

Dream **BIG** *Life* P L A N N E R

www. **Dream Big Life Planner** .com

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Dream BIG Life PLANNER

The all-in-one life planner that
programs your mind for success.

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HOW TO USE THE DREAM BIG LIFE PLANNER

WELCOME

Congratulations! Welcome to your new life of amazing success.

You are special. How do I know this? You're hungry to succeed. Why else would you get this Planner? I know that you want more and you should. Life is meant to be lived – boldly & fully.

The challenge is that today we are overwhelmed with so much information and so many options. How do you know what to do? It's a problem we all have. And that's where the DREAM BIG LIFE PLANNER began. How do we filter out the noise, stay focused, stay on track, and get the things done that create an extraordinary Dream Big Life?

This is way more than a planner. It's a success system to your biggest dreams.

WHY THE *DREAM BIG LIFE PLANNER* WORKS

And it works ridiculously well because this is a Life Coaching system.

Calendars only track your days.

Planners only manage your appointments.

Journals have no structure.

Time Management only manages your tasks and to-do's.

Most people struggle with basic time management skills because they were never taught time mastery. If you were taught, you were probably only taught how to get more done. That's not time mastery, it's task management or efficiency. Getting more done doesn't mean you are getting what matters done.

The Dream Big Life Planner is the combination of a *Time Mastery* system and a *Life Mastery* system. Get more done and get the important stuff done. Follow your dreams. Live a fulfilling life. Live a Dream Big Life.

This system helps you create a **DREAM BIG LIFE**.

Imagine what your life will be like when you are achieving your biggest goals and dreams. When you are succeeding with less stress and following your passion and living a fulfilling life.

Here's the Why ...

This system combines a day planner, calendar, journal, and a life success coaching program. It's based on my years of transforming lives through my coaching and seminars.

By the way, attend my seminar as my guest, go to www.CroixSather.com/seminar-gift

OUR STORY

The Dream Big Life Planner happened by necessity. I always found myself overwhelmed and struggling to stay focused working on what mattered most. I also wrestled with what was most important. I found myself working on non-essential tasks that kept me busy, but didn't lead to a goal or fulfillment.

Through trial and error I discovered a method that works. I applied that knowledge and started to achieve amazing things. Eventually a run across America. That taught me even more about how to succeed. I found myself staying focused, staying on track and accomplishing like never before. Plus, I was less stressed and far less distracted. People kept asking me, "How do you do so much? What's your secret?" I started to share my methods with friends and private clients. They loved it. You now have my secret weapon for outrageous success in your hands.Croix Sather

MINDSET TECHNOLOGY & OLD SCHOOL POWER

Writing is Critical!

The act of writing “Lights your brain up.” According to many studies, writing engages your motor-skills, memory, and parts of the brain that typing and speaking do not. Writing, journaling, planning, and reflection are combined in the Dream Big Life Planner to optimize the way your mind works. According to a study from Princeton University (Jan 2014), when you hand-write, your understanding is better, you remember more, and you synthesize more effectively.

Mindset technology combined with old school power!

What about digital calendars?

This is an important question. Use the Dream Big Life Planner by itself, or in combination with your phone apps, and laptop. I use both. My phone keeps my appointments and reminders. My Dream Big Life Planner designs my life, keeps me focused, on track, and living life on my terms.

ABOUT CROIX SATHER

So who am I?

You can read my professional bio at www.CroixSather.com/about, but let’s be real for a sec.

My life has been a roller coaster of awesomeness and tribulations. Ever since I was a child I wondered, why do some succeed and why do some struggle? Why are some wealthy and others are perpetually broke? My pursuit of understanding success has brought me here, to you, with this simple planner that will change your life.

After years as a carpenter. I wanted more. I knew I could, but how? So I started searching for answers to an extraordinary life. I read hundreds of books, from ancient wisdom to contemporary masters. I searched out elite mentors. I studied success and failure. God knows, I’ve had my share of both. I distilled all of that information into something I could test and teach.

