,” I start my New Year’s goal writing by first reminding myself of what I am already grateful for.

Sometimes, we get so focused on the goal ahead, that we don’t see what we already have beside us.

Review the many blessings in your life and expose areas in your life that are wealthy, abundant and prosperous. Concentrate on the abundance you already possess and you’ll find it easier to focus on what’s possible and what you can accomplish, versus what you lack and what you have failed to get thus far. With such a positive look at the past, you will be able to turn toward the future with arms wide open—ready and willing to receive all of the blessings yet to come.

Remember, like attracts like. An abundance state of mind will be the proper workshop for your inner creative genius to work its magic.

*“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”*

—Thomas Jefferson

See  
**WORKSHEET**  
on page  
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## ACTION ITEM ➡

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In the GRATITUDE worksheet, I will help you recognize what blessings you already possess, but it’s important to understand this exercise isn’t a once-a-year activity. Recognizing your abundance should happen often. Incorporate this into your routine as an everyday activity. It’s as important as brushing your teeth or taking a breath, and it should be just as automatic.



# STEP FOUR

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## YOUR BALANCE SHEET

**B**efore we charge forward in declaring bold goals and charting a course to get you there, let's get a clear idea of where you are now and what areas you want to improve and maybe some that you need to. This is a crucially important step for two reasons:

### **RECOGNIZE LIFE IMBALANCE**

We often see people who have become successful in one area of life, but are utter disasters in many other areas. Tabloids are full of this kind of drama, with headlines of bitter divorces, drunken driving arrests, family feuds, racist rants, bulimia, drug rehab, depression and suicide attempts. Many of these same people, the ones many Americans idolize, are some of the most unhappy, insecure and depressed people you will find. Why? Their focus on succeeding in one area of life created a great imbalance with the other areas.

### **BUILD A LIFE PLAN FIRST**

Someone shared with me an incredibly poignant distinction once that changed my entire orientation to goal setting and how I prioritize my energies and efforts. He said, before you build your business plan, build your life plan.

Figure out what kind of life you want to have first—where you want to live, what type of people you want to surround yourself with. Do you want to work nights and weekends? Do you want to travel? How much and where? Do you want to be home for dinner every night? Do you want a short commute? What type of environment do you want to go to each day and how do you want to dress? Ask yourself these questions.

Then build your business or professional plan around those criteria. Make your business plan fit your life plan, not the other way around.

Whoa! I had been doing it all backward! You?

Most of us have done exactly the opposite—we build our business plan first, outlining all our big goals, plans and ambitions, then figure out how to fit our life around that (usually sacrificing our social and family life in the process). Soon we reach the end of our lives and find out we paid too high a price of what was most valuable in life for too little.

*“Life without balance can cost you your relationships. Life without balance can cost you your health. Life without balance can cost you your spirituality. Life without balance can cost you your wealth and your happiness. So find things to motivate you from all areas of life. Your success depends on it.”*

—Jim Rohn

Don't let that happen to you. By opening this book, you're trying to find the right balance for you and your life's desires.

## ACTION ITEM ➡

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See  
**WORKSHEET**  
on pages  
49-55

Complete the LIFE ASSESSMENT and WHEEL OF LIFE worksheets in the index and let's see where you are now. There are no wrong answers. There is no grade, no rating, not even an interpretation of your responses other than



your own thoughtful assessment. Be honest and truthful with yourself—even when the truthful response is a little embarrassing or painful. Remember that no one else will see it, so be truthful. You will never succeed by deceiving yourself.

## GUIDELINES FOR GOAL SETTING

Before you begin setting your goals, let me walk you through some guidelines.

There are many trapdoors people fall through when setting goals that can render their goals ineffective, or even counterproductive. Let me lift the lid on these trapdoors so you don't fall in them.

## 10-POINT CHECKLIST FOR GOAL SETTING

These guidelines will direct you with subtle and seemingly inconsequential adjustments while writing your goals that will help you transform your wishes and aspirations into results.

### 1. Don't Just Think It—INK IT

The weakest ink is stronger than the strongest mind. Unless you write down your goals, they are often lost in the shuffle and excitement of new problems, challenges and decisions. Eliminate outside interruptions.

*“Reduce your plan to writing.... The moment you complete this, you will have definitely given concrete form to the intangible desire.”*

—Napoleon Hill

### 2. Suspend Reality

Pretend it is only a game; play in fantasy for a while. Let the giant that lies dormant inside you out to play. If you had every skill, resource or ability in the world, what would you do? What would you set out to accomplish? Don't filter, qualify or judge.

*“The same thinking that has led you to where you are is not going to lead you to where you want to go.”*

—Albert Einstein

Remember, do not prejudge your ability or worthiness to have and achieve whatever your mind conceives. Let your thoughts flow.

Are you feeling uneasy already? Understand you are not committing yourself to everything, or anything, you write down at first. You are brainstorming, letting your imagination take a stroll. There will be time to separate out the outrageous and absurd, but to start, just play with reckless abandon. If a genie popped out of a lamp and could grant you 10 wishes in every one of these categories, what would you write down? Go for it!

### **3. Go BIG**

Average people with meager beginnings who have risen to become extraordinary, world-changing achievers have proved it countless times: Anything you can clearly visualize and genuinely desire is within the realm of possibility for you.

*“Whatever the mind can conceive and believe, the mind can achieve.”*

—Napoleon Hill

Your mind doesn't care about the size of your goals. If you set little goals you'll achieve little goals; if you set big goals you can achieve big goals. And for the most part it takes just as much time, energy and life force to achieve big goals as it does little ones. Go BIG!

Here is what Laird Hamilton, American big wave surfer, had to say about going big when we sat down with him at *SUCCESS*: “All of us are capable of setting up our dreams as lofty and as high as our imaginations can bring us. When you lack imagination, it's difficult to create a goal. You have to dream, and you have to have some imagination to say, ‘Here's a big goal, now let's go conquer it.’ ”

We have been given great promise, which requires very little from you... only to ask. As Scripture says, *“Ask and it will be given to you; seek and you will find; knock, and it will be opened to you.”*

Give yourself permission to dream big and risk big. What would you go for if you knew success was guaranteed? If you could write the script for your character’s role in life—and it could be anything—what role would you write for yourself? What’s your secret ambition? What have you always wanted to do, have, be, experience, but have been too afraid?

What is your BHAG? Your Big Hairy Audacious Goal. What is that one thing that even the thought of it makes your palms sweat a little?

You are called for greatness. Answer the call. Expect greatness from yourself. Your responsibility is to live out your greatest potential and be the best you possibly can be. Right here, right now.

Expect little and, as a result, receive little.

***“Don’t set your goals too low. If you don’t need much, you won’t become much.”***

—Jim Rohn

#### **4. Speak in the Positive**

In this guideline, decide what you want to move toward, not away from, and speak in those terms.

Examples:

*“I am my ideal weight of 190 lbs. by June 1,” versus “I want to lose 20 lbs.”*

*Or, “I have a positive net worth of \$1 million by August next year,” versus “I want to get out of debt.”*

*Or, “I have a loving, respectful and intimate relationship with my wife,” versus “I want to repair my marriage.”*

#### **5. State in the “I am”**

Make statements in the first person present. *“I am X,”* versus *“I want X.”*

If you write a goal like, “I want to be a millionaire,” your creative energy will focus only on that goal—the *wanting* of being a millionaire. If you say, “I *am* a millionaire by December 31, next year,” your creative power will go to work on producing what you have declared to be true.

### **6. Be Sure They Are YOUR Goals**

Many people set goals that they think they “should” have, rather than what they truly want for themselves. Don’t let your family’s, colleagues’ or society’s ideals or expectations dictate your ambitions. In fact, if your written goals are not from your true heart and inner ambition, your creative spirit will not work to produce them anyway.

All it will do is frustrate you and give you the illusion that you are a failure who is not capable. When in actuality you successfully avoided (didn’t achieve) what your inner spirit didn’t really want anyway.

*“The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it.”*

—Michelangelo

### **7. Make Sure Your Goals Align With Your Values**

Some goals aren’t worth going for. It is important to be sure you don’t sacrifice your core values to pay for the acquisition of a promise less worthy. Goals must fit your own values, standards and desires. If they do not align with your core values, you will find it impossible to remain interested or involved in them.

Download the FREE Core Values Assessment from [www.TheCompoundEffect.com/free](http://www.TheCompoundEffect.com/free)

*“Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.”*

—Leonardo da Vinci

## 8. Don't Be Afraid to Fight

One of the best days of your life can be the day you find your fight. Without a fight, we all become fat, lazy and sedentary; we lose purpose, passion and vigor.

Everyone needs a worthy enemy. Think about it:

- Luke had Darth Vader.
- Batman had the Joker.
- David had Goliath.
- Twenty-somethings have “The Man.”
- Rush Limbaugh has the liberals.
- Apple has Microsoft. These days, Microsoft has Apple.
- Rocky had Apollo Creed, then Mr. T, then the Russian, then...
- Even God has Satan.

A good enemy gives you a reason to fight. It pushes you to reach deep and exercise your skills, talents and abilities to their fullest. Having to fight challenges your character and resolve. It's great motivation!

**So I challenge you with this thought:** *What are you willing to fight for? What do you see as an enemy to your industry, your family, your community or your world?*

Find your enemy and let that image stir your blood, have you dig a little deeper, go a little longer and fight a lot harder.

I love the challenge Martin Luther King Jr. gave us. He said, “If you haven't found something you are willing to die for, you aren't fit to live.”

What are you willing to cross a 100-story sky-high plank for? What are you willing to work day and night for? What are you willing to die for... so essentially, you can really live? Answer that single question and this entire program will have been the most important program you ever read or listened to. Find your fight.

### **9. Abandon Limiting Beliefs**

I heard a story about a little dog whose owner kept it on a 20-foot leash for years, tied to a tree. The little dog would see other dogs and run right to the end of his leash. He knew exactly how far he could go.

One day, the owner (finally) felt sorry for the dog, so he decided to let him off the leash. Instead of removing the entire leash, however, the owner simply unfastened the leash from the tree but the collar remained around the dog's neck. The owner thought the dog would take off running, happy and free.

When another dog came along, sure enough, the little dog got up and took off running. Much to his surprise, when the little dog got to where the leash would have ended, the dog stopped dead right where he always had. The little dog was free; he just didn't realize it.

### **10. Fear Not**

For the last guideline, I ask you to consider this passage from Marianne Williamson's book, *A Return to Love*:

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

# STEP FIVE

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## THE GRAND DESIGN

**A**re you ready?  
Ready to write (and right) your future?

Ready to be bold, dream big and put it (your aspirations) on the line (literally)?

Ready to proclaim your BHAGs (Big, Hairy, Audacious Goals)?

This is it; it's time for the GRAND DESIGN.

This is actually the easy part. You knew about goal setting before this course—how to make a list of what you want to accomplish in the year ahead.

The difficult part has been the process we have gone through to get here. We've talked about why setting goals is important. We've reviewed previous setbacks and accomplishments, and we've turned on the miracle magnet of the attitude of gratitude. We've figured out who you really are, what matters most to you in life and assessed how you've spent your time up to now. And soon, we'll outline the exact formula for *Living Your Best Year Ever*.

### **ACTION ITEM** ➡

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Now flip to the GRAND DESIGN worksheet in the index and have fun! Liberate your wild imaginations.

See  
**WORKSHEET**  
 on page  
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It's time to design the person you have always wanted to be and the life you have always wanted to have. It's time to challenge your inner potential, conquer your limiting beliefs, and give voice to your dreams.

