

Living your Best Year Ever

Abridged notes from Darren Hardy's Book

Step 1 – The Why is more Important than the How

"Once we know the why, we can overcome any how"

2 common traits for super achievers

1. An unyielding commitment to constant learning
2. Clearly written goals that have specific plans laid out to achieve them

Setting goals provides you with a MAP of where you need to go. No matter your intelligence or talent a map will always help you get somewhere faster when your surroundings are unknown or unfamiliar.

We have all tried to do something before and failed. Felt our motivation drain away, our will power disappears. So, we need POWER. A WHY power. Something that drives us through failures and setbacks. A core reason for doing something.

"Those who have a why to live for can bear almost any how"

How Goal Setting works

Goal Setting works in a similar way to the Law of Attraction. Every day we are confronted by millions of pieces of information. Whether that be through your phone, social media, day to day life, the TV. The list and mediums through which we can receive this information continue to increase every year.

To keep ourselves sane we tune 99% of this information out. We do not remember things which do not interest us at that time. Adverts being a great example. We bear watching them, but most will not be memorable to us, say a perfume advert for most men, or a children's toy advert for those of us without young children to buy presents for.

But, when we want something. Say a red car. Then we start to notice red cars.

Parked in driveways, driving past us on the road or even on TV.

We become aware of the things that we want.

The same goes for our goals.

When we define our goals, we give our brains something to focus on and look for in the world around us. They match our outsides to what we want on our inside.

We begin to draw people, places and experiences towards us to make our goals tangible.

ACTION: Commitment Pledge

I _____

Being of sound mind and body, do hereby pledge to commit to no longer allowing myself to be subject to inconsistency and lack of follow through and perseverance. I will not stifle my opportunities for growth and improvement and inhibit my access to the miraculous and incredible potential lying inside me, ready to be harnessed, incited and set free, that will lead me to expediently in the direction of my greatest dreams, desires and ambitions and allow me to make a profound difference in my life, in the life of my family and the world around me.

I do hereby commit to completing the Living your Best Year Ever program. I will use the Achievement Management System each week to confidently and expeditiously take me toward the accomplishment of my big, audacious and wildly ambitious goals!

Signature of Commitment

Date _____

Step Two: Year in Review

History often repeats itself, so we learn from the past to inform our goals for the future.

Most goal setting fails because we:

- Make a wish list, stick it in a drawer and hope for the best
- Our goals are not as clear as possible, so we say, "I want to lose weight" when we could say "I want to lose 10kg by this time next year" that way we can more easily break down our goals
- We talk a good game but don't follow through with action
- We don't have an effective tracking system, so we can measure how we are progressing in achieving our goals
- We fail to seek support and guidance from people and resources around us to help us reach our goal

We follow a simple process to help us succeed:

- Plan our goals
- Do
- We assess how we did in review
- We adjust so we can improve

ACTION: Year in Review Worksheet

What are the 10 greatest things that happened to you from last year:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

I am most proud of these three accomplishments from last year:

- 1.
- 2.
- 3.

Three greatest lessons I've learned from last year:

- 1.
- 2.
- 3.

Three personal improvements I made in the past year are:

- 1.
- 2.
- 3.

If I could go back and do it again, I would do these three things differently from last year:

- 1.
- 2.
- 3.

The greatest influences (products, people, viewpoints, other) on me in the last year:

Smartest decision I made last year:

Most caring service I performed last year:

Biggest risk taken last year:

Most important relationship improved last year:

One word that best sums up and describes last years' experience:

Three things I need to do less of in the next year are:

- 1.
- 2.
- 3.

Three things I need to do more of in the next year are:

- 1.
- 2.
- 3.

Three things I need to stop doing altogether in the next year are:

- 1.
- 2.
- 3.

Step Three: Foundation of Abundance

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough"

Of all the thoughts that can profoundly change your life, Gratitude is the most important of all.

Input > Thought > Expectation > Create > Life Results

We use our thoughts to create our life results. Now this doesn't mean we can think, do nothing and expect great results. But from great thoughts, come great actions, and from great actions come amazing results.

Gratitude is the attitude that changes everything. When we concentrate and are thankful for what we have, not consumed by everything we want and do not have.

Gratitude is a choice we take to embrace the great abundance that we already possess. This becomes an attitude of attraction.

So, before we set our goals we remind ourselves of what we are grateful for.

Action: Gratitude List

Three amazing people in my life are:

- 1.
- 2.
- 3.

Three great things about my home and where I live are:

- 1.
- 2.
- 3.

Three great things about where I live and what I do for a living are:

- 1.
- 2.
- 3.

Three great gifts of unique talent and skill I have been given are:

- 1.
- 2.
- 3.

Three great gifts of knowledge and experience I have developed are:

- 1.
- 2.
- 3.

Three ways I have experienced “luck” in my life are:

- 1.
- 2.
- 3.

Step Four: Your balance sheet

Before we can begin charting our goals it is important that we carry out inventory and understand where we are in our life today, and what areas are good, and which could do with some work.

We often see people who have great success in some areas of life but have suffered disasters in others.

So, we set out to understand where we have balanced in our life and what areas require our attention.