I applied what I learned. My life became a test tube for success. And the results I got, well frankly, they are pretty freaking amazing. My ridiculous success started with a run across America. A marathon a day for 100 days from California to NYC. Then I broke the world record running through Death Valley in 117 degrees of summer heat – running solo-unassisted for 146 miles. Today I travel the world as a professional speaker of life transformation and the psychology of success.

Frankly, I am still a work in progress and hope I always will be. The Dream Big Life Planner is my latest evolutionary leap in my life. And it can do the same for you.

HOW TO USE THE DREAM BIG LIFE PLANNER

How to use this system (overview)

You want to get the most out of this, right? So listen up. The system won’t work unless you do. You don’t go to the gym once and you’re healthy for life. It is something that must be a consistent part of your life. Success is a lifestyle.

“We are what we repeatedly do. Excellence is then, not an act, but a habit.” – Aristotle

How do you use the Dream Big Life Planner? Roll up your sleeves and use it. Like riding a bike, it may be awkward in the beginning, but then you will be riding and succeeding in amazing ways. Once you get rolling, you’ll never want to be without it. The rewards come with use.

HOW TO USE THE

- 1** Your **MAIN** goal here for the next 90 days.
- 4** Important **ACTION** items that need to get done to support your monthly & 90 day goal.

[illegible]

90 DAY CHALLENGE

What BIG goal can you accomplish in the next 90 days that will make a massive difference in your life and/or business?

- 2** Main goal for the Month
- 3** Your plan to achieve your BIG goal.
- 5** Start planning for your main goals during the next 2 months

THE MONTH AHEAD

- A** Your primary business and personal goals for the month. **B** Break monthly goal into weekly goals.

Plan your month to move you towards your BIG 90 day goal.

BUSINESS GOAL

My PRIMARY BUSINESS GOAL is ...

DUE DATE	TASKS & OUTCOMES
DUE 1	
DUE 2	
DUE 3	
DUE 4	

PERSONAL GOAL

My PRIMARY PERSONAL GOAL is ...

DUE DATE	TASKS & OUTCOMES
DUE 1	
DUE 2	
DUE 3	
DUE 4	

DREAM BIG VISIONBOARD

Doodle, paste, plan & dream here ...

MY PROMISE

This month, I PROMISE to myself ...

CREATE THE MAGIC

This month I will create my Magic by ...

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- A** Your month at a glance

C What's your big promise to yourself for the month? Example: "I promise to focus on progress not perfection."

D How you plan to create the "magic moments" (date night, apple picking, staring at the stars).

E Use this area as this month's vision board, mind map, doodle, and brainstorming. You can even paste pictures of this month's goals.

DREAM BIG LIFE PLANNER

1 Priority people are the 5 people you will contact this week to keep your relationships fresh and alive.

2 An hourly day planner. Use this to schedule dedicated blocks of time.

3 Fill in the dates of the week.

WEEK AHEAD

Use "Week Ahead" to plan your focused blocks of time.

Dedicate uninterrupted time chunks to critical activities.

4 Capture list.
Capture potential ideas and potential to-do's.

5 Notes: Anything important about your week.

A RATE your week.
Be real, raw and honest.

B Who did you contact?
Keep your relationships fresh and alive (see Power of 60)

C Your primary goals.
short, clear & powerful!

WEEKLY RECAP & UPCOMING WEEK

How did you do this week? This is where you evaluate your performance.

And where you plan for the upcoming week.

D What will you do to succeed this week?

E How will you show up?
e.g. Strong, focused, rested

F What promise will you make to yourself that will empower you?

10 STEPS TO A RIDICULOUSLY PRODUCTIVE DAY

You are the sum of your daily habits. Create habits for productive days and you will achieve more than you can imagine. BIG GOALS becomes possible when you make consistent forward progress. Focus on improvement, not perfection. Each day strive to be a little better than the day before.

1 Your *Primary Goal* for today. What is the one most important thing you will get done today. If you only accomplish this, you will feel like today was a success. Start with this & stick with it until it's done.

