## LAST NAME, FIRST NAME - Q1 2022 PERSONAL MVP PROCESS

UPDATED 2022-01-25

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 $\hfill \Box$  Help people live their best life by finding their best home

LIFE VISION (Telescope Goals)
Live with lifestyle design in mind and live the life you want to live
Live a principle and mission driven life with an infectious energy for serving others
Live fiscally responsible, debt free life so that you can work for pleasure vs. profit
Be an exemplary parent and spouse

QUARTERLY VISION - PERSONAL (Microscope Goals)					
SPOUSE	Weekly Well Better How Reflections and Schedule meeting every sunday				
CHILD	☐ Be at at least 2 events per week to support				
MY PARENTS	☐ Speak With Your Father at Least 1x Weekl				
OUR HOUSE	<ul> <li>Run Internet wire over the ceiling to office, stand up desk so it's hard wired up</li> <li>Get outdoor fire place to move from wood to gas</li> </ul>				
FAMILY TRAVEL	RAVEL				
FRIENDS	☐ Vist Todd and Jonah in Saratoga, NY when there for HS reunion				
FINANCIAL	☐ Keep Clear Monthly P&L With A Monthly Budget + Track Expenses With Erin				
PHYSICAL HEALTH	□ STRENGTH: Lift (x3) □ Mobility (x7), Sauna/Cold Tank/Hot Tub (x7) □ Sleep Average of 85% Whoop Score (9:00-5:00am) □ AM ROUTINE: Sweat Before Screens, Journal □ Execute on Your Habit Share at 80%+ Per Week □ Arizona Ironman 70.3 in October 2022, find a coach				
EDUCATION (E)	☐ Follow Philosophers Note Schedule (x2) Per Week				

QUARTERLY VISION - PROFESSIONAL (Microscope Goals)					
ALLIE BETH	<ul><li>Avg 1 New Listing Per Week</li><li>Avg 2 Sales Per Month</li></ul>				
AUTHOR	□ Write for at least 10minutes a day				
PODCAST	Start Recording a weekly podcast about market, education, connection with buyers				
CHARITABLE	□ Volunteer at golf outing and sponsor a hole				
MARKETING	□ Volunteer at golf outing and sponsor a hole				

CORE PRINCIPLES / DEFINITION OF SUCCESS / ONE WORD FOCUS					
	<b>A</b> ccountable	DWYSYWD, (Your behavior, your word and your integrity is everything)			
CORE	<b>P</b> rocess	Have a plan and stick to it (Be intentional with your time and behavior)			
PRINCIPLES	<b>P</b> resent	Be where your feet are (Be present and be where you need to be when you need to be there)			
<b>400</b>	Love	Unconditionally give of yourself with the no expectation in return (Give everything and expect nothing)			
	<b>E</b> nergy	Be a positive energy giver (Don't give negativity or frustration a voice)			

ONE WORD BRAND / DEFINITION OF SUCCESS				
1 WORD BRAND	Strategic - Maximize your time and your skills by being more intentional about what you say yes adn no to			
DEF. OF SUCCESS	Living a principle based life and serving others			