In the GRAND DESIGN Worksheets, we are going to list goals in eight priority areas of life. In each category, write what you would like to become, accomplish, have, or do. Again, if anything were possible, what would you aspire to? If a genie popped out of a lamp and could grant you 10 wishes in every one of these categories, what would you write down? Don't filter or qualify as you write. There will be plenty of time to separate the outrageous and absurd. For this exercise just write down what you would ask for if anything were possible. Write everything that comes to mind. Don't just think through this; check your gut and listen to your heart. Whatever comes up, write it down.

## GOALS CHECK: ARE THEY 'SMART'?

Now we have to check in and be sure the goals we decided on pass due diligence. First of all, are the goals 'SMART'? Let's check and adjust accordingly.

### S—Specific.

A specific goal is well-defined, something that would be clear to anyone else.

*Example:*

**Not specific:** Become debt free.

**Specific:** Shred my credit cards and pay off \$27,000 in bills and \$33,000 in student loans.

Adjust your goals so they are *specific*.



**M—Measurable.**

This is where you quantify your objectives so you can measure your achievements against them.

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement. That spurs you on to the continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as: *How much? How many? How will I know when it is accomplished?*

*Example:*

**Not measurable:** Get fit.

**Measurable:** Lose 25 pounds, have a BMI of 20, have cholesterol of less than 200 mg/dL, run 5 miles regularly.

Adjust your goals so they are *measurable*.

**A—Attainable.**

This is the time to pull your head out of the clouds and put your feet back on the ground. The ground may be significantly elevated, but it's solid ground nonetheless. You can't have world peace tomorrow, solve hunger this month or become a millionaire in a year if that is 20 times your current net worth. Your goals need to stretch you, push you to go farther and faster than you ever thought possible. At the same time, you don't want them to debilitate you if they're not really possible, even if you operated at your highest and best for the duration. Don't rely on any extraordinary external luck for you to reach your goal. What could you do to control the outcome if you played at a world-class level?

Adjust your goals so they are *attainable*.

**R—Relevant.**

This is one of the most important criteria to scrub against. Are the goals you set in alignment with your core values, who you are and what's really most important to you in life? Do they align with your mission and support the vision you have for your life? You want to be sure the direction in which you focus your creative capacity is the same as what is truly most important to you, your life and the legacy you intend to leave. If not, reconsider.

Adjust your goals so they are *relevant*.

**T—Time Sensitive.**

You think, act and react with the urgency and appropriate energy defined by the task. Just as your muscles prepare one way as you stoop over to pick up the morning paper and react in an entirely different manner when you bend over to pick up a 100-pound barbell, so does your mind. It prepares your body and attitudes for responding appropriately to the deadlines you set for yourself.

Deadlines create a challenge, and you will inherently respond to the challenge. In sports, the tension mounts as time runs out. The most exciting plays are often in the last few minutes, especially if it is a close game, because people respond in dramatic fashion to the challenge of deadlines.

Adjust your goals so that they are *time sensitive*.

**Specific, Measurable, Attainable, Relevant and Time Sensitive—  
Are your goals SMART?****GOALS CHECK: ARE THEY BALANCED?**

Now look back at your goals and be sure they represent each area of your life in a balanced way. The grand goal is whole-life success—success, by your definition, in every area of your life.

Your goals become the road map by which you navigate the direction of your life. Before you begin the journey toward your new goals, take a step back to gain proper perspective on exactly where you are going. Too often you see people focusing exclusively on one area of their lives at the sacrifice of other areas.

Have you ever seen a guy who has giant arms but skinny legs? Looks a bit ridiculous, right? That's how many people's lives look. Too much focus in one area and not enough in another. We all pity the man who has a big house on the hill filled with expensive cars and trinkets, yet no one to share them with.

Gossip magazines demonstrate this principle daily. We see people who have become successful in one area of life, but are utter failures in many other areas.

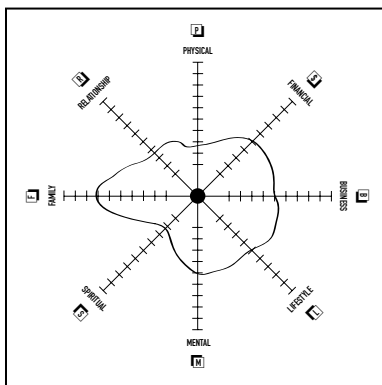
Many of these same people, the ones glorified on magazine racks in our grocery aisles, are also some of the most unhappy, insecure and depressed people you will find. Why? Their focus on the one area of life created a great imbalance with the other areas.

Be wary of the price you pay to achieve the prize you seek. Some prizes might cost too much... and that might be realized only after a heavy payment has been made.

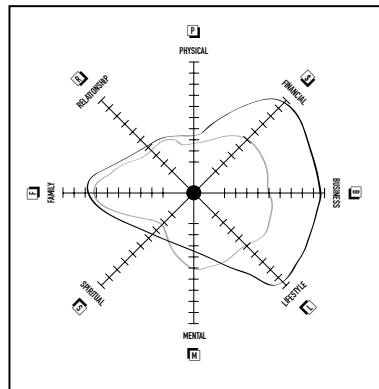
Now that you have completed the goal-development process, it is important to check the Wheel of Life to ensure you're directing your life in a balanced manner. First, fill in where you are on the Wheel of Life now (Completed in Step 4 WHEEL OF LIFE). Then, in different ink, chart the current emphasis of your new goals on the Wheel in each category.

Let me give you an example. I recently helped a friend with his goals and this is how he started: (See Fig. A)

Then when we mapped where he had focused his goals, this is how it came out: (See Fig. B)



(Fig. A)



(Fig. B)

You can see the danger here for him if he doesn't adjust his goals. What good will achieving his financial and professional goals be without the health to enjoy it? And if, ultimately, he gets his finances reduced by half, it will be because he neglected his marriage, not to mention the mental and spiritual bankruptcy he could face?

I have seen many cases on the opposite side of imbalance as well, and that is just as problematic:

A man who is fervently committed to his church, loves his wife and kids, but eats too many donuts that shorten his life and he doesn't give enough attention to succeeding in the marketplace, unnecessarily burdening his family with stress and financial hardship.

Or there is the gym rat or the supermodel who is fanatically committed when it comes to their health, but they have a hard time holding an intelligent conversation because they neglect their personal development on the inside.

Now, if necessary, adjust your goals so they are balanced. Be sure you are giving appropriate attention all critical areas of your life. The ambition of one goal might need to be pulled back a bit to devote more time to another area to create a more balanced wheel. The ultimate goal is to live whole and roll easily to the top!

True achievement and life fulfillment happens when you have success at home, in the marketplace and with the triad of your being—body, mind and spirit.

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**WORKSHEET**  
on page  
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## ACTION ITEM ➡

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In the Banner Goals section of the GRAND DESIGN, focus on the most important and valuable priorities of your life. Sometimes we pursue too much and achieve too little. As the wise adage explains, “The man who chases two rabbits catches neither.”

Let's prioritize your goals into the top three goals for the year.

# STEP SIX

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## THE MAGIC FACTOR TO ACHIEVING YOUR GOALS

**W**hat is the “magic factor”? It’s the factor for turning goal setting into goal achieving. This is how goals are achieved rather than just conceived.

### THE CAUSE OF ALL YOUR PROBLEMS—AND THE SOLUTION

When I ask someone what they want to improve, they say, “I want to make more money”, “My marriage is unhappy” or “I need to lose weight.”

But these are simply symptoms of the problem. The cause of the problem is you—and this is one of the most sobering understandings you will reach as you work for your goals. No matter what it is you want to change—your marriage, your financial situation, your weight—you’ll never achieve lasting change until YOU change. Once YOU improve, everything else around you will improve.

### THE YOU FACTOR

When it comes to achieving your goals, remember it is not your goals that need to be worked on; it is YOU.

It’s important to understand that you don’t get in life what you want; you get in life what you are. You will only achieve the level of success in your life that equals your level of self-worth. But the human tendency is to engage in the study of effects, while giving little attention to the cause.

I see this travesty played out every day. People complain about their terrible marriage, and so they leave it. Oddly enough, they end up with similar problems in the next relationship. Why? They left the relationship, but they took themselves with them. They didn't address the real problem. The same set of circumstances and patterns of behavior will create the same outcome, over and over again.

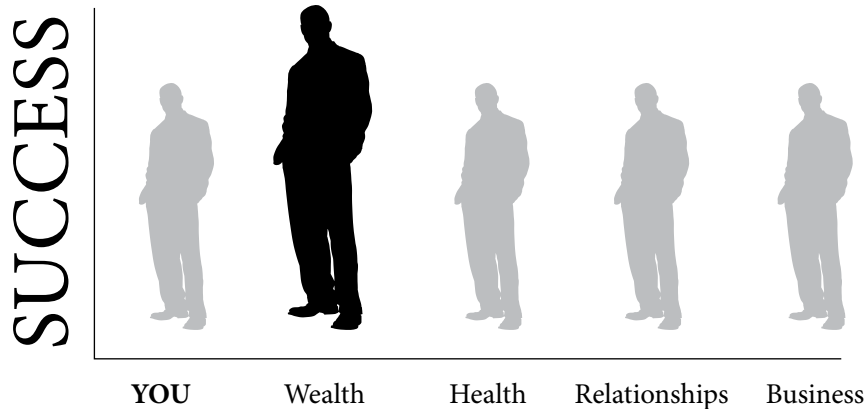
This is the most important personal development distinction you can come to realize. *It* (health, marriage, money, career, etc.) is not the issue; the issue is YOU. *It* will only be as great as you are. If you work on *it*, it will continue to elude you. If you work on you, *it* will rise to the level of the new you.

Let me explain further. Your self-identity works like a thermostat. Just as a thermostat has a set point, so do you. That's your average, everyday level of self-worth. With this analogy, no matter what temperature fluctuations occur, the thermostat will bring the room back to the set point. If it's too cold in the room, the thermostat will turn on the heat to bring it back to the set point. If it is too hot, the air conditioner will kick on to bring it back to the set point.

This is true of our lives. We all have our self-worth as a set point. If you view yourself as a low-worth individual, you have a very low set point. If you value yourself highly, your set point is high. As such, you will never make more money, be healthier or have better relationships greater than your set point.

If your relationships, wealth or health suddenly spike, your inner thermostat gets uncomfortable and will bring you back down to your comfort level (psychologists would call this self-sabotage). Ever feel uncomfortable in a relationship because things seem to be going "too well"? You're looking for something in that person to criticize because you don't actually believe true love and happiness could exist within this person, who is with you.

This is why many mega-jackpot lottery winners lose it all and end up where they were financially before they came into the windfall. Their monetary wealth was far above their self-worth set point, so, subconsciously, their "thermostat" kicked in and brought their temperature down to a comfortable set-point. (See Fig. 1.)

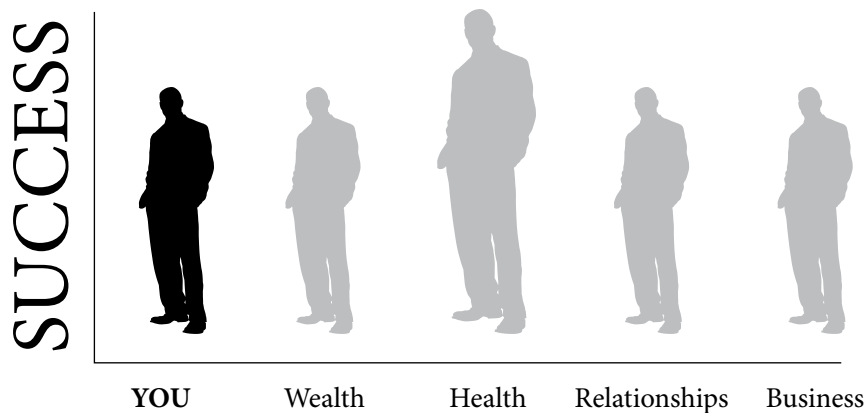


(Fig. 1)

*“If you won a million dollars, the first thing to do is to become a millionaire.”*

—Jim Rohn

This is also why people who make a goal of losing weight begin a diet, lose the weight they want but end up fluctuating back to the same weight or more than when they started. Why? Because they temporarily lost the weight, but didn't change their set point. So their internal thermostat kicks in and they end up exactly where they started, or worse. (See Fig. 2.)