2 *Today's Focus.*
What personal attribute will you focus on today. Patience, gratitude, time blocking, etc.

3 *Affirmation of the Week.*
e.g., "I am focused and productive on my important activities" or "I am a beautiful loving patient woman."

Write, read and repeat this every day.

4 *Necessary Evil*
What is the one thing you can do today that you really don't want to do, but is important to get done.

5 *What are you Grateful for?*
Want more great things in your life, be grateful for what you have.

6 *What are your small successes?*
Don't dismiss our small successes. Small successes equals BIG success.

7 *Magic Moments & Positive Praise*
Magic Moments are those beautiful moments of life. Praise is where others say you did well or are appreciative for you or something you did.

10 *Rate your day.*
At the end of the day, rate yourself and your day from, 1 - 10 (10 is best).

How did you show up as a person, boss, dad, mom and in your effectiveness?

Sleep. Did you get enough? Was it good?

Exercise: How was your exercise?

Eat: Did you eat healthy small meals?

- This will help you see patterns and behaviors that are holding you back.

The image shows a preview of the 'DREAM BIG LIFE PLANNER'. The left page is for 'TUESDAY' and includes sections for 'START STRONG FINISH STRONG' with a time log, 'Today's Primary Goal', 'Today's Focus', 'Affirmation of the week', checkboxes for 'Showed up', 'Sleep', 'Exercise', and 'Eat', 'Today's Secondary List', 'Today I am grateful for ...', 'My Small Successes today are ...', 'Where I have room to grow ...', and 'My Magic Moments and Positive Praise today are ...'. It also has sections for 'ACTION ITEMS' and 'CAPTURE LIST & ERRANDS'. The right page is titled 'JOURNAL BRAINSTORM DREAM' and features a quote: 'If I fail, I try again. And again, and again.' by Nick Vujicic. It has a large area for journaling and brainstorming.

+ *Journal, Brainstorm, Dream.*

Notes, journaling, ideas, BIG Dreams, events of the day and your best thoughts.

There is a direct correlation between journaling and your level of success!

8 *Action Items*
Things that must get done today to accomplish your big goal.

9 *Capture List & Errands*
Your list of nonessential things.

Maybe they have to be done at some point but not today.

TIME BLOCKING STRATEGY

Scientific studies have proven that multi-tasking costs you 40% of your productivity (Psychology Today; "The True Cost of Multi-Tasking": 9/18/12). It only seems effective, but is actually highly ineffective. Meaning, it doesn't work.

Time Blocking is the technique of blocking chunks of time for one specific task. This is very effective in the short term, and amazingly more effective in the long term. When you work uninterrupted for periods of time, your brain gets wired to be more focused and better at that task. This translates into faster results.

Time Blocking is also the best way to assure that you get the most important activities done. You set a chunk of time, say 9-12 am to work uninterrupted on your most important task. If you start with the most important task, then the least important tasks will never waste time in your day.

I can hear you now, "But Croix, 3 hours of uninterrupted time is impossible for me." Let me ask you, "How is your current method working out for you?" If you want different results, you must do things differently. Sometimes, you must be ruthless with your time until you train your mind and your habits to be effective. You also need to train others to respect your time.

USE A TIMER

It may take a little time to break out of the multi-tasking habit. Setting a timer will help you retrain your brain to focus and be productive. Start by setting your timer app to 15 minutes. If you can successfully focus on one task without interruption, increase your time. If you cannot, reduce your time. Then immediately start over and increase your time by 5 minutes until you can focus on one task uninterrupted for 90 minutes. You will be able to accomplish this within a week or two. At 90 minutes take a 10 minute break.

SCHEDULING YOUR DAY

Schedule your day in 90 minute to 3 hour blocks. Pick 1 task for each time block. Start with the most important task for the day. Do only that task until you complete it. This will assure you are moving in the direction of your dreams.

START HERE

If you want to make this your best year yet and make outrageous progress towards your biggest dreams and goals, then start here.

