

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

UPDATED 2022-01-25

## LIFE MISSION *(Gravestone Inscription)*

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

## QUARTERLY VISION - PROFESSIONAL *(Microscope Goals)*

ALLIE BETH	<input type="checkbox"/> Avg 1 New Listing Per Week <input type="checkbox"/> Avg 2 Sales Per Month
AUTHOR	<input type="checkbox"/> Write for at least 10minutes a day
PODCAST	<input type="checkbox"/> Start Recording a weekly podcast about market, education, connection with buyers
CHARITABLE	<input type="checkbox"/> Volunteer at golf outing and sponsor a hole
MARKETING	<input type="checkbox"/> Volunteer at golf outing and sponsor a hole

## CORE PRINCIPLES / DEFINITION OF SUCCESS / ONE WORD FOCUS

<p>CORE PRINCIPLES</p> 	<b>Accountable</b>	DWYSYWD, <i>(Your behavior, your word and your integrity is everything)</i>
	<b>Process</b>	Have a plan and stick to it <i>(Be intentional with your time and behavior)</i>
	<b>Present</b>	Be where your feet are <i>(Be present and be where you need to be when you need to be there)</i>
	<b>Love</b>	Unconditionally give of yourself with the no expectation in return <i>(Give everything and expect nothing)</i>
	<b>Energy</b>	Be a positive energy giver <i>(Don't give negativity or frustration a voice)</i>

## 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