

# Strategy Planning

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# What do you want?





# **What is a **BREAKTHROUGH** goal that would **UP-LEVEL** everything you do?**

\*12 Weeks



# What makes your goals real?





1. It must be specific and measurable.
2. It must be believable to you.
3. It must be communicated to others.
4. It must have a time limit.
5. Internal and external roadblocks are accepted as a natural part of the journey and dealt with positively.

**Will it STRETCH you?**

**But not FREEZE you?**





**Why is it Important?**

**What's the Benefit?**





# How Much?

# By When?







# Where have you been stuck?

<b>Goal</b> <i>Stretch yourself but don't freeze yourself with too big of a goal, or you will set yourself up to fail.</i>	<b>How Much, By When?</b>	<b>Why Important? What's the Benefit?</b>	<b>Where Have you been Stuck?</b>



# Results vs. Process Goals





**Result:** *Weigh 140 pounds by December 31*

## **Strategy:**

- *Regular exercise*
- *Implementing a meal plan*
- *Daily hydration*



**Result:** *Weigh 140 pounds by December 31*

**Process:**

- *Exercise 1 hour a day, 5 days a week.*
- *Follow a meal plan 6 days with 1 cheat day.*
- *Drink 32 oz. of water daily.*



# **Actions I can take...**

# 12 Week Year

12 Weeks = 1 Year

Each Week = 1 Month



# Calendar Year

	Activities	My Score
Week 1	• • • •	# Workouts: # Steps:
Week 2	• • • •	# New Connections: # People Asked for Referrals:
Week 3	• • •	
Week 4	• • •	
Week 5	• • •	
Week 6	• • •	
Week 7	• • •	
Week 8	• • •	
Week 9	• • •	
Week 10	• • •	
Week 11	• • •	
Week 12	•	



# Build your 12-Week Plan



# Lead and Lag Metrics



**Lag Metric: 140 Pounds** *(happens at the end of 12 weeks)*

## **Lead Metrics:**

# of Workouts each week

# of Steps

# of Miles

# of Calories

# of Ounces



# Feeling Good! Happy. Physically Fit. Healthy. Improved mood.

Activities	Week	
3 to 4 Workouts (metric--> sports bras begging to be cleaned!)	Each Week	Tennis 5:30 to 7
Experience new and different things. New Places. New Social Circles	Each Week	Indoor Rock Climbing
Home by 6 pm 3 days a week.	Each Week	Entertaining
Delegate 2 new administration items to staff	Each Week	
1 Home Cooked Meal	Each Week	
9 hours sleep, 2 days	Each Week	
Drink four 8-ounce glasses of water	Daily	
10,000 Steps	Daily	
Find humour in something / LMAO level	Daily	
Listening to music, motivational podcast.	Daily	
Write that research paper	One and done	



Dictate a communication protocol for all staff / who to contact. Have someone scribe.	<b>Week 1</b>
Tennis!	<b>Week 1</b>
Write!	<b>Week 1</b>
Complete paper for Medical Journal	<b>Week 2</b>
Pick new social scene (Comedy cellar)	<b>Week 2</b>
Write!	<b>Week 2</b>
Be a guest speaker at an academy during Heart Disease Awareness month	<b>Week 3</b>
Schedule a Girlfriend Getaway (1-Day or Weekend Trip)	<b>Week 3</b>
Write!	<b>Week 3</b>
Spend an hour at the book store	<b>Week 4</b>
Write!	<b>Week 4</b>
Take a Feng Shui class	<b>Week 5</b>
Write!	<b>Week 5</b>
Schedule a Girlfriend Getaway (1-Day or Weekend Trip)	<b>Week 6</b>
Visit a Turkish bathhouse	<b>Week 6</b>
Write!	<b>Week 6</b>



Write!	Week 6
Go Dancing	Week 7
Write!	Week 7
Take a Jewelry class	Week 8
Write!	Week 8
Check out an event in my building	Week 9
Write!	Week 9
Attend a poetry reading	Week 10
Write!	Week 10
Volunteer at a food bank/ Habitat for Humanity	Week 11
Write!	Week 11





# Let's Begin!



# Every Sunday

## Choose your Strategic Activities





# Create Two Primary Blocks

- 1 Strategic Block
- 1 Breakout Block

1-3 hours. 1x a week.

# **End of Week (or on Sundays)**

Review. Score your results!



# Daily

Read your purpose, affirmations, visualizations