*This is critical to success. Believe in its power.
... Croix*

It's SIMPLE, EASY & QUICK

You get: CLARITY, PURPOSE & SPEED TOWARDS SUCCESS

The next 15 minutes doing this exercise will save you hundreds of hours of wasted time, working on the wrong tasks, and spinning your wheels. You'll be more focused, more productive and with less stress because you will have a clear goal to work towards.

This means you will achieve more and achieve it faster.
And most importantly, you ultimately live your BIG DREAMS!

WHAT TO DO:

STEP 1: Shut off your phone, email, texts and lock yourself into a quiet and positive place.

Get a pen.

STEP 2: Breathe deeply for 2 minutes and relax your mind.

Optional: Add soft music in the background. Search YouTube "Inspirational Music."

STEP 3: Set a timer for 15 minutes

STEP 4: Go to the next page.

Read the question at the top and write the answer on the page.

Do not stop writing until the timer goes off.

Do not filter your ideas.

Just write from the heart and soul. You can edit later.

Write until the timer goes off.

Use more time if you want or need but no less than 15 minutes.

STEP 5:

A: Read it

B: Edit if you desire

C: Sign and date the page

D: Read it out loud

STEP 6:

Read it out loud at least once a week. Daily is even better.

If this was the last year you were going to live ...
what would you like to do, experience and accomplish?

90 DAY CHALLENGE

90 DAY GOAL:

MONTH 1:

PLAN

ACTION ITEMS

MAIN GOAL:

MONTH 2:

PLAN

ACTION ITEMS

MAIN GOAL:

[illegible]

Jan 18: Martin Luther King Jr.	May 8: Mothers Day	Oct 10: Columbus Day
Feb 14: Valentines Day	May 30: Memorial Day	Nov 11: Veterans Day
Feb 15: Presidents Day	Jun 19: Fathers Day	Nov 24: Thanksgiving Day
Mar 27: Easter Sunday	July 4: Independence Day	Dec 24: Hanukkah (thru 1/1
Apr 23: Passover (thru 4/30)	Sept 5: Labor Day	Dec 25: Christmas

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The POWER of 60

YOUR 60 PRIORITY PEOPLE

It's said, "Your net worth is equal to your network." Meaning the people you know will have a direct correlation to how much money you make. It's not what you know, but who you know, has a lot of validity to it. Actually, it's not who you know, but who you stay in contact with and how you help them. The *Power of 60* will help you climb the social-business connection ladder.

Connect with 5 Priority People each week. 1 for each business day.

This is in addition to birthdays, anniversaries, and holidays.

Do not be salesy (is that a word?)

This is about serving, caring and being a great connection.

Why this works:

They appreciate you, because you appreciate them and think of them.

You stay top of mind.

They think of you for referrals and business.

They think of you for cool stuff, events, and get-togethers.

They'll introduce you to important people because you remember & help them.

How to connect with them:

- Connect them with someone that needs their product or service.

- Connect them with someone that they need (accountant, lawn service, sales person).

- Send an article, book, magazine, or information that will serve them.

 - If he likes golf and you find a great golf article about the world's best golf destinations.

- Send a small gift, article, information to their kids or spouse that they are looking for.

 - If their teen is looking at colleges & you're an alumni, connect them to the school/info.

- Send them congratulations for a big accomplishment.

 - They got a promotion, had a baby, finished a marathon, moved to a new city, etc.

Phone call

With email and text messaging, this is becoming a lost method of communication. When calling, make it brief, have a purpose, and stay on target. Odds are, this will turn into a friendly conversation. But don't overstay your welcome or interrupt their work too long.

"Hi John, this is Croix. I have someone I want to introduce you to. I think they will be a great client for you. Do you have a minute for me to 3-way them into this call?"

"Hi John, this is Croix. We haven't talked in a while and I wanted to touch base to see how business is going is there anyway I can help you?"

Handwritten note, postcard, inspirational card, or even a letter.

Email - This is best when you have a link, attachments, or electronic information to send.