(Fig. 2)

Weird, huh? That's how it works. You can only have, be or do what you feel you are worthy of.

The key is to raise your set point, or self-worth, self-esteem, mindset, attitude, philosophy and character. When those get raised, everything in your life will be raised with them.

## GOAL ACHIEVING IS NOT ABOUT WHAT YOU DO

Typically, the first thought that comes to mind after writing down a goal is, *What do I need to do to accomplish this?* That, unfortunately, is not the right question to ask.

I want to tell you about a day that changed my life, in the hope that it'll do the same for you now. That life-changing day was in November 1994—the day I met the man who would become my personal mentor, Mr. Jim Rohn. I wasn't at the event to meet or hear Jim. I was there to meet the promoters of the event. I needed to wait until the event was over to do that, so I sat down and listened to this willowy gray-haired man, with the most fascinating voice and intonations lecture about the principles of success.

What he said riveted me. Jim Rohn asked the audience, "How many people want to have more?"

I thought, *Yes! I want more... success, money, a better body, more companionship, etc.*, and awaited the instructions of what to do.

By that point in life, I had experienced moderate success already, but I had done it through sheer brute force. I was aggressive and just outworked, out-failed and out-persisted everyone else to grab my achievements. I did it by doing. But what Jim said next would multiply my income, my goal achievement and my results... and it wasn't by *doing*.

Jim continued: "If you want to have more... you have to BECOME more. Success is not a *doing* process; it is a *becoming* process. What you do, what you pursue, will elude you—it can be like chasing butterflies. Success is something you attract by the person you become." *Wow* I thought. This was the first time I had heard this twist of perspective, insight and wisdom.



“For things to improve, you have to improve. For things to get better, you have to get better. For things to change, you have to change. When you change, everything changes for you.”

WOW! Those words were the keys to the kingdom for me and they launched me on my constant, unrelenting and never-ending journey of continuous personal development.

And he was right. The next year I tripled my income to seven figures a year and within four years was a self-made multimillionaire. And I wasn't doing any more than I had before I met Jim. My *doing* wasn't different, but the *who* was doing it was different... and that made all the difference in the world.

I invite you on such a journey—the journey of continuous personal development. If you want more in life, this is the yellow brick road to getting there.

Let me give you an example of how this radical approach to achieving your goals works. When I was single and ready to find my wife and get married, I wrote out a description of my perfect woman. I handwrote 40 pages describing my wife-to-be in great detail—her personality, character, key attributes, attitudes and philosophies about life, interests, even what kind of family she'd come from, and of course her physical features down to the texture of her hair. I was so incredibly detailed. I wrote in-depth about what our life would be like and what we'd do together.

I had a goal that was *specific, measurable, attainable* (I hoped!), *relevant* and *time-sensitive*—all the traits of a well-written goal.

Most would ask, “What do I have to DO to find this girl?” But if I had asked that, I might still be on that butterfly chase. Jim Rohn's lecture rang in my head: “Success is not something you pursue. What you pursue eludes you. Success is something you attract by the person you become. If you want to have more, you must become more.”

So I looked back at my list and asked myself two important questions first: Do I have all the attributes I expect in this smart and successful woman? Yowza! That was a totally different way of looking at this.

My second question was: *What kind of man would this incredible woman be looking for? Who do I need to become to be attractive to a woman of this substance?* Uh-oh, I thought. Yet, there was the key.

I detailed all the traits, qualities, behaviors and characteristics I needed to become to attract this great woman. I filled up 40 more pages describing who I needed to become. Then I went to work on cultivating those qualities.

Guess what? It worked! As if she was peeled off the pages of my journal and appeared in front of me, my wife is exactly what I described, in almost eerie detail. The key was to understand who I needed to be to attract and keep a woman of her caliber, and doing the work to achieve that.

Before you can have, you must do. And before you can do, you must become. Are you ready to become the person who can achieve your goals?

*“To achieve something you have never achieved before you must become someone you have never been.”*

—Les Brown

**TIP:** Listen to the audio portion of this program to learn one of the most important strategies you could ever employ in life. It is a key strategy to getting other people to give you what you want in life.

## ACTION ITEM ↪

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See  
**WORKSHEET**  
on page  
60

In the MAGIC FACTOR Worksheet, we'll follow specific steps to discover who you need to become in order to achieve all you desire.

# STEP SEVEN

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## YOUR PLAN OF ACTION

**T**he difference between a dream and a goal is implementation—writing it down and creating a specific plan to achieve your goal. Now it is time to formulate your strategic plan of action.

Our minds operate best with precise instructions. There are 18,333 potential combinations to open up a three-number lock. If you know the three numbers in correct sequence, opening the lock is easy. If you don't have the combination, you could wallow in trial and error through all the permutations. Making a specific plan of action provides your mind with instructions to unlock your potential.

Think of making a plan to accomplish your goals like planning a cross-country road trip: If you were going to travel from California to New York, you'd need a plan.

### **1. Calculate Your Timeline**

How much time do you have to get there? Help establish this timeline in Step 5: The GRAND DESIGN.

### **2. Map Your Route**

There are thousands of ways to arrive at your destination. What course will you take? Where are the milestones, how do you get there and when do you need to arrive at each milestone to stay on track?

### **3. Who Else Is Going?**

Who will your journey or accomplishment impact—your spouse, your children, your partners, your team, etc.? Make sure those people are on board with your plans.

#### 4. Who Do You Need?

Do you need someone else to help drive? Do you need an expert tour guide? Do you need someone to review your map for any wrong turns? Figure out who you need assistance from to accomplish your goal.

#### 5. What Research Is Needed?

Do you need to research your destination? Should you find consumer reviews of hotels, restaurants or attractions? To complete your plan and make it to your goal, what additional information do you need to research and collect?

#### 6. What Resources Do You Need?

Car, food, gas, camera—think of all the things you’ll need from the time you leave your driveway until you arrive at your destination. Figure out what resources you’ll need between today and the accomplishment of your big hairy audacious goal (BHAG).

#### 7. What Training Do You Need?

Do you need to brush up on your driving safety skills? Training on how to operate your GPS? What self-development training do you or those going along with you need for you to accomplish your goal?

There is one giant warning you must heed. After all this careful planning, you must master the art of staying focused, yet still remain flexible for all the unexpected hurdles and opportunities that will surely show up once you take your first step forward. On the companion Audio Program, I will discuss this art and its importance. I’ll tell you how to keep the laser-like focus you need to accomplish your big goals, while remaining flexible to avoid unexpected hurdles and capture unforeseen opportunities along the way. I’ve said goal achieving is a delicate balance between planning and improvisation.

## ACTION ITEM ➡

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See  
**WORKSHEET**  
on page  
65

Now go to the MY PLAN OF ACTION and chart the course toward the destination of your Big Hairy Audacious Goals.

# STEP EIGHT

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## TAKE ACTION!

**B**y now you have learned that wanting, wishing, hoping and praying isn't going to hack it. You can't sit and wait for success to arrive. No, you have to actually take ACTION. You have to get off that couch, walk out your front door and make something happen. Doing has to follow wanting, believing, hoping, praying and planning.

*“Affirmation without action leads to delusion.”*

—Jim Rohn

One of my predecessors at *SUCCESS* magazine, Napoleon Hill, once asked an audience, “What is the average number of times that a person tries to achieve a new goal before they give up?” After several guesses from the audience, he gave the answer: less than one.” Most people give up before they even try. Even though they want to improve their lives, increase their income, accomplish more, most people respond with I *can't* in their head and give up before even starting.

Nothing breaks the human heart more than the realization that one has lived only a fraction of their potential and they didn't fulfill one's duty to shine. Don't let this be you.

Another one of my predecessors at *SUCCESS* magazine, W. Clement Stone, once said, “I think there is something more important than believing: Action!” He said, “The world is full of dreamers, there aren't enough who will move ahead and begin to take concrete steps to actualize their vision.” Amen to that Mr. Stone.

Committed, disciplined and sustained action is the final ingredient in the miracle process of materializing any achievement you can conceive.

## GET GOING!

Now that you have decided what you want and who you have to become to achieve your goals, you must now strike while the iron is hot. The time to begin is when the emotion is high and intentions are strong.

*“Without a sense of urgency, desire loses its value.”*

—Jim Rohn

## THE NEXT 24 HOURS

Decide what you can do now. Within the next 24-48 hours, what will you DO to put at least one of your goals into action? Create momentum by taking action now. What one step will you take? Example: Go to the dealership and get a brochure of the car you want. Go purchase a greeting card and mail it to your wife telling her how much she means to you and your intention for creating a magical and romantic year. Get the catalog from the community college where you are going to take some courses, etc.

## DO IT NOW

You cannot afford to wait for perfect conditions. Have the courage to begin. Borrow from the beauty of tomorrow to enroll yourself in the activity of today. Do as Eleanor Roosevelt so wisely instructed: “You must do one thing every day that scares you.” Today, take your first scary steps toward the achievement of your goals.

*“Don’t wait. The time will never be just right. NOW is the best time to act.”*

—Napoleon Hill

See  
**WORKSHEET**  
on page  
71

## ACTION ITEM ➔

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Go to the TAKE ACTION WORKSHEETS and see what you need to do in the next 24 hours and 30 days.

You cannot afford to wait for perfect conditions. Have the courage to begin. Borrow from the beauty of tomorrow to enroll yourself in the activity of today. Do as Eleanor Roosevelt so wisely instructed: “You must do one thing every day that scares you.” Today, take your first scary steps toward the achievement of your goals.

## BE BOLD

As Virgil said, “Fortune favors the bold.” Re-instill your faith in yourself. Its absence is the only thing keeping you from your greatness. Start living with audacity. Have chutzpa. Stand away from the crowd. Don’t follow the herd any longer. Never again settle for common, mediocre or average results in life. Have a higher standard for yourself than anyone around you would expect. Be different, think different and act different. Be what others are afraid to be.

I want you to Thoreau it!

*“Go confidently in the direction of your dreams. Live the life you’ve imagined.”*

—Henry David Thoreau

## FIGHT FOR YOUR FUTURE

We wouldn't even know or care about David if he didn't take on Goliath. You want to be remembered, revered and heralded like David? Find a Goliath (your Big Hairy Audacious Goals) and fight for it to the death. Win or lose, let it be known: I have fought a good fight, I have finished my course, I have kept the faith.

Don't leave this program casually. Casualness leads to *casualty*. Get serious about your better future. If you want to get healthy, get serious about your health. If you want to get rich, get serious about becoming wealthy. If you want to experience great love, get serious about your commitment to relationships. Astound yourself. Bewilder your friends, family and competition.

*“If you greatly desire something,  
have the guts to stake everything on  
obtaining it.”*

—Brendan Francis

## AND NEVER, NEVER, NEVER GIVE UP

Develop a hardcore devotion to your better you. Have an obnoxious commitment to your goals. Be unreasonable. Be uncompromising. If you have gone as far as you can, you can still go a little bit farther. It's on the extra mile where success is obtained—extra effort, extra hours, extra preparation, extra care and extra calls. Extra is what separates you from average. It is the “extra” that goes in front of “ordinary” to make you extraordinary.

