A System
Bringing it all together

How you might connect your life *visually*

A System
Bringing it all together

(Let us) … begin with the end in mind …

Dr Stephen R. Covey

How can you *visually* connect your daily planner, overall goals, significant categories of your life & your currently working projects, in ONE sheet that you can carry with you?
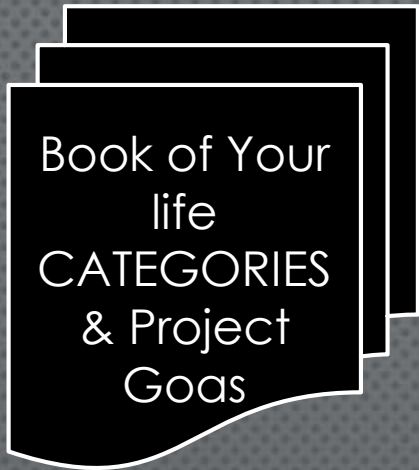
What does this look like *visually*?
How do we connect it all?

2

It might look like this …

Book of Your life CATEGORIES & Project Goas

Your Daily book

CATEGORY Sections:
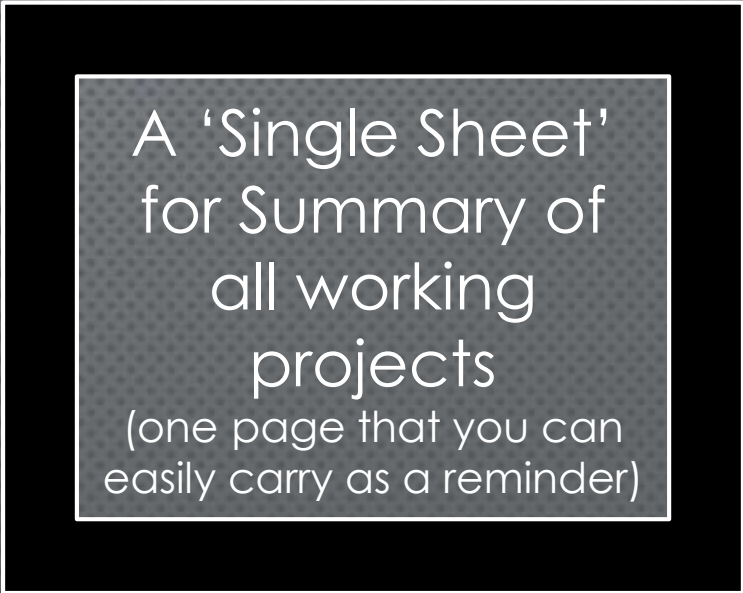
SPIRIT

LEGACY

BUILD

PHYSICAL

FINANCIAL

Review / Reflect / Renew & Commit

(These are my example CATEGORIES see deeper blog #10 "Finding Your Criteria" for details on how to find yours)

A 'Single Sheet' for Summary of all working projects
(one page that you can easily carry as a reminder)

Built for you

JohnnysSpeedLab.com LLC
1 864 238 97??

A System
Bringing it all together

A 'Single Sheet' for Summary of all working projects

(This shows 3 current project, handwritten I can fit 8 on each side)

(This indicates plan lower time/energy spent)

Project1: Metal Form

| CATEGORY | BUILD |
| STATUS | |

QTR 1	QTR2	QTR3	QTR4
5%	QTR2	QTR3	QTR4

- ❑ Big1: Block Times/week - practice *End of week*
- ❑ Big 2: Project
- ❑ Big 3: Buy/rent tools
- ❑ Metal class

NOTES: (as if it were end of quarter)
1. Not at end of QTR1, yet but little progress here – struggling why?
2. Focus is on SPIRIT & LEGACY, give yourself a break
3. When weather warms will shift focus & want to be outside
4. Just does not fit in yet

P2: Write Deeper Blogs

| CATEGORY | LEGACY |
| STATUS | |

QTR 1	QTR2	QTR3	QTR4
100%	QTR2	QTR3	QTR4

- ☑ Big1: Create list of top dozen
- ☑ Big2: Write 1X/week for 12 wk
- ❑ Big3: Edit w M
- ❑ Re-evaluate after QTR1
- ☑ Trial Formats for potential book

NOTES: (as if it were end of quarter)
1. Excellent job here. PUBLISH!
2. Perfection is not the goal
3. Great *healing* for me in doing regardless of response
4. A way to create everyday
5. Huge help to pass the winter

P7: Stronger Physically

| CATEGORY | PHY |
| STATUS | |

QTR 1	QTR2	QTR3	QTR4
100%	QTR2	QTR3	QTR4

- ☑ Big1: Build base for year > 2 hrs then add HIIT
- ☑ Big2: Strongest yet, by spring Weights Lower 1-4X wt, Upper 0.6-1.6x wt
- ❑ Big3: Size targets
- ☑ Eat more protein > 1.2 g/lb
- ❑ Charity rides Across SC, NC & ?