Text message - When you know them on a more personal level.

"Thinking of you John. I hope business is strong. Send my love to your wife & kids."

Gift - You cannot do this for everyone, but for those very special people, this is the way to go if but only if it's something relevant/useful to their lives or business.

SUMMARY: Be a person of VALUE and stay connected!

DREAM BIG LIFE PLANNER

YOUR 60 PRIORITY PEOPLE

1	31
2	32
3	33
4	34
5	35
6	36
7	37
8	38
9	39
10	40
11	41
12	42
13	43
14	44
15	45
16	46
17	47
18	48
19	49
20	50
21	51
22	52
23	53
24	54
25	55
26	56
27	57
28	58
29	59
30	60

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

MY PROMISE

This month, I PROMISE to myself ...

CREATE THE MAGIC

This month I will create my Magic by ...

BUSINESS GOAL

My PRIMARY BUSINESS GOAL is ...

DUE DATE	TASKS & OUTCOMES
	<i>Main Monthly Goal</i>
	<i>Week 1</i>
	<i>Week 2</i>
	<i>Week 3</i>
	<i>Week 4</i>

PERSONAL GOAL

My PRIMARY PERSONAL GOAL is ...

DUE DATE	TASKS & OUTCOMES
	<i>Main Monthly Goal</i>
	<i>Week 1</i>
	<i>Week 2</i>
	<i>Week 3</i>
	<i>Week 4</i>

DREAM BIG VISION BOARD

Doodle, paste, plan & dream here ...

Sometimes you just want to give up.
Sometimes your dream seems so far away.
Like it's not possible.

Remember that others have achieved amazing goals.
If they can do it, so can you.

Mark Cuban (Shark Tank, owner of Dallas Mavericks) was being interviewed and the news journalist said to him,

"People say you are the luckiest man on the planet."

Mark replies, *"Somebody has to be ...*
(he leans back, puts his arms out wide, and laughs)
Why not me! Really, why not me?!"

Why not you?

Why not you a millionaire?
Why not you the owner of a profitable business?
Why not you finding your soul mate?
Why not you letting go of the mind trash and
loving yourself and finding unfettered happiness?

Why not you living your DREAM BIG LIFE?

Why not you?

You are a gift to the world
Time to step up and be the example.

- Croix Sather

PLAN FOR MY UPCOMING WEEK

My Primary Business Outcome

--

My Primary Personal Outcome

--

I WILL BE BETTER THIS WEEK BY ...

I WILL SUCCEED BY ...

I WILL SHOW UP AS ...

MY PROMISE TO MYSELF ...

MY WEEK AHEAD

	MONDAY		TUESDAY		WEDNESDAY	
POWER of 60	6:00		6:00		6:00	
1	6:30		6:30		6:30	
2	7:00		7:00		7:00	
3	7:30		7:30		7:30	
4	8:00		8:00		8:00	
5	8:30		8:30		8:30	
	9:00		9:00		9:00	
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	10:00		10:00		10:00	

NOTES

DREAM BIG LIFE

THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00		6:00		6:00		6:00	
6:30		6:30		6:30		6:30	
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10:00		10:00		10:00		10:00	

NOTES

MONDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

2

3

4

My *Small Successes* today are ...

1

2

3

4

Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

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8:00

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9:00

9:30

10:00

ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL BRAINSTORM DREAM

*What are you going to do today to
increase your wealth?*

TUESDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

2

3

4

My *Small Successes* today are ...

1

2

3

4

Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

6:00

6:30

7:00

7:30

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9:30

10:00

ACTION ITEMS	CAPTURE LIST & ERRANDS

*"If I fail, I try again.
And again, and again"*

– Nick Vujicic

WEDNESDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

2

3

4

My *Small Successes* today are ...

1

2

3

4

Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

6:00

6:30

7:00

7:30

8:00

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9:00

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8:00

8:30

9:00

9:30

10:00

ACTION ITEMS	CAPTURE LIST & ERRANDS

*"A man is not old until regrets
take the place of dreams".*

– John Barrymore

THURSDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

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4

My *Small Successes* today are ...