You are going to make mistakes. You are going to get off track. You are going to fail, fall down, trip up, get down, become discouraged, feel defeated, become overwhelmed and hit the wall. That is OK; it happens to everyone. It's called being human. Just plan on it and plan *for* it and then get back on track.



As Calvin Coolidge said, “Press on. Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

*“Our greatest glory is not in never falling,  
but in rising every time we fall.”*

—Confucius

As you go through the trials and tribulations of striving to achieve your goals, know that success is closer than you think. It can be darkest just before light. A transformative defining moment might only be steps away. It might be in the next phone call, the next meeting, the next person you meet. The key is to just keep moving forward.

Persistence is the ability to face your fears again and again without giving up; to push on in the face of great difficulty.

*“Most people give up just when they’re about  
to achieve success. They give up the last  
minute of the game, one foot away from the  
winning touchdown.”*

—H. Ross Perot

Go for it! The power is now in your hands. You now have everything you need to achieve everything you have ever wanted. Just go for it... one step at a time, one foot in front of the other. The journey of a thousand miles starts this very moment. Take your first step forward now.

Now, it's time go out and live the life you were meant to live!



# WORKSHEETS

## STEP ONE

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### COMMITMENT PLEDGE

I, \_\_\_\_\_, being of sound mind and body, do hereby pledge to commit to no longer allowing myself to be subject to inconsistency and lack of follow-through and perseverance. I will not stifle my opportunities for growth and improvement and inhibit my access to the miraculous and incredible potential lying inside me, ready to be harnessed, incited and set free, that will lead me expediently in the direction of my greatest dreams, desires and ambitions and allow me to make a profound difference in my life, in the life of my family and in the world around me.

I do hereby commit to completing the *Living Your Best Year Ever* program. I will use the Achievement Management System each week to confidently and expeditiously take me toward the accomplishment of my big, audacious and wildly ambitious goals!

Signature of Commitment

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Date \_\_\_\_\_

# STEP TWO

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## YEAR IN REVIEW

**10 greatest happenings from last year:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**I am most proud of these three accomplishments from last year:**

- 1.
- 2.
- 3.

**Three greatest lessons I've learned from last year:**

- 1.
- 2.
- 3.

**Three personal improvements I have made in the past year are:**

- 1.
- 2.
- 3.

**If I could go back and do it again, I would do these three things differently last year:**

- 1.
- 2.
- 3.

**The greatest influences (products, people, viewpoints, other) on me in the last year:**

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**Smartest decision I made last year:**

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**Most caring service I performed last year:**

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**Biggest risk taken last year:**

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**Most important relationship improved last year:**

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**One word that best sums up and describes last year's experience:**

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**Three things I need to do less of in the next year are:**

- 1.
- 2.
- 3.

**Three things I need to do more of in the next year are:**

- 1.
- 2.
- 3.

**Three things I need to stop doing altogether in the next year are:**

- 1.
- 2.
- 3.

# STEP THREE

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## GRATITUDE

**Three amazing people in my life are:**

- 1.
- 2.
- 3.

**Three great things about my home and where I live are:**

- 1.
- 2.
- 3.

**Three great things about where I work and what I do for a living are:**

- 1.
- 2.
- 3.

**Three great gifts of unique talent and skill I have been given are:**

- 1.
- 2.
- 3.

**Three great gifts of knowledge and experience I have developed are:**

- 1.
- 2.
- 3.

**Three ways I have experienced “luck” in my life are:**

- 1.
- 2.
- 3.

# STEP FOUR

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## LIFE ASSESSMENT

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True:

### RELATIONSHIPS & FAMILY

I spend at least 10 hours of focused time with my family each week.

1 2 3 4 5

I get together with friends at least once a week.

1 2 3 4 5

There is no one in my life who I haven't completely forgiven.

1 2 3 4 5

I am actively engaged in learning how to be a better spouse, parent and/or friend.

1 2 3 4 5

I actively look for ways to support and help advance the success of my friends and family.

1 2 3 4 5

I take complete responsibility for all relationship conflicts when they arise.

1 2 3 4 5

I easily trust those I live and work with.

1 2 3 4 5

I am 100 percent honest and open with all those I live and work with.

1 2 3 4 5

It is easy for me to commit to others and honor those commitments.

1 2 3 4 5

I recognize when I need support and am continually seeking help.

1 2 3 4 5

**Total Score:** \_\_\_\_\_

## PHYSICAL

I do strength training at least 3x a week.

1 2 3 4 5

I do cardiovascular exercise at least 3x a week.

1 2 3 4 5

I do stretching and/or yoga type exercise at least 3x a week.

1 2 3 4 5

During a typical day, I watch no more than 1 hour of TV.

1 2 3 4 5

I eat breakfast (more than just coffee) every day.

1 2 3 4 5

I don't eat fast food, ever.

1 2 3 4 5

I spend time outside for at least 30 minutes a day, every day.

1 2 3 4 5

I have undisturbed sleep for at least 8 hours each night.

1 2 3 4 5

I don't drink more than 1 caffeinated beverage per day.

1 2 3 4 5

I drink at least 8 glasses of water per day.

1 2 3 4 5

**Total Score:** \_\_\_\_\_

## BUSINESS

I plan my day out the day before.

1 2 3 4 5

My goals are written, prominently displayed and regularly reviewed.

1 2 3 4 5

I love what I do and enjoy getting up every day to do my job.

1 2 3 4 5



I am continually filled with feelings of accomplishment and satisfaction from my work.

1 2 3 4 5

I am constantly improving my professional strengths and weaknesses.

1 2 3 4 5

If I could, I would still do my job without pay.

1 2 3 4 5

I am home with my family on time every day.

1 2 3 4 5

My current business/job has the realistic potential of accomplishing all my financial goals for the next year.

1 2 3 4 5

My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.

1 2 3 4 5

My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.

1 2 3 4 5

**Total Score:** \_\_\_\_\_

## FINANCIAL

I have a completely detailed budget and unfailingly stick to it.

1 2 3 4 5

I have a professionally designed and diversified financial portfolio.

1 2 3 4 5

I save at least 10 percent of my income every month.

1 2 3 4 5

I am credit card debt-free.

1 2 3 4 5

I have a dedicated six-month reserve account completely funded and set aside.

1 2 3 4 5

I feel that I am compensated completely according to my worth.

1 2 3 4 5

I have an updated and complete last will and testament.

1 2 3 4 5

I have the needed insurance and financial plan in place for my family should something happen to me.

1 2 3 4 5

I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.

1 2 3 4 5

I live well below my means and never spend money imprudently.

1 2 3 4 5

**Total Score:**\_\_\_\_\_

## **SPIRITUAL**

I consider myself a spiritual person.

1 2 3 4 5

I take at least 20 minutes each day to meditate and reflect on my life.

1 2 3 4 5

Others who know me would consider me a spiritual person.

1 2 3 4 5

I have a personal relationship with my spiritual source.

1 2 3 4 5

I study my spiritual beliefs daily.

1 2 3 4 5

I practice my spiritual beliefs daily.

1 2 3 4 5

I teach my spiritual beliefs daily.

1 2 3 4 5

I live completely in accordance with my spiritual beliefs.

1 2 3 4 5

I consistently use my spirituality to help resolve my problems.

1 2 3 4 5

I consistently use my spirituality to help others.

1 2 3 4 5

**Total Score:** \_\_\_\_\_

## MENTAL

I read something instructional or inspirational for at least 30 minutes each day.

1 2 3 4 5

I listen to something instructional or inspirational for at least 30 minutes each day.

1 2 3 4 5

I stay completely current with my industry news.

1 2 3 4 5

I seek instructional information in my field every day.

1 2 3 4 5

I have a mentor whom I trust.

1 2 3 4 5

All my friends are a positive influence in my life.

1 2 3 4 5

I never engage in gossip.

1 2 3 4 5

I review my major goals every day.

1 2 3 4 5

I review what I am grateful for every day.

1 2 3 4 5

I always say no to requests or obligations that don't fit my core values or objectives.

1 2 3 4 5

**Total Score:** \_\_\_\_\_

## LIFESTYLE

I have hobbies outside of work that I enjoy and take part in at least 3 times a week.

1 2 3 4 5

I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.

1 2 3 4 5

I vacation at least once a year with no work communications.

1 2 3 4 5

I spend as much time as I want with my family.

1 2 3 4 5

I spend as much time as I want with my friends.

1 2 3 4 5

I am constantly seeking adventure, trying something new and creating diverse experiences.

1 2 3 4 5

I feel like there is enough time in the day to do what I both need and want to do.

1 2 3 4 5

I live life to the fullest every day.

1 2 3 4 5

I take time out to daydream every day.

1 2 3 4 5

I am completely present in every moment of every day.

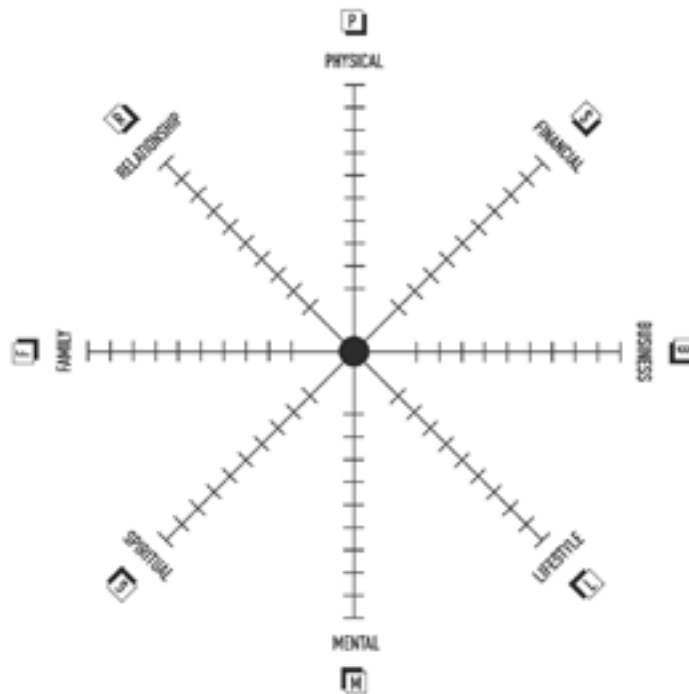
1 2 3 4 5

**Total Score:** \_\_\_\_\_

# THE WHEEL OF LIFE

To determine the balance sheet of your life, take your scores from the previous pages and plot them on the wheel. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

**KEY:** Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 = 9 notches. Score of 46-50 = 10 notches. Use the same score for both Relationships & Family line.



*\*The Wheel of Life is adapted from a concept employed by Paul J. Meyer and Success Motivation International®, Inc.*

# STEP FIVE

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## THE GRAND DESIGN

### **B—BUSINESS**

Thought starters: Revenue growth, profit, position in market, major projects, brand reputation, customer satisfaction performance, team development, new skills, improved performance, find a mentor, mentor someone else, etc. Remember, don't filter yourself.

What You'd Like to Accomplish This Year

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### **\$—FINANCIAL**

Thought starters: Income, savings, total net worth, start savings plan, begin investing, become debt free, eliminate credit cards, buy a home, retirement account, save for college account, charitable giving, complete estate/trust setup, etc.

What You'd Like to Accomplish This Year

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## **P—PHYSICAL**

Thought starters: Ideal weight, run marathon, become flexible, increase stamina, elevate energy, reduce cholesterol count, improve BMI, start meditating, work with nutritionist, upgrade appearance, do make-over, schedule annual doctor exams; reduce sugar, caffeine and fatty foods; go to bed earlier, get up earlier, etc.

