

Preparing For 2024

A Different Way of Goal Setting and Planning!

What is "The 12 Week Year"?

Periodization- (used in athletics) Focus, in a limited time period, on a specific plan to reach specific goals.

Urgency: This short time frame brings URGENCY to reaching the goals set.

Process: Vision... Goals... Plan... Execute... Measure... Adjust

Your Aspirational Life Vision

In the next 5 years, where do you want to be in life? Your dream destination!

Dig deep, this is YOUR vision, where do YOU see YOURSELF, where do YOU want to be?

Be as specific as possible. What you want to have, be, and do in your life... spiritually, financially, relationally, physically, geographically.

Your Three Year Vision

How far along you want to be toward your life vision. (the "halfway" point)

Be specific, realistic, bold!

Your Annual Vision

This should move you toward your three year vision.

At the end of four 12 Week Years, where do you want to be?

Be specific, realistic, bold!

Creating a 12 Week Plan

Vision reveals the destination. Planning maps the route. Execution is the drive there.

Write down 1-3 specific, measurable goals to be reached in the first 12 weeks. (less is more!)

These goals should be moving you towards your one year vision.

For each goal, list a set of actions necessary to reach it.

Each action should start with a verb and should be stated positively in a complete sentence.

Each action should be assigned a time to be taken. Which week or weeks in the 12 weeks, will you take each action? For your benefit, you may even want to list the day and time you are taking each action.

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Be accountable to YOURSELF weekly for your actions.

Accountability equals personal OWNERSHIP!!! YOU own YOUR business!

Lead indicators are the front end actions we take toward our goals.

Lag indicators are the back end results.

While we interrogate both indicators, the LEAD indicators are most important! We can control our actions, the LEAD. The results will come, the LAG.

Execute, Execute, Execute!!!

The greatest vision, the best laid plan, and the most earnest intentions will NOT get us to our goals without EXECUTION!!!

Even with a desired destination and a reliable GPS, we have to drive to arrive!

The word of 2024... EXECUTE!!!

The Extra Boost

Find an encourager, a traveling buddy! Do this "together".

Only YOU can hold yourself accountable. Your encourager is NOT responsible for holding you accountable. You take ownership. Your traveling buddy encourages you and receives encouragement from you in your respective journeys.

The Payoff

Instead of "hopefully" reaching an annual goal that is a whole year away, you potentially accomplish FOUR TIMES AS MUCH, in four 12 Week Years!!

The urgency of the limited time period, along with the immediate, specific, measureable action plan, can bring a win FOUR times annually!