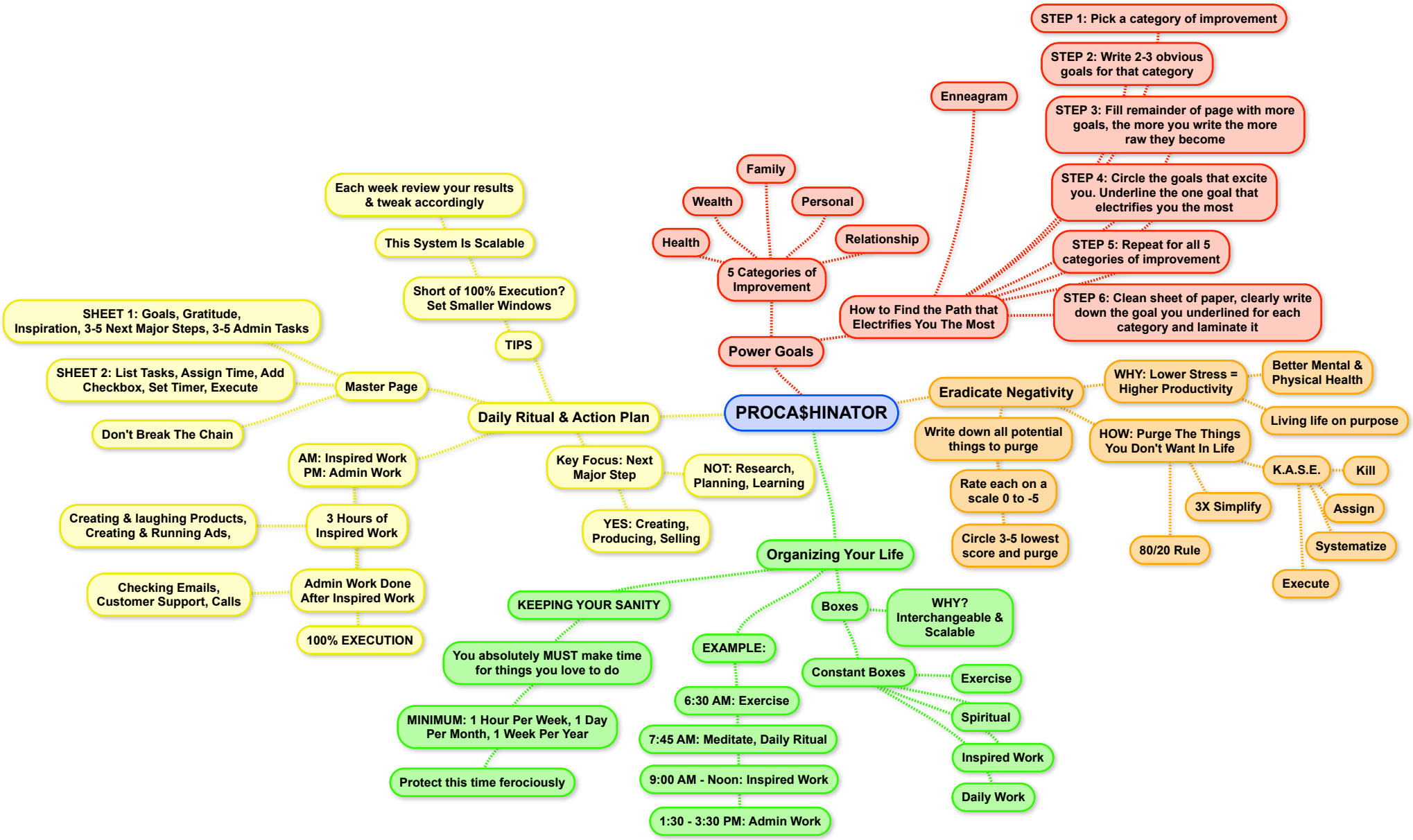
PROCA$HINATOR
Power Goals
5 Categories of Improvement
Health
Wealth
Family
Personal
Relationship
How to Find the Path that Electrifies You The Most
Enneagram
STEP 1: Pick a category of improvement
STEP 2: Write 2-3 obvious goals for that category
STEP 3: Fill remainder of page with more goals, the more you write the more raw they become
STEP 4: Circle the goals that excite you. Underline the one goal that electrifies you the most
STEP 5: Repeat for all 5 categories of improvement
STEP 6: Clean sheet of paper, clearly write down the goal you underlined for each category and laminate it
Daily Ritual & Action Plan
Master Page
SHEET 1: Goals, Gratitude, Inspiration, 3-5 Next Major Steps, 3-5 Admin Tasks
SHEET 2: List Tasks, Assign Time, Add Checkbox, Set Timer, Execute
Don't Break The Chain
TIPS
Short of 100% Execution? Set Smaller Windows
This System Is Scalable
Each week review your results & tweak accordingly
AM: Inspired Work PM: Admin Work
3 Hours of Inspired Work
Creating & laughing Products, Creating & Running Ads,
Admin Work Done After Inspired Work
Checking Emails, Customer Support, Calls
100% EXECUTION
Key Focus: Next Major Step
NOT: Research, Planning, Learning
YES: Creating, Producing, Selling
Organizing Your Life
KEEPING YOUR SANITY
You absolutely MUST make time for things you love to do
MINIMUM: 1 Hour Per Week, 1 Day Per Month, 1 Week Per Year
Protect this time ferociously
EXAMPLE:
6:30 AM: Exercise
7:45 AM: Meditate, Daily Ritual
9:00 AM - Noon: Inspired Work
1:30 - 3:30 PM: Admin Work
Boxes
WHY? Interchangeable & Scalable
Constant Boxes
Exercise
Spiritual
Inspired Work
Daily Work
Eradicate Negativity
WHY: Lower Stress = Higher Productivity
Better Mental & Physical Health
Living life on purpose
HOW: Purge The Things You Don't Want In Life
Write down all potential things to purge
Rate each on a scale 0 to -5
Circle 3-5 lowest score and purge
80/20 Rule
3X Simplify
K.A.S.E.
Kill
Assign
Systematize
Execute