What You'd Like to Accomplish This Year

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## **M—MENTAL**

Thought starters: Read 30 minutes every day, listen to instructional audio for 30 minutes every day, take new college courses, go to seminars, hire a coach, join a supportive organization, build new skills, incorporate more free time into my schedule, advance knowledge in special subject, etc.

What You'd Like to Accomplish This Year

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## **F—FAMILY**

Thought starters: Spend more time with family, be home for dinner every night, begin nightly reading ritual with children, date night with spouse each Friday, review/discussion with spouse every Sunday night, visit parents twice a year, forgive or make amends with a relative, plan special outings, attract Mr. or Mrs. Right, spend one-on-one time with children, etc.

What You'd Like to Accomplish This Year

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## **S—SPIRITUAL**

Thought starters: Practice your religion more faithfully, volunteer at church, join spiritual groups, read books on spirituality, live as example of my religious beliefs, teach others, study deeper, etc.

What You'd Like to Accomplish This Year

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## **L—LIFESTYLE**

Thought starters: Travel, adventure, luxuries, languages, hobbies, instruments you want to learn to play, where you want to live, how you want to live, how you want your home, time freedoms, who you want to meet, etc.

What You'd Like to Accomplish This Year

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## **R—RELATIONSHIPS**

Thought starters: Time with best friends, cultivate relationships with like-minded achievers, send birthday cards to all friends, spend time together with at least one friend, new relationships you would like to build, organizations to expand your relationships, relationships to limit or eliminate, etc.



What You'd Like to Accomplish This Year

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## TOP TEN GOALS

From all the goals you wrote above, narrow them down to your Top 10 overall goals. Define the categories (\$, P, R, F, S, M, L, B) in the box next to each goal and set deadlines next to each goal.

CATEGORY	GOAL	DEADLINE

## BANNER GOALS

I believe in focus, focusing on the most important and valuable priorities of our life. Sometimes we pursue too much and achieve too little. Prioritize your goals into your top three goals—your banner goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# STEP SIX

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## THE MAGIC FACTOR

In this exercise, we'll follow specific steps to discover who you need to become in order to achieve all that you desire. We will go through the characteristics, behaviors and disciplines you should adopt, as well as the behaviors you should expand or eliminate. We will figure out how to become the person who would achieve your goals and who would deserve them.

**\*\*BONUS:** Listen to the companion audio to learn the key to getting what you want—the answer might surprise you.

The “magic” is becoming the person you should be in order to attract the people or results you want to achieve. Use the example below to determine the magic factor for achieving your goals and write your own descriptions for your goal.

**GOAL No. 1: (Example) Earn an extra \$100,000 in income next year.**

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### General description of WHO I NEED TO BECOME:

- (Example) I feed my mind ideas and inspiration that will support and bolster my passion.
- (Example) I fuel my body properly and exercise four days a week so I am energetic and highly effective each work hour.
- (Example) I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment and achievement.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**New habits, disciplines or behaviors I need to START:**

- (Example) Getting up by 5 a.m., feeding my mind with positive material—30 minutes reading and 30 minutes of instructional audio per day.
- (Example) Eating a healthy, fiber and protein rich breakfast.
- (Example) Exercising for at least 30 minutes, three times per week.
- (Example) Checking in and cultivating the relationship of 10 clients per week.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Existing healthy habits, disciplines or behaviors I need to EXPAND:**

- (Example) Recognizing teammates when they achieve.
- (Example) Delegating administrative tasks.
- (Example) Being prompt.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Poor habits or behaviors I need to STOP:**

- (Example) Attending unproductive meetings and saying yes to projects in conflict with my highest priorities.
- (Example) Gossiping with colleagues, complaining about the economy, the market, team members or customers.
- (Example) Taking personal calls or spending time on Facebook or other personal social media sites during the day.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Top three modifications and how I will implement them into my daily routine:**

Habit, Behavior or Discipline

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Implementation in Routine

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**GOAL No. 2:** \_\_\_\_\_.

General description of WHO I NEED TO BECOME:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

New habits, disciplines or behaviors I need to START:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Existing healthy habits, disciplines or behaviors I need to EXPAND:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Poor habits or behaviors I need to STOP:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Top three modifications and how I will implement them into my daily routine:**

Habit, Behavior or Discipline

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Implementation in Routine

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**GOAL No. 3:** \_\_\_\_\_.

General description of WHO I NEED TO BECOME:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

New habits, disciplines or behaviors I need to START:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Existing healthy habits, disciplines or behaviors I need to EXPAND:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Poor habits or behaviors I need to STOP:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Top three modifications and how I will implement them into my daily routine:**

Habit, Behavior or Discipline

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Implementation in Routine

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# STEP SEVEN

## MY PLAN OF ACTION

<b>GOAL No. 1 — (Example) Write a Book</b>	
Date to Achieve: December 31, 2010	
<b>Intermediate Destinations</b>	<b>By When</b>
Rough concept and synopsis	Feb. 15th
Complete outline	April 1st
First draft of half the chapters	Sept. 1st
Polished draft	Nov. 1st
<b>Who Impacted?</b>	<b>Benefit/Detriment</b>
Wife and kids	B—More opportunity, additional recurring income D—Loss of time on weekends and evenings for 1 year
Company	B—Big PR boost, increased credibility, greater client acquisition potential, D—Partners and mgmt. will take ove addtl. responsibility to free me up
Industry	B—Book will have a positive effect on industry.
<b>Mentors, coaches, experts, new staff, assistance needed</b>	<b>Who/When</b>
Company operational assistant to pick-up internal office responsibilities	Promote from within or reach out to colleague peer group, LinkedIn
Best-selling author and writing/editor mentor	Network through peer group, LinkedIn, Mediabistro.com
<b>Research needed</b>	<b>Where/How to aquire</b>
Publishing options explored	Discuss with mentor, research online, attend book expo
Case study support of main argument	Contract research organization
Location research on where book's story takes place	Schedule full month 'on location' writing trip
<b>Resources needed</b>	<b>Where to aquire</b>
New laptop with wireless mobile card	Apple.com
InDesign software	Adobe.com
<b>Training/Self-development needed</b>	<b>Where to acquire</b>
Daily source of inspirational reading and listening	SUCCESS.com/Store
Creative writing class at community college	Mesa College

<b>GOAL No. 1</b>	
Date to Achieve:	
<b>Intermediate Destinations</b>	<b>By When</b>
<b>Who Impacted?</b>	<b>Benefit/Detriment</b>
<b>Mentors, coaches, experts, new staff, assistance needed</b>	<b>Who/When</b>
<b>Research needed</b>	<b>Where/How to aquire</b>
<b>Resources needed</b>	<b>Where to aquire</b>
<b>Training/Self-development needed</b>	<b>Where to aquire</b>



<b>GOAL No. 2</b>	
Date to Achieve:	
<b>Intermediate Destinations</b>	<b>By When</b>
<b>Who Impacted?</b>	<b>Benefit/Detriment</b>
<b>Mentors, coaches, experts, new staff, assistance needed</b>	<b>Who/When</b>
<b>Research needed</b>	<b>Where/How to aquire</b>
<b>Resources needed</b>	<b>Where to aquire</b>
<b>Training/Self-development needed</b>	<b>Where to aquire</b>

<b>GOAL No. 3</b>	
Date to Achieve:	
<b>Intermediate Destinations</b>	<b>By When</b>
<b>Who Impacted?</b>	<b>Benefit/Detriment</b>
<b>Mentors, coaches, experts, new staff, assistance needed</b>	<b>Who/When</b>
<b>Research needed</b>	<b>Where/How to aquire</b>
<b>Resources needed</b>	<b>Where to aquire</b>
<b>Training/Self-development needed</b>	<b>Where to aquire</b>

# STEP EIGHT

---

## TAKE ACTION

### ACTIONS IN THE NEXT 24 HOURS

#### GOAL No. 1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### GOAL No. 2

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### GOAL No. 3

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Identify what you need to do over the next 30 days to put your goals into action.

### **What will you do?**

**Example:** Make your first donation and deposit your set savings according to your plan. Hire your personal fitness trainer and start your program. Recruit your mentor. Make the necessary prospecting calls. Designate the planned family night and engage fully.

## **ACTIONS TO TAKE IN THE NEXT 30 DAYS**

### **GOAL No. 1**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **GOAL No. 2**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **GOAL No. 3**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# YOUR ACHIEVEMENT MANAGEMENT SYSTEM



**Y**our Achievement System (AMS) is one of the most valuable aspects of this entire program.

There is a big difference between setting goals and seeing them through to achievement. Some of the best intentions and greatest plans have failed because there wasn't a system of execution.

AMS will make the difference between dreaming and accomplishing your "big hairy audacious goals." It'll be the difference between having dreams and living your dreams. This system helps you overcome the greatest pitfall to achieving your goals.

It isn't writing your goals, making plans to achieve them or even getting started. Many people go through those few steps but still don't achieve their goals. Many make New Year's resolutions or set goals and still fail.

And our society doesn't lack the will to start. Everyone starts—they sign up for the gym memberships, they buy the diet books, they go to seminars, they start their new prospecting plan, their new date night plan, their new meditation plan, their new study plan—but very few continue. Very few will see it through.

When it comes down to it, your new plans, your new actions, your new behaviors, have to be implemented into your monthly, weekly and ultimately daily routine. A routine is something you do every day without fail and eventually without thinking about it.

Consider this: If you've become successful at doing anything, you probably developed a routine for it. How do you remember to keep your teeth healthy, your pantry full, your children dressed, fed and on time for school every day? You have incorporated the daily behaviors into a routine.

We also develop routines to keep ourselves sane. If we had to consciously think about every step of each ordinary task—making breakfast, driving the kids to school, getting to work, and so on—our lives would grind to a halt.

Aristotle said, "We are what we repeatedly do." John C. Maxwell said in an interview, "You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."

*The definition of commitment is doing the thing you said you were going to do, long after the mood you said it in has left you.*

That is why the AMS is so essential. Use and commit to this system, and it will be what separates you from everyone else who has ever had a dream or set a goal. It is the system that will help you realize that dream home, magnificent vacations, generous support for your family, church or charity—all the comforts you’ve always wanted to have and contributions you have always wanted to make.

The AMS acts as a compass keeping you on the most direct path toward your goals. As I explained in *The Compound Effect*, a plane going from Los Angeles to New York would end up 150 miles from its intended destination by being pointed only one degree off course at the beginning of the flight. The interesting fact is that the average plane traveling from Los Angeles to New York will be off track more than 80 percent of the time along its journey. Yet each time the plane drifts slightly off course, its computerized gyroscope corrects it, reinforcing the most direct and efficient path. If the plane hits unexpected conditions, such as bad weather, the gyroscope recalibrates and holds the nose of the plane directly toward its destination.

On the journey toward your goals, you, too, will be off track more than 80 percent of the time. The key is to have your own internal “gyroscope” to put you back on track. You, too, will hit unexpected external conditions and need a system to recalibrate your path and guide you directly toward your goal. That is what the AMS will do for you.

## **HOW TO USE THE PLAN, DO, REVIEW AND IMPROVE SYSTEM**

The Achievement Management System is oriented around the process of Plan, Do, Review and Improve.

You have set your goals and made a *plan* to achieve them. Now the AMS will assist you in tracking your *doing* process and assist you in *reviewing* your progress and evaluating how you need to *improve* to keep moving forward. Let me outline each step.



## **PLAN**

In Step 7, we outlined your plan to accomplish your goals. But rarely do things go according to plan. It is said if you want to make God chuckle—tell him your plans.

