

A System

Bringing it all together

**How you might connect your life
*visually***

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(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?

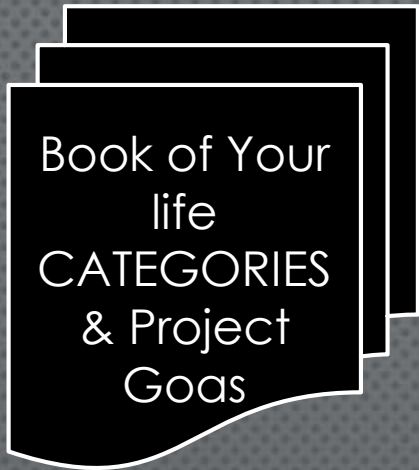
What does this look like *visually*?
How do we connect it all?

1st you might ask
All What?
(→)

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It might look like this ...



CATEGORY
Sections:

SPIRIT

LEGACY

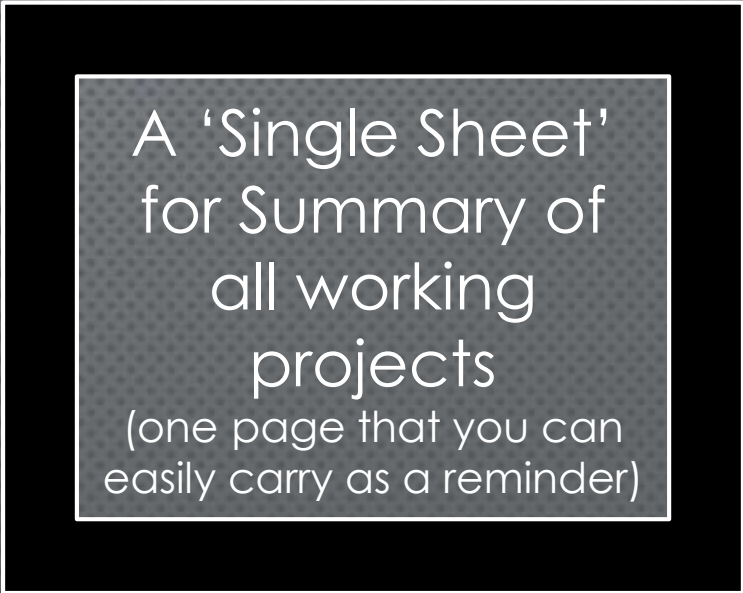
BUILD

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)



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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!

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What I actually carry with me

Projects 1 - 4 (front)

Projects 5 - 8 (front)

P1 METAL FORM BUILD					P2 DB WEEKLY (CREAT LEGACY (OUTPUT))					P3 JL WEEKLY SPIRIT					P4 ESSENTIALS/TEACH SPIRIT				
QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL
5%					20%					0%					10%				
LOW					HIGH					OK					LOW				
BIG 1 - PRACTICE/BLOCK TIME					BIG 1 - THE LIST + PRINT 1/4					BIG 1 - SHOW UP PATH TO ADULT					BIG 1 - ESSENTIAL COACH				
BIG 2 - PROJECT					BIG 2 - 12Y 2IX/1XK 1/4					BIG 2 - LIST OF PS					BIG 2 - TEACH CAP 4/5/6/7				
BIG 3 - TOOLS					BIG 3 - EDIT W/M					BIG 3 - RELATIONSHIP					BIG 3 - PLACE				
- TAKE Q1/ADT - GAS DAY/TAY					- RE-EVALUATE APRIL 12					- THE LIST 1/4, 1/2, 3/4, 1/2					- ESSENTIALS SPR, SUM, FALL				
AR/CO2 - MING					- WRITE 1X/WK, SLOW OR STOP					- TIME BLE 1/4					- ESSENTIALS LIST - W/PLY				
NITROGEN					- BLOCK TIME					- KEEP ROCK PING					- 1X/105, 1/4/11, 1/2/12 W/ STAFF				
RODAN					- PROCESS TO PUBLISH 1/1					- HIG LIFE IS WAITING					- TEACH PLACE 1/2, 1/5				
- METAL CLASS					- WRITE + PUBLISH 1/1, 1/2, 1/3														
- SHOW					- FORMATS CHANGING														
					- BOOK														
QTR1					QTR1					QTR1 ASREQ/OK'S					QTR1				
										- STARTED									
QTR2					QTR2										QTR2				
QTR3					QTR3										QTR3				
QTR4					QTR4										QTR4				
FINAL					FINAL										FINAL				

