

INTRO LEVEL WEEKLY WAR ROOM

Create a plan for the week

DATE:

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1.1 Vision

Connect with your Life's Vision + Purpose

Do you have a written or visual representation of your Life's vision? If so, take this time to read it.

If you do not have a clarified life vision and purpose, answer this question:

What is the vision you see for yourself, personally and professionally? Describe it as vividly as you, making sure you **think big.**

Write here.....

1.2 Gratitude

Tally Up The Wins

1. Take Inventory of all of the wins, positive things and things you're grateful for. Use the following questions to help you.
 - a. What do you feel most proud of yourself for right now?
 - b. What are you genuinely pleased with?
 - c. In what ways are you really being the person you have designed yourself to be?

- **Begin Here:**

2.1 Review Big Picture Goals

Reconnect With Your Goals and Strategy

Do you have goals for the year, along with a strategy? If so, take this time to read them.

If you do not have clarified goals and a strategy, answer these questions.

1. What are your top goals for this year?
 - a. ..
2. What still needs to happen in order to make these goals a reality?

- a. ..
3. What have you already accomplished this year to make progress towards your goals?
- a. ..

2.2 Review Last Week's Plans

Observe your progress from last week

Did you start off last week with written plans? If so, take this time to read them and identify the actions you didn't take.

If you did not have clarified goals and a strategy for the week, answer these questions.

1. What were your main intentions and goals for the week before it started?
a. ..CVCCV
2. What and how did you do in terms of making these goals and intentions a reality?
a. ..CVCV

3.1 Life | Ruthless Self Evaluation

Take Inventory of Your Life Roles

Do you have a place where you track your actions and results? If so, take this time to track what you did and didn't do.

Answer these additional questions as it relates to your LIFE:

1. What are the most important areas of your personal life?
a. ...
2. What are the most important recurring habits and actions that lead to success in your personal life?
a. ...
3. What is your general diagnosis of how things are going with your habits and actions?
a. ...

4. What are the most important results that make you feel like a success in your personal life?
a. ...
5. What is your general diagnosis of how things are going with these results?
a. ...
6. If you had to rate your personal life, on a scale of 1-10, what would be your rating?
a. ...
7. What would have to happen (or be done) to make it a 10?
a. ...

3.2 Life | New Game

Learn from your wins and losses

Answer the following questions to learn from last week's campaign:

1. What did you learn or relearn?
a. ...
2. What did you notice that would be of value to you in the future?
a. ...
3. What is the "new game" worth collecting for future campaigns?
a. ...

3.3 Life | Draft Day

Decide on your LIFE goals for this week

1. **YEARLY GOALS:** What are your goals for the year in LIFE?
a. ..
2. **QUARTER:** Where do you want to be by the end of the quarter as it relates to these goals?
a. ..
3. **MONTH:** Where do you want to be by the end of the month as it relates to these goals?
a. ..
4. **FINAL DECISION:** All things considered, what do you want to be true by the end of the week in LIFE?
a. #1:

- b. #2:
- c. #3:
- d. #4:

3.4 Life | GPS Plans

Create plans for your LIFE goals

#1 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?

◆ ..

→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?

◆ ..

→ **CPO's:** Why don't I already have this result? What are the things in my way?

◆ ..

→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?

◆ ..

→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?

◆ ..

→ **STRATEGY:** What actions will you take in order to accomplish this goal?

◆ ..

#2 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?

◆ ..

→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?

◆ ..

→ **CPO's:** Why don't I already have this result? What are the things in my way?

◆ ..

→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?

◆ ..

→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?

◆ ..

→ **STRATEGY:** What actions will you take in order to accomplish this goal?



#3 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?



→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?



→ **CPO's:** Why don't I already have this result? What are the things in my way?



→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?



→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?



→ **STRATEGY:** What actions will you take in order to accomplish this goal?



#4 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?



→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?



→ **CPO's:** Why don't I already have this result? What are the things in my way?



→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?



→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?



→ **STRATEGY:** What actions will you take in order to accomplish this goal?



4.1 Work | Ruthless Self Evaluation

Take Inventory of Your Work Roles

Do you have a place where you track your actions and results? If so, take this time to track what you did and didn't do.

Answer these additional questions as it relates to your WORK (Business and/or Sport):

1. What are the most important areas of your professional life?
a. ...
2. What are the most important recurring habits and actions that lead to success in your professional life?
a. ...
3. What is your general diagnosis of how things are going with your habits and actions?
a. ...
4. What are the most important results that make you feel like a success in your professional life?
a. ...
5. What is your general diagnosis of how things are going with these results?
a. ...
6. If you had to rate your professional life, on a scale of 1-10, what would be your rating?
a. ...
7. What would have to happen (or be done) to make it a 10?
a. ...

4.2 Work | New Game

Learn from your wins and losses

Answer the following questions to learn from last week's campaign:

1. What did you learn or relearn?
a. ...
2. What did you notice that would be of value to you in the future?
a. ...
3. What is the "new game" worth collecting for future campaigns?
a. ...