Having consulted for hundreds of companies and entrepreneurs, I can tell you no business ever grew according to its beautifully crafted business plan. Some grew faster, some slower and some became something completely unexpected and exceedingly greater than could have ever been imagined initially.

So why, then, make a plan at all? That question is best answered by Dwight D. Eisenhower: “In preparing for battle I have always found that plans are useless, but planning is indispensable.”

The process of planning activates both your creative and analytical brain. That synergy identifies new possibilities and imbues belief that it can actually be accomplished. Intangible ideas, hopes, dreams and desires are made material and a charted course makes what was once an abstract vision achievable.

But like the well-laid plans of war will be altered and adapted once battle has begun, so, too, will your plans outlined in Step 7 be when you get into the DOING part of accomplishing your goals.

## **DO**

In Step 8, we discussed taking ACTION—the actual doing part. This is what I call the great pitfall, where many dreams, goals and ambitions die. As discussed already, anyone can start, but few finish. Many can do once, twice or even for a few months, but eventually they peter out.

Regardless of your experience, skill level, or even the quality of your competition, with enough time, you can win at almost everything, every time! In fact, the only thing that can stop you from accomplishing all the goals you have set is not utilizing this principle.... And that is the No. 1 reason why incredibly talented and intensely motivated people fail to attain what they want in life.

I used to get frustrated when I would start a new venture and I'd see the competition leap out in front and get off to a faster and more successful start. Then I found the single discipline that gives me the advantage to beat anybody at almost anything—CONSISTENCY.

A lot of people become gung-ho about new goals or achievements, and they charge out of the gate in an explosion of activity—but their intensity and commitment quickly fizzle. Meanwhile, those who begin the journey with less flash but a greater commitment to consistency eventually catch up to their flamboyant peers and leave them in the dust. Do what most people don't: Stay consistent.

Lack of consistency is the subtle stealer of dreams. The stop and start process kills progress in any pursuit. In fact, inconsistency is one of the biggest reasons people don't achieve their goals, and instead end up living a life of frustration and disappointment.

When you start thinking about slacking off on your action plan, routines and rhythms, consider the massive cost of inconsistency. It is not the loss of a single action and the tiny results it creates; it is the utter collapse and loss of momentum that your progress will suffer.

Zig Ziglar uses the analogy of a hand-pumped water well. The water table is 25 feet below the ground. A pipe runs down to the water table, and you have to pump the lever to create the suction that brings the water above the ground and out of the spout.

When most people start a new endeavor, they grab the lever and start pumping. They are excited, committed and resolute.... They pump and pump and pump, and after a few minutes (or a few weeks), when they don't see any water (results), they give up pumping the lever altogether.

The first few people they showed the product didn't buy. After two weeks on their new health plan, they haven't lost one pound. They didn't meet anyone at the first two networking events they attended.

People expect instant results, and when they don't see progress, they quit... before success has a chance to show itself. Wise people continue to pump.

If they persevere and continue to pump and pump the lever, eventually a few drops of water will appear. At this point, a lot of people say, "You've got to be kidding! All this pumping, and for what? A few drops of water? Forget it!"

Eight weeks of working out at the gym, and they don't look like a Victoria's Secret or Calvin Klein underwear model. They didn't make \$10,000 their first 90 days in their new business. Again, they don't see the results they were expecting. They think their plan isn't working, and they quit. But the wise person persists.

If you continue to pump, eventually, you will get a full and steady stream of water. Congratulations, success!

**But here's the real secret...**

Once the water is flowing, you no longer need to pump the lever as hard or as quickly. It's easy to keep the pressure steady by just pumping the lever CONSISTENTLY.

Now, what happens if you let go of the lever for too long? The water falls back down into the ground, and you're back to square one. If you come back and pump the lever easily and steadily, you still won't get any water. You have lost the vacuum, or the momentum of your compounded effort. The only way to get the water flowing again is to pump the lever really hard all over again.

People start a routine of making 10 new prospecting calls a day, strike a little gold, and then don't dial for a couple of weeks. People get excited about their new "date night" routine with their spouse, but in a few weeks, it's back to same old same old on-the-couch Friday nights. I see people buy a new book, sign up for a new program or seminar and go like crazy for a couple of weeks or months. Then they stop and end up right back where they started. Sound familiar?

Consistency is one of the most important principles of success.

What people don't realize is that by breaking their rhythm, they kill momentum—and that is the real tragedy. The cost to revive momentum is an enormous amount of time, energy and effort—not to advance, but to get back to where you started.

Applying consistent effort to your goals will forever alter how you (could) live your life. One moment of inconsistency, a single poor choice or a brief lapse of discipline doesn't simply result in the loss of that one action—it breaks your momentum.

It's not how you or your competition start; it's how you continue. If you stay consistent, even slowly (the tortoise), ultimately, you will beat the most talented of competitors (the hare).

CONSISTENCY is why the tortoise beats the hare every time.

I can hear you asking, “Okay, I get that my ability to stay consistent long after my initial mood of commitment has left me will be the key to my success, so then how do I keep myself consistent?”

To do that I want to give you one of the most profound documents you will ever use in your life—it is called the Weekly Rhythm Register (WRR). If you’ve been puzzled about how to make sense of all you have learned in your day-to-day, everyday life—this is how. Feeling relieved? The WRR rolls up everything we have thus far outlined in this program into a simple daily tracking and accountability system, all on a single page.

**I have a three-step process I call the Massive Transformation Formula:**

**1. List your top three goals.** After you have thought through everything you want to accomplish in every area of your life, it’s important to boil it all down to your top three. Ta-da! You have already done this; these are your “BANNER GOALS” that you discovered in Step 5: The Grand Design. Your mind and creative drive can only focus on a few things at a time. Give it too much to focus on and focus is lost entirely. But with this system, you can manage the pursuit of your top three goals.

**2. List one to three key behaviors needed to accomplish each goal.** You are one to three key behaviors away from a massive transformation in any area of your life. Think about it: Improving your marriage could need just a few consistent behavior changes to transform your current connection and intimacy. Your sales results? A few consistent behaviors could massively transform your results. This is true in your health, parenting, networking, leadership... any area of your life.

**3. Track your behavior.** This is where the accountability and consistency come in. The problem is most people are not conscious of their behavior. Scientific researchers will tell you more than 95 percent of all our behavior is performed without conscious thought. You can say that we sleepwalk through most of our life. The only way to change these unconscious patterns is to be constantly conscious of the new behaviors and actions we need to take in order to see our massive transformation realized. If you need some more support on this, definitely pick up a copy of *The Compound Effect* book and audio program. The book will aid your ability to make better choices and stay consistent with your behaviors so they become ingrained habits. Check out [TheCompoundEffect.com](http://TheCompoundEffect.com) for more.

On the Weekly Rhythm Register, you will list the one, two or three key behaviors you need to stay consistent on to achieve your top three banner goals. Now set a goal for the number of times you will perform a behavior through the week. At the end of the week, you will tally up your actual from the goal and see how you did. See example WRR on page 80. And that will lead us into the next step of the Plan, Do, REVIEW and Improve part of the process.

## **REVIEW**

The review process is like the gyroscope checking to see where you are by comparison of where you should be. You made a plan for what you were going to do. You did it. Now you have to look back and see how you did. The problem with most people is they do, do, do, but never stop to assess how well they are doing. It is like a golfer who practices on the practice tee box for hours on end, only to repeat and ingrain his bad habit patterns deeper—making his golf game worse. No, you have to regularly review to see how you are doing so you can see any bad patterns and make immediate course corrections.

I remember when I was a waiter in high school. Before we could go home, we had to “cash out,” meaning turn in all our receipts, credit card slips, and cash. Everything had to add up, or there was big trouble! You want to develop this same discipline in your life.

The first review is at the end of each day. This won't take but a minute. Simply check off the behaviors you performed relative to your plan. Next is at the end of the week. This is when you will tally up each day's results and see if you are on plan, behind plan or ahead of plan. At the end of the week is when I suggest taking a deeper inventory as well.

To keep myself accountable to this weekly review I have what I call a “Peak-Performance Partner.” Every Friday at 11 a.m. sharp, we have a thirty-minute call during which we trade our Wins (1-3 most major accomplishments of the week), Losses (1-3 areas of commitments you failed on), fixes (what you will do next week to ensure it doesn't happen again), ah-has (greatest learning experience throughout the week), and solicit the needed feedback (advice needed, solicited or not) to hold each other accountable. We are both busy executives but we are religious about making this call happen. I know I have pushed myself harder throughout the week just knowing I needed to report on my promised progress by Friday. And the preparation of my report has helped me pause to reflect and take inventory of the victories as well as the defeats and what I will do to ensure I don't unconsciously repeat them going forward. Which leads us perfectly into the last part of the Plan, Do, Review and IMPROVE process.

*“The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.”*

—Darren Hardy

### WEEKLY RHYTHM REGISTER — EXAMPLE

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
3 additional calls	✗			✗	✗			3	5	<2>
3 additional presentations		✗		✗				2	3	<1>
30 minutes of cardio		✗			✗			2	3	<1>
Weight-training sessions	✗	✗		✗				3	3	☺
Read 10 pages of a book	✗	✗		✗	✗			4	5	<1>
Listen to 30 minutes of instructional audio	✗	✗	✗			✗		4	5	<1>
5 liters of water		✗	✗	✗		✗	✗	5	7	<2>
Eat healthy breakfast	✗	✗		✗		✗		4	7	<3>
Date night with spouse					✗			1	1	☺
Dedicated time with kids	✗			✗		✗		3	4	<1>
Prayer/meditation time		✗	✗				✗	3	5	<2>
Daily journaling	✗		✗		✗	✗	✗	5	5	☺
TOTAL								39	54	<14>

*Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.*

Date Range: \_\_\_\_\_ - \_\_\_\_\_

## IMPROVE

This is the step of the process where you gain strides on your competition. A constant awareness and never-ending commitment to growth and continual improvement is what will catapult you forward, enabling you to achieve what before seemed impossible goals. To achieve what you have never been able to achieve before you have to grow and improve yourself to levels beyond where you are now. Your commitment to ongoing improvement is what will get you there.

Scientific research has now concluded that there is no such thing as a “born genius” pre-designed for greatness. And there is no such thing as innate talent either. I know that sounds outrageous; certainly you are thinking of people like Einstein, Mozart, Da Vinci, Tiger Woods, Lance Armstrong, Bill Gates, The Beatles, Elvis or others. But a study of each of those cases (in books like *The Genius in All of Us* by David Shenk) reveals a truth different than any inborn advantage. In all cases, each of them, and many others society has deemed “gifted,” developed what became known as their talents through consistent, rigorous, unrelenting and repeated improvement. They developed a nearly maniacal, obsessive drive to continually improve themselves, improve their skill, their performance and their outcomes. Malcolm Gladwell also wrote about this in his book *Outliers* and explained that mastery is something DEVELOPED through about 10,000 hours of deliberate, concentrated and focused practice. The ONLY thing that separates average achievers from superachievers is dedication to improvement.

The fantastic news in all of this is: Greatness doesn't come from DNA; there is no such thing as innate “talent” or “genius,” which means we can ALL become a “genius” and reach mastery in any area of our life, if we commit to a process of deliberate and purposeful improvement.

As an example, Friedrich Nietzsche, in his 1878 book *Human, All Too Human*, described greatness as being steeped in a process, and of great achievers being tireless participants in that process. As a vivid illustration, Nietzsche cited Beethoven's sketchbooks, which reveal the composer's slow, painstaking process of testing and tinkering with the melody fragments like a chemist constantly pouring different concoctions into an assortment of beakers. Beethoven would sometimes run through as many as sixty or seventy different drafts of a phrase before settling on the final one. Beethoven once remarked to a friend, “I make many changes, and reject and try again and again until I am satisfied.” Yet neither Nietzsche's articulation nor Beethoven's candid admission of his process caught on with the general public. Instead, the simpler and more alluring idea of giftedness prevailed and has since been carelessly and breathlessly reinforced by biologists, psychologists, educators and the media.