1

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4

Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"When it rains on your parade,
it's time to dance in the rain."*

FRIDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

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Rate 1 -10 (best)

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." - Christopher Reeve

SATURDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"We are what we repeatedly do.
Excellence is then, not an act,
but a habit." - Aristotle*

SUNDAY

START STRONG
FINISH STRONG

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

*"For it was not into my ear you whispered,
but into my heart. It was not my lips you
kissed, but my soul." - Judy Garland*

MY WEEK'S RECAP

HOW I DID?

Rate 1 - 10 (best)

Overall

Business

Personal

PRIORITY PEOPLE CONTACTED

MY BIGGEST SUCCESSES ARE ...

MY GROWTH AND IMPROVEMENT ...

NOTES:

DREAM BIG LIFE

I don't feel like it.

Most days I don't feel like it.

Especially today when it's cold and raining. So I remind myself what this is all for. I visualize my dream. Then I put on my sneakers & put in the miles.

Mediocrity is easy.

...

It's sleeping in.

Complaining about what's wrong.

Sitting on the couch.

Staying some place too long.

Standing by your excuses.

And justifying your sad song.

Success is Easy.

...

It's waking an hour early.

To get done what needs to get done.

It's going the distance.

And making the journey fun.

Staying true to your authenticity.

And staying the course until you've won.

If there is distance between where you are and where you want to be, it's probably because you haven't been putting in the miles when you didn't feel like it.

On those days when you don't feel like doing what needs to be done.

Those are the days that's it's most important to dig deep, find your focus, muster your strength, go the distance until you've won.

That's when you'll find yourself living the life reserved for those who were willing to go the extra mile.

... Croix
Live Your Dreams

JOURNAL BRAINSTORM DREAM

JOURNAL BRAINSTORM DREAM

JOURNAL BRAINSTORM DREAM

PLAN FOR MY UPCOMING WEEK

My Primary Business Outcome

--

My Primary Personal Outcome

--

I WILL BE BETTER THIS WEEK BY ...

I WILL SUCCEED BY ...

I WILL SHOW UP AS ...

MY PROMISE TO MYSELF ...

MY WEEK AHEAD

	MONDAY		TUESDAY		WEDNESDAY	
POWER of 60	6:00		6:00		6:00	
1	6:30		6:30		6:30	
2	7:00		7:00		7:00	
3	7:30		7:30		7:30	
4	8:00		8:00		8:00	
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CAPTURE LIST	10:30		10:30		10:30	
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NOTES

DREAM BIG LIFE

THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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NOTES

MONDAY

Keep the momentum!

- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"Peace begins with a smile."

- Mother Theresa

TUESDAY

Keep the momentum!

- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"Every artist was first an amateur."

– Ralph Waldo Emerson

WEDNESDAY

Keep the momentum!

- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

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☐ Sleep

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"One step is all it takes to get started."

THURSDAY

Keep the momentum!

- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

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☐ Eat

Rate 1 -10 (best)

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"Our thoughts are real and carry energy and our vibration matters!".

- Carol Look

FRIDAY

Keep the momentum!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"It's never too late to be who
you might have been."*

– George Eliot, female English novelist, 1819-1880

SATURDAY

Keep the momentum!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"Nothing is impossible to a
willing heart."*

- John Heywood

SUNDAY

Keep the momentum!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"The Perception of Fear is worst
than the Fear itself."*

– Croix Sather

MY WEEK'S RECAP

HOW I DID?

Rate 1 - 10 (best)

Overall

Business

Personal

PRIORITY PEOPLE CONTACTED

MY BIGGEST SUCCESSES ARE ...

MY GROWTH AND IMPROVEMENT ...

