

Performance Coach Tool #2

"CHUNK IT DOWN"

This tool is all about working backwards! Yes, Backwards!

Start with your 10 year plan and begin to work backwards or "chunk it down" in halves.

With your 10 year plan in mind, as your coach, I'd ask you to take your top 3-5 "10 year goals" and break them down to figure out what you would have to accomplish in the next 5 years in order to be on track to complete your 10 year vision.

Next, take those 5-years chunks into 2 ½ year chunks, 1-year chunks, 6-months chunks, and so on till you get to this week.

This will give you the ability to connect the specific actions you take today to turning your 10-year goals and vision into reality! It may seem overwhelming at first, that's OK! As you start to write and get some momentum going you will begin to LOVE IT!

The best part: once you are finished you'll literally have a plan for the next decade of your life! What an INCREDIBLE accomplishment!

Remember...

"A journey of a thousand miles, must begin with a single step"- Lao Tzu

Let's get started...

1. For each category of life pick your top 3-5 10 year goals and begin to work backwards creating half way marks for each to ensure that you are on track
2. Continue to break them down until you have monthly, weekly, daily actions that add up to your **BIG VISION!**

Example: if I want to be able to have \$100,000 in savings in the next 10 years I would need to have \$50,000 in savings in the next 5 years to be on track.

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Step 1: Take the 10 year goals from yesterday's planning process and in the section below write down you're your key measurements to ensure you are on track...

Describe your health and energy...

Describe your emotional state...

Describe your relationships (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence ...etc.)

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Describe your business, job or career

Describe your finances/ financial situation ...

Describe how much you would be contributing...(and in what ways...)

Describe how much you would celebrate your life ...

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Step 2: Take goals from above cut them in half and in the section below write down you're your key measurements to ensure you are on track...

Describe your health and energy...

Describe your Emotional state ...

Describe your Relationships (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence...etc.)

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Describe your Business, job or career

Describe your finances/ financial situation ...

Describe how much you would be contributing...(and in what ways...)

Describe how much you would celebrate your life ...

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Step 3: Take goals from above cut them in half once more and in the section below write down you're your key measurements to ensure you are on track...

Describe your health and energy...

Describe your Emotional state ...

Describe your Relationships (personal intimate relationship, relationship with yourself, relationship with friends, family, people in your circle of influence...etc.)

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Describe your Business, job or career

Describe your finances/ financial situation ...

Describe how much you would be contributing...(and in what ways...)

Describe how much you would celebrate your life ...

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Step 4: Continue this process until you have daily/weekly/monthly goals that literally add up to your future vision!

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