4.3 Work | Draft Day

Decide on your WORK goals for this week

1. **YEARLY GOALS:** What are your goals for the year in WORK (Business and/or Sport)?
a. ..
2. **QUARTER:** Where do you want to be by the end of the quarter as it relates to these goals?
a. ..
3. **MONTH:** Where do you want to be by the end of the month as it relates to these goals?
a. ..
4. **FINAL DECISION:** All things considered, what do you want to be true by the end of the week inWORK (Business and/or Sport)?
a. #1:
b. #2:
c. #3:
d. #4:

4.4 Work | GPS Plans

Create plans for your WORK goals

#1 GOAL:

- **PURPOSE:** Why must I accomplish this goal?
◆ ..
- **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?
◆ ..
- **CPO's:** Why don't I already have this result? What are the things in my way?
◆ ..
- **SOLUTIONS:** What needs to be done to prevent these things from stopping you?
◆ ..
- **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?
◆ ..
- **STRATEGY:** What actions will you take in order to accomplish this goal?
◆ ..

#2 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?

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→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?

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→ **CPO's:** Why don't I already have this result? What are the things in my way?

◆ ..

→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?

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→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?

◆ ..

→ **STRATEGY:** What actions will you take in order to accomplish this goal?

◆ ..

#3 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?

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→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?

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→ **CPO's:** Why don't I already have this result? What are the things in my way?

◆ ..

→ **SOLUTIONS:** What needs to be done to prevent these things from stopping you?

◆ ..

→ **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?

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→ **STRATEGY:** What actions will you take in order to accomplish this goal?

◆ ..

#4 GOAL:

→ **PURPOSE:** Why must I accomplish this goal?

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→ **OBVIOUS ACTIONS:** What obviously needs to be done in order to accomplish this goal?

◆ ..

→ **CPO's:** Why don't I already have this result? What are the things in my way?

- **SOLUTIONS:** What needs to be done to prevent these things from stopping you?
- **DEATH GROUND:** If I was insane and desperate, what 3 actions would I take that would almost guarantee I reach my goal?
- **STRATEGY:** What actions will you take in order to accomplish this goal?

5.1 War Map

Create your day by day, plan of action this week

Create a plan for each day of the week by following this order:

1. **Non Negotiables.** First plug in the events that cannot be moved, either because of their nature or the fact that others are involved (client appointments, practice, etc).
2. **Time Blocks.** Secondly, plug in the recurring blocks of time you spend doing life and work activities. (Morning Routine, Workouts, Homework, etc)
3. **GPS Actions.** Third, plug in the actions you have determined you need to take to reach your weekly goals.

MONDAY-

LIFE TASKS



WORK TASKS



SCHEDULE FOR THE DAY:



TUESDAY

LIFE TASKS

☐

WORK TASKS

☐

SCHEDULE FOR THE DAY:



WEDNESDAY

LIFE TASKS

☐

WORK TASKS

☐

SCHEDULE FOR THE DAY:



THURSDAY

LIFE TASKS

☐

WORK TASKS

☐

SCHEDULE FOR THE DAY:



FRIDAY

LIFE TASKS

☐

WORK TASKS

☐

SCHEDULE FOR THE DAY:



SATURDAY

LIFE TASKS

☐

WORK TASKS

☐

SCHEDULE FOR THE DAY:



SUNDAY

LIFE TASKS



WORK TASKS



SCHEDULE FOR THE DAY:



5.2 Weekly Visual

Define the flow and time investment of each day

For each day, identify the general flow of the day by making a schedule. Write it underneath the action plan for each day in your war map.

Example:

Monday:

7-10am: Morning Routine (Workout)

10-11: Drive to Practice

11-2:30: Practice

2-

5.3 Sync Up Your Environment

Organize yourself and your environment

Take the following actions to organize yourself for the week:

1. Put your War Maps, GPS plans, and Weekly Visual into your master blueprint.
2. Update your booking calendars and digital calendars.

6.1 Bulletproof

Protect and bolster up your key systems

Go through the “Bulletproof Checklist” and identify any missing links. Write them down and commit to fixing them before the week starts.

AM SCRIPT

- ☐ I know when it will start.
- ☐ I know the sequence.
- ☐ I know how long it will take.

PM SCRIPT

- ☐ I know when it will start.
- ☐ I know the sequence.
- ☐ I know how long it will take.

MAJOR KEYS

- ☐ I know my 3 major keys.
- ☐ Each one has a system.
- ☐ I have a way of tracking them.

BLUEPRINT

- ☐ I have a system for Blueprinting.
- ☐ I know when I will blueprint.
- ☐ I know where I will do it.

ACCOUNTABILITY

- ☐ I have an accountability partner.
- ☐ We follow a system for accountability.
- ☐ We are set to meet this week.

SELF ACCOUNTABILITY

- ☐ I track my habits and KPI's.
- ☐ They are all up to date.
- ☐ I know when I will track them.

7.1 Get Ya Mind Right

Protect and bolster up your key systems

1. Write a motivational message to yourself to keep you motivated and locked in this week:
 - a. What do you need to hear this week?
 - b. What's the message you know will lift you to a more dominant headspace this week?
 - c. What encouraging words can you offer yourself in order to ensure you are positive and aggressive this week?
 - d. Write in and put it in a place you can see it each day.

Begin here...

Notes + Next Steps

- Review your War Map + Daily Schedule Daily. The table of contents at the top will allow you to jump there easily when you open the document.
- Blueprint each night to take your focus and results to the next level.
 - [Click here to access the blueprint visualization.](#)
 - [Click here to download the Blueprint \(written version\).](#)
- [To get WAR ROOM CERTIFIED click here.](#)