NOTES:

PLAN FOR MY UPCOMING WEEK

My Primary Business Outcome

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My Primary Personal Outcome

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NOTES

DREAM BIG LIFE

THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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NOTES

MONDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"People of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

- Leonardo da Vinci

TUESDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"Wheresoever you go, go with
all your heart."*

- Confucius

WEDNESDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

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Rate 1 -10 (best)

Today's 'Necessary Evil'

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Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"When you believe in a thing, believe in it all the way, implicitly and unquestionable." - Walt Disney

THURSDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

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My *Small Successes* today are ...

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Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"A bird doesn't sing because it has an answer, it sings because it has a song."

– Maya Angelou

FRIDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up ☐ Sleep ☐ Exercise ☐ Eat Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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Where I have *room to grow* ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"The successful warrior is the average man, with laser focus."

– Bruce Lee

SATURDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up ☐ Sleep ☐ Exercise ☐ Eat Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1
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My *Small Successes* today are ...

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Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

SUNDAY

If not you, then who?!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up ☐ Sleep ☐ Exercise ☐ Eat Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"Giving thanks for abundance is
sweeter than the abundance itself"*

- Rumi

MY WEEK'S RECAP

HOW I DID?

Rate 1 - 10 (best)

Overall

Business

Personal

PRIORITY PEOPLE CONTACTED

MY BIGGEST SUCCESSES ARE ...

MY GROWTH AND IMPROVEMENT ...

NOTES:

DREAM BIG LIFE

It's easy to quit.
And you should quit.

You should quit every day!!

They say winners never quit and quitters never win!
That's BS. Winners quit all the time.

Quit the the things that don't bring you joy.
Quit the things the don't feel right.
Quit the things where people don't honor and appreciate you.
Quit the people who hold you down.
Quit the things that devour your time but don't return any added value to your life.
Quit the things that don't bring you financial success.
Quit the things that are in the way of your DREAMS.

WINNERS quit all of the things keeping them from success, happiness, love, wealth, and health.

There are only 3 things to never quit ...

1 - Your Dreams

Never quit on your dreams. This is why you are here. To find your purpose and live it. There will be obstacles and challenges, but never let anything stop you from living your dreams.

2 - Your Potential

Never quit at getting better, improving, growing, and mastering the most amazing thing in the world ... YOU!

3 - Love.

Never quit on love. Never settle in love. Find that ridiculous passionate love that boils your blood with happiness.

Don't just like, but Love every person you meet because everyone wants to be loved.

And most importantly, because the first two are not possible without this, love yourself without limitations.

Ultimately love is why we are here. Everything is an expression of love.

So go ahead and quit.
Quit everything but these 3 things.

... Croix "proud to be a quitter" Sather.

JOURNAL

BRAINSTORM

DREAM

PLAN FOR MY UPCOMING WEEK

My Primary Business Outcome

--

My Primary Personal Outcome

--

I WILL BE BETTER THIS WEEK BY ...

I WILL SUCCEED BY ...

I WILL SHOW UP AS ...

MY PROMISE TO MYSELF ...

MY WEEK AHEAD

	MONDAY		TUESDAY		WEDNESDAY	
POWER of 60	6:00		6:00		6:00	
1	6:30		6:30		6:30	
2	7:00		7:00		7:00	
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4	8:00		8:00		8:00	
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CAPTURE LIST	10:30		10:30		10:30	
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NOTES

DREAM BIG LIFE

THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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NOTES

MONDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

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My *Small Successes* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL BRAINSTORM DREAM

BE BOLD!

- Croix

DREAM BIG LIFE PLANNER.com

TUESDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"I can't imagine a person becoming a success who doesn't give this game of life everything he's got." - Walter Cronkite

WEDNESDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"As soon as you have made a
thought, laugh at it."*

- Lao Tzu (571 BC - 531 BC)

THURSDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"Don't let success go to your head or
failure go to your heart."*

- Unknown

FRIDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

Date Night!
Plan a romantic date night today or
tomorrow. Don't have a date?
Treat yourself.

SATURDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"Be Happy for this moment.
This Moment is your life."*

- Unknown

SUNDAY

You are extraordinary!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

"We can never obtain peace in the outer world until we make peace with ourselves." - Dalai Lama

MY WEEK'S RECAP

HOW I DID?

