

SET AUDACIOUS GOALS

Speaking to your vision, not necessarily the goals just yet – is it audacious enough?

Stuff you know you can accomplish isn't that exciting.

Stuff *society* tells you that you should desire, usually isn't that exciting either.

These goals have to make you nervous because of their scope. *Be in them.*

Imagine accomplishing them. Imagine living as the man you've laid out for yourself to be.

Imagine *living your perfect day!*

If you don't get pumped, excited to jump out of bed at 0430 tomorrow morning, this vision isn't big enough. Simple.

No matter *what* the goals are, they're dependent on that 12-week year you laid out, as well as the habits you're going to define next.

WEEKLY TASKS/ACCOMPLISHMENTS

When we get to tasks, we're getting to the meat, the actions that will lead to your goals. This is the step that most people forget or ignore. They like having goals, but they don't like thinking about what must be done to reach these goals.

I remember free throw shooting in college, when I played basketball. When I was thinking about the consequences of missing or making the free throw, I'd miss more often. When I'd think about the mechanics of my shot, I'd hit the shot far more often.

These are the mechanics that will help you reach your goals.

How many articles do you have to write every week?

How many words do you have to write every week to finish your book?

How many workouts do you need to complete or how much money do you have to earn?

How many meals do you have to eat each day?

These things need to be completed for you to win your 12-week year goals. It's simple math. Take your 12-week year goals, break them down into 1 week tasks and daily tasks.

Again, write this stuff down, keep it close by.

Now here is where the magic happens...

HABITS

You are your habits. You're not *you*, you're what you do.

What habits do you need to develop to be a winner?

Think of a few, that's all. Then down the road, add a few more.

Here are some I've brought on to my day:

1. 0430 wake up – I get so much more undistracted work done before anyone wakes up. Not only is it a great feeling, but if you have a family and other responsibilities, other humans that wake up and make noise, it can be a necessity.
2. Read 37 pages per day – the idea is to read a book a week. 37 pages ends up being about the number of pages you need to read an average book.
3. Train at the same time daily – when I break this habit, I lose. When it's in effect, I never miss a training session.
4. Practice gratitude – we're talking a lot about goals here and dreams, but what about where you are now, who you are, and what you already have in your life? Appreciate it. You have a GREAT LIFE, you just need to see it as such. Every day before you go to bed write down 3 things you're thankful for within the last 24 hours. Be specific.
5. Schedule everything – my day is planned to the minute in blocks. So I'm not writing down 'writing the article by such and such name'. I have a writing block, a reading block, a training block, a walking Teddy block. When something has a block, that's all that's in the block. More focus = more work done.

AUDACITY

The more audacious your goals, the more likely you are to get excited about them.

I got an email the other day from a guy who follows the site in response to an email I sent out about this very topic. He said he wasn't sure about where his heart was at. He found himself confused, being pulled in multiple directions, unable to completely decipher which path to follow.

My response wasn't anything special, just something I've learned through much trial, error, and failure...

Let fear guide you.

AVERAGE 2 ALPHA

It's those things we fear greatly that often are the most important things for us to dive into. It's the family we're afraid to create, the job we're afraid to quit, the company we're afraid to create...

... If you're not doing something because you don't feel you're worthy, then do it!

If it's a belief of unworthiness that holds you back, this is the thing that you need to head toward. And when you head toward it and set out on that path, 10x whatever goal you may have.

So, set those MASSIVE goals in the following 3 areas:

Body
Business
Mind