



Ways to Make Space to Plan for Change

1



Figure out what happened last year, what was good and what was bad. What made the good things good and what made the bad things bad? The purpose of this is to set a baseline on what you want more of and what you want less of. (4 hours)

2



Use the question, "What am I trying to do here?" to determine at a high level what you need to do for the year. Is your goal to elongate your lifespan? Is it to acquire new knowledge? Is it to increase your market share? (4 hours)

3



Think of how many ways you could accomplish the above goal in a fun and meaningful way. Don't be stingy with the ideas, think of as many as you can. (4 hours)

4



Pick your best ideas. Pick the attainable ones, pick the meaningful ones, pick the fun ones. (4 hours)

5



Act on the ideas. Turn them into reality. Plan it out, block out your calendar. Use an accountability partner to keep you honest about whether you're executing, if you need help staying on track. (All year)