Even with all the repeated and reinforced scientific evidence to disprove the myth of innate giftedness, it will live on as long as human beings do. Why? Because as a society we still rely on the myth. A belief in inborn gifts and limits is much gentler on the psyche: the reason you aren't a great musician, leader, communicator, leader, parent, spouse, athlete, salesperson or whatever is because you aren't "wired" to be one. Thinking of talent as innate makes our world more manageable, more comfortable. It relieves a person of the burden of expectation. It also relieves people of distressing comparisons. If Tiger Woods, Michael Phelps, Roger Federer, Richard Branson, Steve Jobs and others are just innately great, we can feel casually jealous of their genetic luck while avoiding disappointment in ourselves. If, on the other hand, each one of us truly believed ourselves capable of Tiger-like or Jobs-like achievement, the burden of expectation and disappointment could be profound.

However, if you would like to access your potential greatness and achieve master-level performance, then know that the idea of deliberate practice and deliberate improvement is serious work and requires a serious commitment and consistency. As explained further in *The Genius in All of Us*, playing lots of chess or soccer or golf—or in your case, making a lot of sales calls, doing a lot of public speaking, performing a lot of trainings, negotiating a lot of contracts—is not enough. A desire for improvement is not enough. Simply taking lessons from a wonderful teacher is not enough. Deliberate improvement requires a mindset of never, ever, being satisfied with your current ability. It requires a constant self-critique, a capacity for daily disappointment and failure and a never-ending resolve to dust oneself off and to try again and again and again. It also requires enormous, life altering amounts of time—a daily grinding commitment to becoming better. In the long term the results can be highly satisfying. But in the short term from day to day and month to month there's nothing particularly fun about the process or the substantial sacrifices involved. As Anders Ericsson wrote in *The Cambridge Handbook of Expertise and Expert Performance*, "There is a clear distinction between leisure players, who tend to enjoy themselves casually much of the time and the dedicated achievers, who become glued to the gritty process of getting better."

I challenge you to live a life of excellence. I believe excellence is a guilty pleasure, as it's respected, admired, and serves as the triumphant accomplishment of those unwilling to accept anything less.



Excellence requires us to live with nobility, honor and integrity. It requires us to keep our promises and commitments, and to do what's right even when no one looking or even when someone has wronged you.

Of all the great pursuits in life, to me this is the most important. Every virtue, treasure and reward in life is obtained only through this quest. That grand quest? Living your potential. Robert Louis Stevenson put it this way: "To become what we are capable of becoming, is the only end in life."

But what is potential? Webster's dictionary defines potential as... possible, as opposed to actual... capable of being or becoming... a latent excellence or ability that may or may not be developed. So potential then is what you can become. It is the best possible version of yourself.

*“Whatever you are, be a good one.”*

—Abraham Lincoln

I believe the first challenge to living our potential is realizing the greatness that lies dormant inside of each of us. Thomas Edison said, "If we did all the things we are capable of, we would literally astound ourselves."

Dale Carnegie also taught, "We all have possibilities we don't know about. We can do things we don't even dream we can do."

That is what I want to encourage you to do; use the Plan, Do, Review and Improve process to continually check on your progress and make the adjustments necessary, and push yourself through the ongoing gritty process of continually getting better and better... until one day you are nearly unrecognizable to your friends and family. Certainly your lifestyle, your relationships, your body, vitality and bank account will be fantastically unrecognizable by comparison to where you are starting today!



WEEKLY, MONTHLY AND QUARTERLY  
ACHIEVEMENT  
MANAGEMENT SYSTEM

# WEEK ONE

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

---



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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWO

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

---



---

**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

---



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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THREE

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FOUR

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FIVE

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK SIX

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK SEVEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK EIGHT

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK NINE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK ELEVEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWELVE

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTEEN

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FOURTEEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FIFTEEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK SIXTEEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK SEVENTEEN

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK EIGHTEEN

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK NINETEEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-ONE

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-TWO

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-THREE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-FOUR

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

## WEEK TWENTY-FIVE *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-SIX

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-SEVEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-EIGHT

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK TWENTY-NINE

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-ONE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-TWO

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-THREE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-FOUR

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-FIVE

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-SIX

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-SEVEN

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-EIGHT

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

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\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK THIRTY-NINE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

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**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

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\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-ONE

## REVIEW

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## PLANNING

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-TWO

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-THREE

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

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**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

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**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-FOUR

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-FIVE

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-SIX

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-SEVEN

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-EIGHT

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FORTY-NINE

## *REVIEW*

### WINS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LOSSES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FIXES:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Ah-HAs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### What Else I'm Grateful for This Past Week:

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### What Else I Learned from Personal Development and Skill Improvement Study this Week:

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## *PLANNING*

### Banner Goals for the Year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Top Three Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FIFTY

## *REVIEW*

**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**


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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**


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***PLANNING*****Banner Goals for the Year:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FIFTY-ONE

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# WEEK FIFTY-TWO

## *REVIEW*

**WINS:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**LOSSES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**FIXES:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Ah-HAs:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**What Else I'm Grateful for This Past Week:**

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**What Else I Learned from Personal Development and Skill Improvement Study this Week:**

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## *PLANNING*

**Banner Goals for the Year:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Month:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Top Three Goals for the Week:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Personal Development Materials I'm Studying This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Three Most Important Events for the Week\*:**

*\*Be excellent in the few meetings/events that will have the biggest impact on your goals.*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Skills I'm Developing and Practicing This Week:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WEEKLY RHYTHM REGISTER**

Behavior/Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH ONE

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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---

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**The behaviors/actions I was most INCONSISTENT with:**

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---

---

**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH TWO

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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---

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**The behaviors/actions I was most INCONSISTENT with:**

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---

**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH THREE

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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**The behaviors/actions I was most INCONSISTENT with:**

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH FOUR

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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**The behaviors/actions I was most INCONSISTENT with:**

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH FIVE

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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---

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**The behaviors/actions I was most INCONSISTENT with:**

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH SIX

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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**The behaviors/actions I was most INCONSISTENT with:**

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT MONTH SEVEN

## ***REVIEW***

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

---

---

---

**The behaviors/actions I was most INCONSISTENT with:**

---

---

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH EIGHT

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

---

---

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**The behaviors/actions I was most INCONSISTENT with:**

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---

---

**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT MONTH NINE

## *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

---

---

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**The behaviors/actions I was most INCONSISTENT with:**

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---

**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH TEN

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

---

---

---

**The behaviors/actions I was most INCONSISTENT with:**

---

---

---

**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH ELEVEN

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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**The behaviors/actions I was most INCONSISTENT with:**

---

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# MONTHLY ACHIEVEMENT MANAGEMENT

## MONTH TWELVE

### *REVIEW*

**Total goal for all behaviors/actions on Weekly Rhythm Registers for the month:**

**Total achieved for all behaviors/actions on Weekly Rhythm Registers for the month:**

**The behaviors/actions I was most CONSISTENT with:**

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**The POSITIVE difference this had on my results this past month:**

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**The behaviors/actions I was most INCONSISTENT with:**

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**The NEGATIVE consequence this had on my results this past month:**

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**The fixes I will install to ensure this doesn't happen next month:**

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**WINS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**LOSSES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FIXES:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ah-HAs:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Things I'm Most Grateful for During this Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Three Greatest Lessons Learned from Study and Practice This Month:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

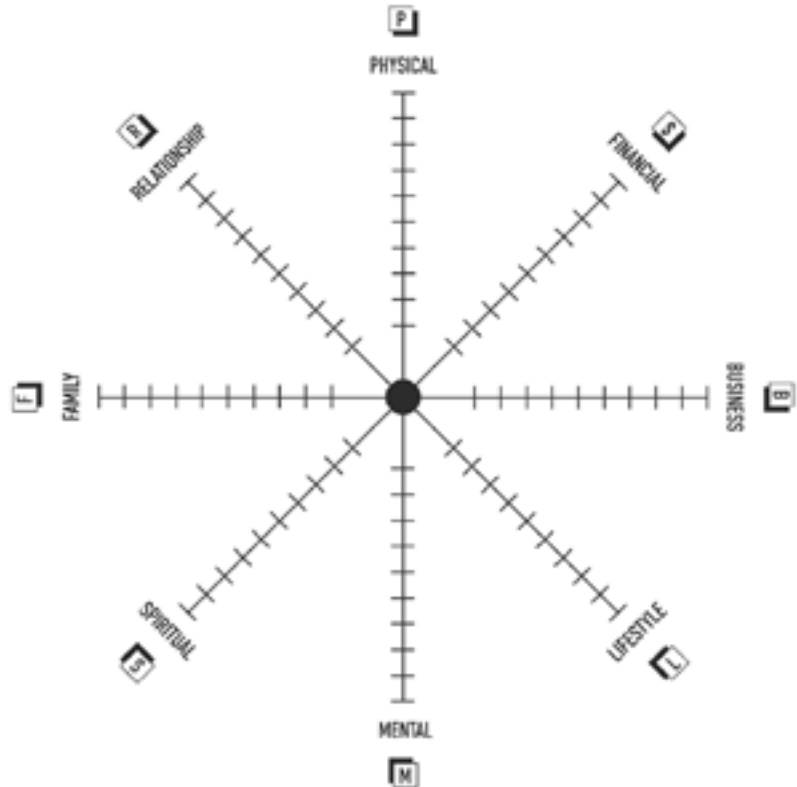
# QUARTERLY ACHIEVEMENT MANAGEMENT

## QUARTER ONE

### REVIEW

Chart how you feel you did on the WHEEL OF LIFE over the past quarter. Connect the dots. Does it look balanced and whole-life developed? If not, you will know where to add extra attention in the new quarter ahead.

The only way to do more in the areas of your life you are deficient in is to stop doing things in other areas of your life. These are usually bad habits or time-wasting activities that are robbing your time and productive life force.



**What I need to STOP doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I need to EXPAND doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Theme for the next quarter (Ex.: Prospecting Addict, Marriage Magician, Customer WOW, Simplify, Servant Leader, Networking Maven). This is a particular area of your life, business or skill set you are going to champion and work especially hard on improving over the next quarter.