Rate 1 - 10 (best)

Overall

Business

Personal

PRIORITY PEOPLE CONTACTED

MY BIGGEST SUCCESSES ARE ...

MY GROWTH AND IMPROVEMENT ...

NOTES:

PLAN FOR MY UPCOMING WEEK

My Primary Business Outcome

--

My Primary Personal Outcome

--

I WILL BE BETTER THIS WEEK BY ...

I WILL SUCCEED BY ...

I WILL SHOW UP AS ...

MY PROMISE TO MYSELF ...

MY WEEK AHEAD

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CAPTURE LIST	11:00		11:00		11:00	
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NOTES

DREAM BIG LIFE

THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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NOTES

MONDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

2

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4

My *Small Successes* today are ...

1

2

3

4

Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

Hey you! Yes you. This is your future
self. Make this week count.
Make me proud! - Me

TUESDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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Where I have *room to grow* ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*Visualize your success.
10 extra minutes today.*

WEDNESDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

1

2

3

4

My *Small Successes* today are ...

1

2

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Where I have *room to grow* ...

My *Magic Moments* and *Positive Praise* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"Whenever you go somewhere that speaks to your soul, you are going home to yourself." - Martha Beck

THURSDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." - Helen Keller

FRIDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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Where I have *room to grow* ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL BRAINSTORM DREAM

"Live out of your imagination,
not your history."

- Stephen Covey

SATURDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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My *Small Successes* today are ...

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Where I have *room to grow* ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

*"This world is but a canvas to
our imagination."*

- Henry David Thoreau

SUNDAY

Be Bold!
- Croix

Date

Today's Primary Goal

Today's Focus

Affirmation of the week

☐ Showed up

☐ Sleep

☐ Exercise

☐ Eat

Rate 1 -10 (best)

Today's 'Necessary Evil'

Today I am *grateful* for ...

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ACTION ITEMS	CAPTURE LIST & ERRANDS

JOURNAL

BRAINSTORM

DREAM

*If you want to reap financial blessings,
you have to sow financially.*

– Joel Osteen

MONTHLY RECAP

HOW I DID? Rate 1 - 10 (best)

Overall

Business

Personal

MY BIGGEST ***BUSINESS*** SUCCESSES ARE ...

MY BIGGEST ***PERSONAL*** SUCCESSES ARE ...

I AM GRATEFUL FOR ...

NOTES from this month
PLANS for next month

30 DAY CHALLENGE EVALUATION

MY GREATEST MOMENTS ARE ...

MY BIGGEST LESSONS LEARNED ARE ...

WHERE I CAN GROW & DO BETTER IS ...

HOW I DID THIS MONTH & HOW I FEEL ABOUT IT ...

This is where I get real with myself and how I did. Raw and honest about focus, productivity & how I did and can do better.



BONUSES

NEED MORE PLANNERS?

For more Dream Big Life Planners, please go to www.DreamBigLifePlanner.com.

LIVE EVENT

Join me at a **Dream Big Life** live event and be a part of an amazing community. This is so much more than a planner, it is a community of like-minded peers who are hungry to achieve more. Plus the education on how to get there. Get your free \$297 ticket here. www.CroixSather.com/seminar-gift

DISCOUNT FOR LIFE

As a charter member of the Dream Big Life Planner, you get a discount for life. It's my way thanking you for helping to get this planner and community started.

Receive 20% off on any Dream Big Life product, event, or coaching program. Enter code "charter" to receive your discount when ordering online or tell your representative.

SHARE THE LOVE & Get paid

Tell your friends about the Dream Big Life Planner and get cash and rewards. You love the planner and you love to tell people about it, so why not get bonuses for sharing it?

Coming summer 2016, check out DreamBigLifePlanner.com/friends

To your outrageous success Croix Sather

*If you fail to take action,
then failure is certain.*

- Croix Sather

www.DREAMBIGLIFEPLANNER.com