NOTES: (as if it were end of quarter)
1. Excellent job here. TRAIN steady.
2. With likely sickness, always hard in winter.
3. Is stronger better?
4. Cannot wait to get to the mountains, again!

Built for you
JohnnysSpeedLab.com LLC
1 864 238 977?

4

A System
Bringing it all together

What I actually carry with me

Projects 1 – 4 (front)

Projects 5 – 8 (front)

Yes, I am shooting for the stars here and likely, I will not get all of this done & that is OK!
Big 1, 2, 3 are focus are focus areas I am looking to knock out.

A System
Bringing it all together

- ❑ **Something came out of those quick sessions** in which you wrote down the top 3 to 5 areas/things you wanted to do in times that you could not. (see Deeper Blog #11 Focus your life p4). <u>Example</u>: Learning to shape metal/craftsmanship came up several times, so I created a list of 'metal forming projects'.

- ❑ **Reading/Watching or a suggestion by someone else**. <u>Example</u>: I read about ultra-marathoning 50 to 100+mile races. Running is tough for me, so I began to look at bicycling centuries & now complete multi-day/week challenges like riding across states.

- ❑ **Bucket list items**. <u>Example</u>: Road trip in a car I built across the country to SEMA in NV.

- ❑ **Key projects**: <u>Examples</u>: Helping my son or rebuilding an engine for a client on a time table due to their needs.

- ❑ **A natural progression**. <u>Examples</u>: I led very large teams by focusing on individual's needs to better understand each piece of a much larger project, so coaching became a natural next step. I summarized the teams progress each week, so these deeper blogs were a natural next step.

Built for you

JohnnysSpeedLab.com LLC
1 864 238 977?

A System

Bringing it all together

Now we need space to actually work on stuff &

not just track progress
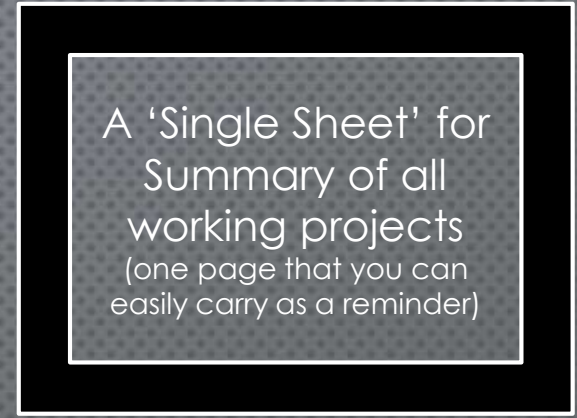
I do this by creating a notebook for each Project &

or Category

(See next page for visual →)

A System
Bringing it all together

Book of Your life CATEGORIES & Project Goals

SPIRIT

LEGACY

BUILD

PHYSICAL

FINANCIAL

Review / Reflect / Renew & Commit

Your Daily book

A 'Single Sheet' for Summary of all working projects
(one page that you can easily carry as a reminder)

Individual notebooks to contain details of Projects

| Deeper Blogs | Metal Form | Miata builds | Business Learn | Weekly Reflection | Financial Learning | 5 minute journal | Spirit Growth |

Built for you
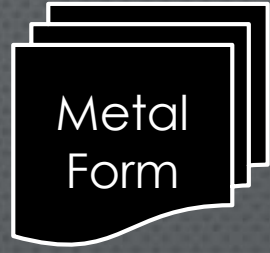
A System
Bringing it all together

Please keep in mind all of this is that you create is really *just for you*.

If you think someone, perhaps a child, will actually look at these 'great works' of yours, you would likely be disappointed. I remember a story Jim Rohn once spoke of in his how to guides on keeping a journal.

He thought of what was most valuable to him. He concluded in a fire what he would, after his family, get his journals. He wanted preserve his ideas in his journals for his children. I ask you since he has passed, *What have you heard of his unpublished ideas from his children?* They went on to pursue their passions.

Please don't kid yourself, you do all of this for yourself to help form & re-form your ideas for what you may do 'better' **NEXT** to contribute while you are here.

And as always thank you for your time!

Reference: Jim Rohn, How to use a Journal, CD