**My Quarter Theme:** \_\_\_\_\_

### ***MY 5-3-1 PLAN***

**Top 5 Books I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Top 3 audio programs I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Top seminar I will attend related to my quarterly theme**

\_\_\_\_\_

### ***ASSOCIATION EVALUATOR***

**Those I need to LIMIT association with over the next quarter**

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**Those I need to EXPAND association with over the next quarter**

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\_\_\_\_\_

**Those I need to DISASSOCIATE with over the next quarter**

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\_\_\_\_\_

\_\_\_\_\_

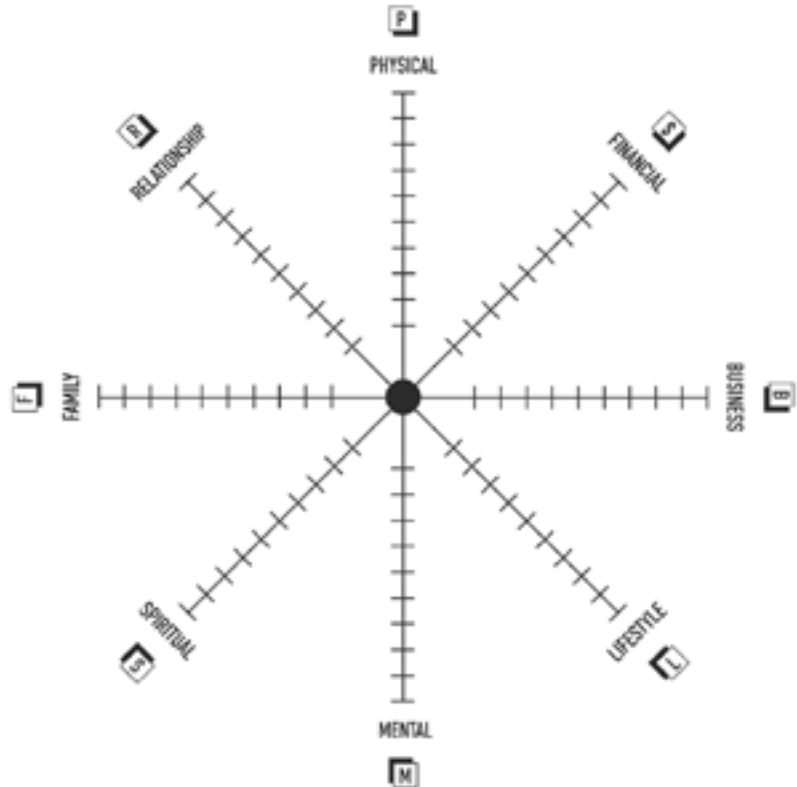
# QUARTERLY ACHIEVEMENT MANAGEMENT

## QUARTER TWO

### REVIEW

Chart how you feel you did on the WHEEL OF LIFE over the past quarter. Connect the dots. Does it look balanced and whole-life developed? If not, you will know where to add extra attention in the new quarter ahead.

The only way to do more in the areas of your life you are deficient in is to stop doing things in other areas of your life. These are usually bad habits or time-wasting activities that are robbing your time and productive life force.



**What I need to STOP doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I need to EXPAND doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Theme for the next quarter (Ex.: Prospecting Addict, Marriage Magician, Customer WOW, Simplify, Servant Leader, Networking Maven). This is a particular area of your life, business or skill set you are going to champion and work especially hard on improving over the next quarter.

**My Quarter Theme:** \_\_\_\_\_

### ***MY 5-3-1 PLAN***

**Top 5 Books I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Top 3 audio programs I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Top seminar I will attend related to my quarterly theme**

\_\_\_\_\_

### ***ASSOCIATION EVALUATOR***

**Those I need to LIMIT association with over the next quarter**

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\_\_\_\_\_

**Those I need to EXPAND association with over the next quarter**

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**Those I need to DISASSOCIATE with over the next quarter**

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\_\_\_\_\_

\_\_\_\_\_

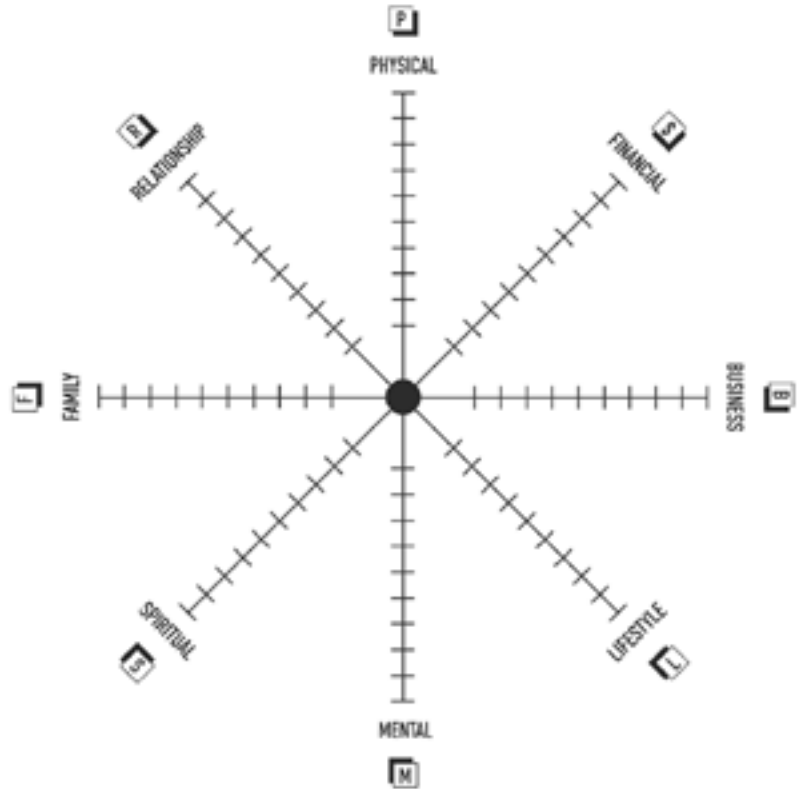
# QUARTERLY ACHIEVEMENT MANAGEMENT

## QUARTER THREE

### REVIEW

Chart how you feel you did on the WHEEL OF LIFE over the past quarter. Connect the dots. Does it look balanced and whole-life developed? If not, you will know where to add extra attention in the new quarter ahead.

The only way to do more in the areas of your life you are deficient in is to stop doing things in other areas of your life. These are usually bad habits or time-wasting activities that are robbing your time and productive life force.



**What I need to STOP doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I need to EXPAND doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Theme for the next quarter (Ex.: Prospecting Addict, Marriage Magician, Customer WOW, Simplify, Servant Leader, Networking Maven). This is a particular area of your life, business or skill set you are going to champion and work especially hard on improving over the next quarter.

**My Quarter Theme:** \_\_\_\_\_

### ***MY 5-3-1 PLAN***

**Top 5 Books I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Top 3 audio programs I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Top seminar I will attend related to my quarterly theme**

\_\_\_\_\_

### ***ASSOCIATION EVALUATOR***

**Those I need to LIMIT association with over the next quarter**

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\_\_\_\_\_

**Those I need to EXPAND association with over the next quarter**

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\_\_\_\_\_

**Those I need to DISASSOCIATE with over the next quarter**

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\_\_\_\_\_

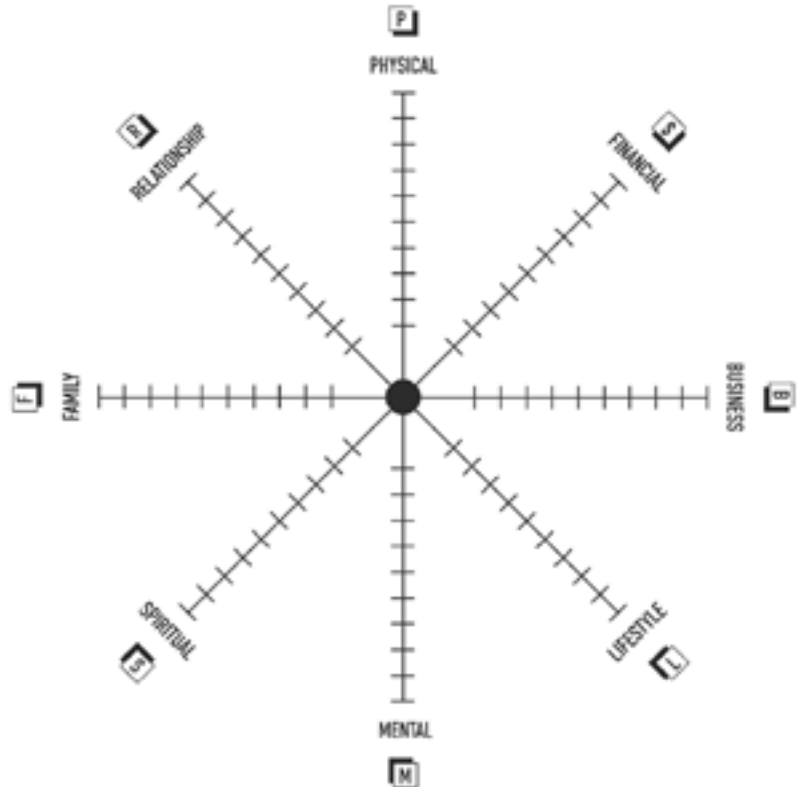
# QUARTERLY ACHIEVEMENT MANAGEMENT

## QUARTER FOUR

### REVIEW

Chart how you feel you did on the WHEEL OF LIFE over the past quarter. Connect the dots. Does it look balanced and whole-life developed? If not, you will know where to add extra attention in the new quarter ahead.

The only way to do more in the areas of your life you are deficient in is to stop doing things in other areas of your life. These are usually bad habits or time-wasting activities that are robbing your time and productive life force.



**What I need to STOP doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I need to EXPAND doing in the quarter ahead:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Theme for the next quarter (Ex.: Prospecting Addict, Marriage Magician, Customer WOW, Simplify, Servant Leader, Networking Maven). This is a particular area of your life, business or skill set you are going to champion and work especially hard on improving over the next quarter.

**My Quarter Theme:** \_\_\_\_\_

### ***MY 5-3-1 PLAN***

**Top 5 Books I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Top 3 audio programs I will study related to my quarter theme:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Top seminar I will attend related to my quarterly theme**

\_\_\_\_\_

### ***ASSOCIATION EVALUATOR***

**Those I need to LIMIT association with over the next quarter**

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\_\_\_\_\_

\_\_\_\_\_

**Those I need to EXPAND association with over the next quarter**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Those I need to DISASSOCIATE with over the next quarter**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Congratulations on

LIVING YOUR  
**BEST YEAR EVER**

## RESOURCES

### THE MENTOR PACK

This very special package includes Darren Hardy's top-selling *Design Your Best Year Ever* success planning system in workbook format, as well as Jim Rohn's extraordinary audio programs, *Challenge to Succeed*, *The Art of Exceptional Living*, and *Take Charge of Your Life*.



### THE COMPOUND EFFECT **Multiplying Your Success. One Simple Step at a Time.**

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# SUCCESS

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## ABOUT THE AUTHOR



The chair once occupied by Orison Swett Marden, W. Clement Stone, Napoleon Hill, and Og Mandino is where *SUCCESS* Publisher Darren Hardy now sits. Darren has been a leader in the personal-development industry for 17 years, having led two personal-development-based television networks—The People’s Network (TPN), and The Success Training Network (TSTN)—producing and launching more than a thousand TV shows, live events, and products and programs with many of the world’s top experts.

Darren is a product and embodiment of the principles he reveals in *Living Your Best Year Ever*. As an entrepreneur, Darren was earning a six-figure income by age eighteen, more than a million dollars a year by age twenty-four, and he owned a company producing \$50 million a year in revenue by age twenty-seven. He has mentored thousands of entrepreneurs, advised many large corporations, and sits on the board of several companies and nonprofit organizations.

Each month in the pages of *SUCCESS* magazine, on his blog (<http://DarrenHardy.SUCCESS.com>), on Twitter (@DarrenHardy), Facebook (DarrenJHardy), and before live audiences of entrepreneurs across the country, Darren distills the best of the best information and strategies available, mixing in his own street-tested principles of success. Darren’s passion for personal development is at the core of his business and life philosophy. He is committed to helping others achieve their potential in order to live richer, more fulfilling lives.

Darren regularly appears on national radio and TV shows for CNBC, MSNBC, CBS, ABC, and FOX.

### More on Darren Hardy

To have Darren speak to your organization about the principles and strategies found in *Living Your Best Year Ever* or on other success insights, email [speaker@SUCCESS.com](mailto:speaker@SUCCESS.com)

For more information about Darren, visit [www.DarrenHardy.com](http://www.DarrenHardy.com). Connect with Darren and a community of like-minded, ambitious achievers online:



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