P5 COACH/MENTOR SPIRIT/LEGACY (OUTPUT)					P6 MY SYSTEM - IMPROV RRR+C					P7 STRONGER PHY PHY					P8 SHOP BUILD				
QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL	QTR1	QTR2	QTR3	QTR4	FINAL
25%					10%					10%					0%				
LOW					LOW					LOW					LOW				
BIG 1 - COACH (AS THEY COME)					BIG 1 - SYSTEM UPDATE 1/4					BIG 1 - STRENGTH TRAINING					BIG 1 - REVIEWS -> LINK				
BIG 2 - END N BENCHES W/PL					BIG 2 - DASHBOARD 1/4					BIG 2 - RIDE BAGE 7/20/10/20					BIG 2 - CHANGES EXISTING				
BIG 3 - USE DB MAPS					BIG 3 - TEACH WRITE 1/4, 1/2, 3/4					BIG 3 - SCHEDULE					BIG 3 - SHOP?				
- W BENCHES					- ONE SHEET 1/1 + VISUAL					- SPEED 1/2 30 NO HAD DRAFT					- WRITE - LRS OF REVIEWS				
- W ANDREW - 1/1					- READ GTD + NOTES					- PLAN 5X 30 4/20					- LIST FOR - LINC 1/4				
- W VICTOR - 1/1					- RRR+C W/PLY 1/1, 1/2, 1/3					- INVERT MEAS 200 > 1ST					- TOOL LIST				
- JACK D					- EVENTS LIST 2020					- RIDE MOUNTAINS 1/2					- BUSINESS LIST (MIS)				
- TIM F - 1					- WRITE DB 1/1					- ACROSS BIC 1/1, NCE 1/1					- SEAL RC -> SPACE 1/1				
- How to Zoom 1/1					- SUMMER VA - 1/1 - 2/11					- MORE PROTEIN!					- NEW LD - DO 1/1				
- QUESTIONNAIRE, EXERCISES					- DASHBOARD 1/1					- 1X/WK HIIT AGAIN					- NEW SPACE?				
- MARI EVALUATE 1/1					- DASHBOARD - 1/1										- 1/1 FULL AGAIN 1/1				
QTR1					QTR1					QTR1					QTR1				
QTR2					QTR2					QTR2					QTR2				
QTR3					QTR3					QTR3					QTR3				
QTR4					QTR4					QTR4					QTR4				
FINAL					FINAL					FINAL					FINAL				

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 areas I am looking to knock out.



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How might you select your Projects under each CATEGORY?
Some potential sources:

- ❑ **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). Example: 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.** Example: 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.** Example: Road trip in a car I built across the country to SEMA in NV.
- ❑ **Key projects:** Examples: Helping my son or rebuilding an engine for a client on a time table due to their needs.
- ❑ **A natural progression.** Examples: 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.

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A 'Single Sheet' for Summary of all working projects

Now we need space to actually work on stuff &
not just track progress

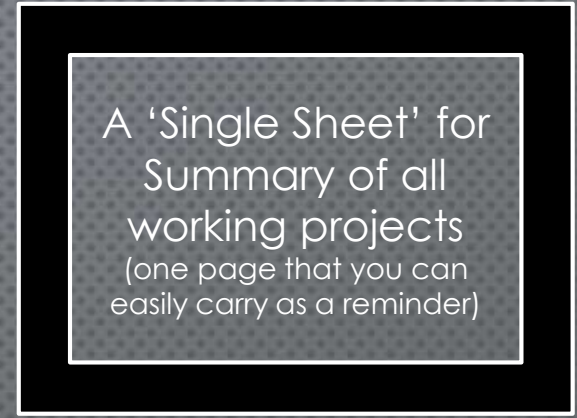
I do this by creating a notebook for each Project &
or Category

(See next page for visual →)

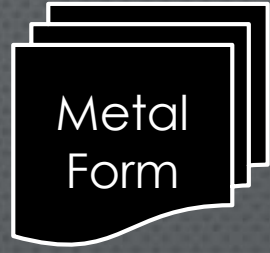
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(This is all implied as written on paper. I do this because of the connect of hand to mind for me. You might do better all electronically.)



Individual notebooks to contain details of Projects



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A note on why...

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

