

8-10 BIG GOALS EXAMPLE

Step 1: Themes	Step 2: Brainstorm ideas	Step 3: Create meaningful headings
Health Eg: Exercise, nutrition	Lose weight Exercise 3 X a week 6 AM workouts	84 kgs and match fit > rocking body, feeling confident and proud of how I look and feel.
Family & Friends	10/14 meals with kids per week	Quality mealtime with my family. 100% present and enjoying every moment.
Romance / Intimate Relationship		
Personal Growth Eg: Learning	Learn Speed Reading	Speed read like a boss. I enjoy consuming knowledge like no one else.
Physical Environment Eg: House		
Fun & Recreation Eg: Travel, hobbies, holidays	International Summits Play some sport Disneyland	We go global twice a year and love it. Disneyland > My Childhood finally fulfilled
Finance	\$100M?	The empire validates the journey. I am financially free to do what I want when I want.
Business Eg: Financial, work-life balance	Work less, earn more, enjoy always.	20 in and 20 on. Working in the business less and working on the business more. Time out to enjoy life every quarter.

Step 4: One goal per page

Goal 1: Work less, earn more, enjoy always - 20 in and 20 on. Working in the business less and working on the business more. Time out to enjoy life every quarter.

Step 5: Brainstorm 20+ ways to achieve this goal

- Let my partner know what my goal is and hold me accountable to achieving it
- Let the team know about my goal
- Turn off email notifications during hours of power
- Block out set appointment times for clients
- Block out set review time with team members
- Block out my calendar before 10am and after 4 pm
- Start morning ritual of to do list to organise my day and prioritise work
- Block out quad B time to push work down and build the team up
- Team to watch productivity video – 3 X 5 rule
- Implement a training program for team members to broaden their knowledge
- Look at the org chart and see where talent gaps are
- Implement a workflow program to track the time taken on projects
- Block out afternoons off
- Block out strategy time in the calendar

Step 6: Prioritise the 20+

Step 7: Draft deadlines

1. Let me partner know of my goal – Sunday 26th June
2. Announce the goal to my team in our morning huddle – Monday 27th June
3. Block out my calendar before 10am and after 4 pm – Monday 27th June
4. Start morning ritual of to do list to organise my day and prioritise work – Monday 27th June
5. Block out set appointment times for clients – Tuesday 28th June
6. Block out set review time with team members – Tuesday 28th June
7. Turn off email notifications during hours of power – Wednesday 29th June
8. Block out quad B time to push work down and build the team up – Monday 4th July
9. Team to watch productivity video – 3 X 5 rule – 21st March – Tuesday 5th July
10. Implement a training program for team members to broaden their knowledge – Monday 29th August
11. Look at the org chart and see where talent gaps are – Tuesday 30th August

12. Implement workflow program to track the time taken on projects – Thursday 1st September

*If you are a BP Financial member, there are additional resources in the online Leadership IPT library relating to this particular content.