Action: Life Assessment and Wheel of Life

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True.

Relationships and Family

I spend at least 10 hours of focused time with my family each week.

1 2 3 4 5

I get together with friend at least once a week.

1 2 3 4 5

There is no one in my life who I haven't completely forgive.

1 2 3 4 5

I am actively engaged in learning how to be a better spouse, parent and/or friend.

1 2 3 4 5

I actively look for ways to support and help advance the success of my friends and family.

1 2 3 4 5

I take complete responsibility for all relationship conflicts when they arise.

1 2 3 4 5

I easily trust those I live and work with.

1 2 3 4 5

I am 100% honest and open with all those I live and work with.

1 2 3 4 5

It is easy for me to commit to others and honour those commitments.

1 2 3 4 5

I recognise when I need support and am continually seeking help.

1 2 3 4 5

Total Score:

Physical

I do strength training at least 3 times a week.

1 2 3 4 5

I do cardiovascular training at least 3 times a week.

1 2 3 4 5

I do stretching and/or yoga at least 3 times a week.

1 2 3 4 5

During a typical day I watch no more than 1 hour's TV.

1 2 3 4 5

I eat breakfast (more than coffee) every day.

1 2 3 4 5

I don't eat fast food, ever.

1 2 3 4 5

I spend time outside for at least 30 minutes a day, every day.

1 2 3 4 5

I have undisturbed sleep for at least 8 hours each night.

1 2 3 4 5

I don't drink more than 1 caffeinated beverage per day.

1 2 3 4 5

I drink at least 8 glasses of water per day.

1 2 3 4 5

Total Score:

Business

I plan the day out the day before.

1 2 3 4 5

My goals are written, prominently displayed and regularly reviewed.

1 2 3 4 5

I love what I do, and I enjoy getting up every day to do my job.

1 2 3 4 5

I am continually filled with feelings of accomplishment and satisfaction from my work.

1 2 3 4 5

I am constantly improving my professional strengths and weaknesses.

1 2 3 4 5

If I could, I would still do my job without pay.

1 2 3 4 5

I am home with my family on time every day.

1 2 3 4 5

My current business/job had the realistic potential of accomplishing all my financial goals for the next year.

1 2 3 4 5

My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.

1 2 3 4 5

My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.

1 2 3 4 5

Total Score:

Financial

I have a completely detailed budget and unfailingly stick to it.

1 2 3 4 5

I have a professionally designed and diversified financial portfolio.

1 2 3 4 5

I save at least 10% of my income every month.

1 2 3 4 5

I am credit card debt-free.

1 2 3 4 5

I have a dedicated 6-month reserve account completely funded and set aside.

1 2 3 4 5

I feel that I am compensated completely according to my worth.

1 2 3 4 5

I have an updated and complete last will and testament.

1 2 3 4 5

I have the needed insurance and financial plan in place for my family should something happen to me.

1 2 3 4 5

I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.

1 2 3 4 5

I live well below my means and never spend money imprudently.

1 2 3 4 5

Total Score:

Spiritual

I consider myself a spiritual person.

1 2 3 4 5

I take at least 20 minutes each day to meditate and reflect on my life.

1 2 3 4 5

Others who know me would consider me a spiritual person.

1 2 3 4 5

I have a personal relationship with my spiritual source.

1 2 3 4 5

I study my spiritual beliefs daily.

1 2 3 4 5

I practice my spiritual beliefs daily.

1 2 3 4 5

I teach my spiritual beliefs daily.

1 2 3 4 5

I live completely in accordance with my spiritual beliefs.

1 2 3 4 5

I consistently use my spirituality to help resolve my problems.

1 2 3 4 5

I consistently use my spirituality to help others.

1 2 3 4 5

Total Score:

Mental

I read something instructional or inspirational for at least 30 minutes each day.

1 2 3 4 5

I listen to something instructional or inspirational for at least 30 minutes each day.

1 2 3 4 5

I stay completely current with industry news.

1 2 3 4 5

I seek instructional information in my field every day.

1 2 3 4 5

I have a mentor whom I trust.

1 2 3 4 5

All my friends are a positive influence in my life.

1 2 3 4 5

I never engage in gossip.

1 2 3 4 5

I review my major goals every day.

1 2 3 4 5

I review what I am grateful for every day.

1 2 3 4 5

I always say no to request or obligations that doesn't fit my core values or objectives.

1 2 3 4 5

Total Score:

Lifestyle

I have hobbies outside of work that I enjoy and take part in at least 3 times a week.

1 2 3 4 5

I attend cultural events (e.g. opera, museums, theatre) at least 2 times a month

1 2 3 4 5

I vacation at least once a year with no work communications

1 2 3 4 5

I spend as much time as I want with my family.

1 2 3 4 5

I spend as much time as I want with my friends.

1 2 3 4 5

I am constantly seeking adventure, trying something new and creating diverse experiences.

1 2 3 4 5

I feel like there is enough time in the day to do what I both need and want to do.

1 2 3 4 5

I live life to the fullest every day.

1 2 3 4 5

I take time out to daydream every day.

1 2 3 4 5

I am completely present in every moment of every day

1 2 3 4 5

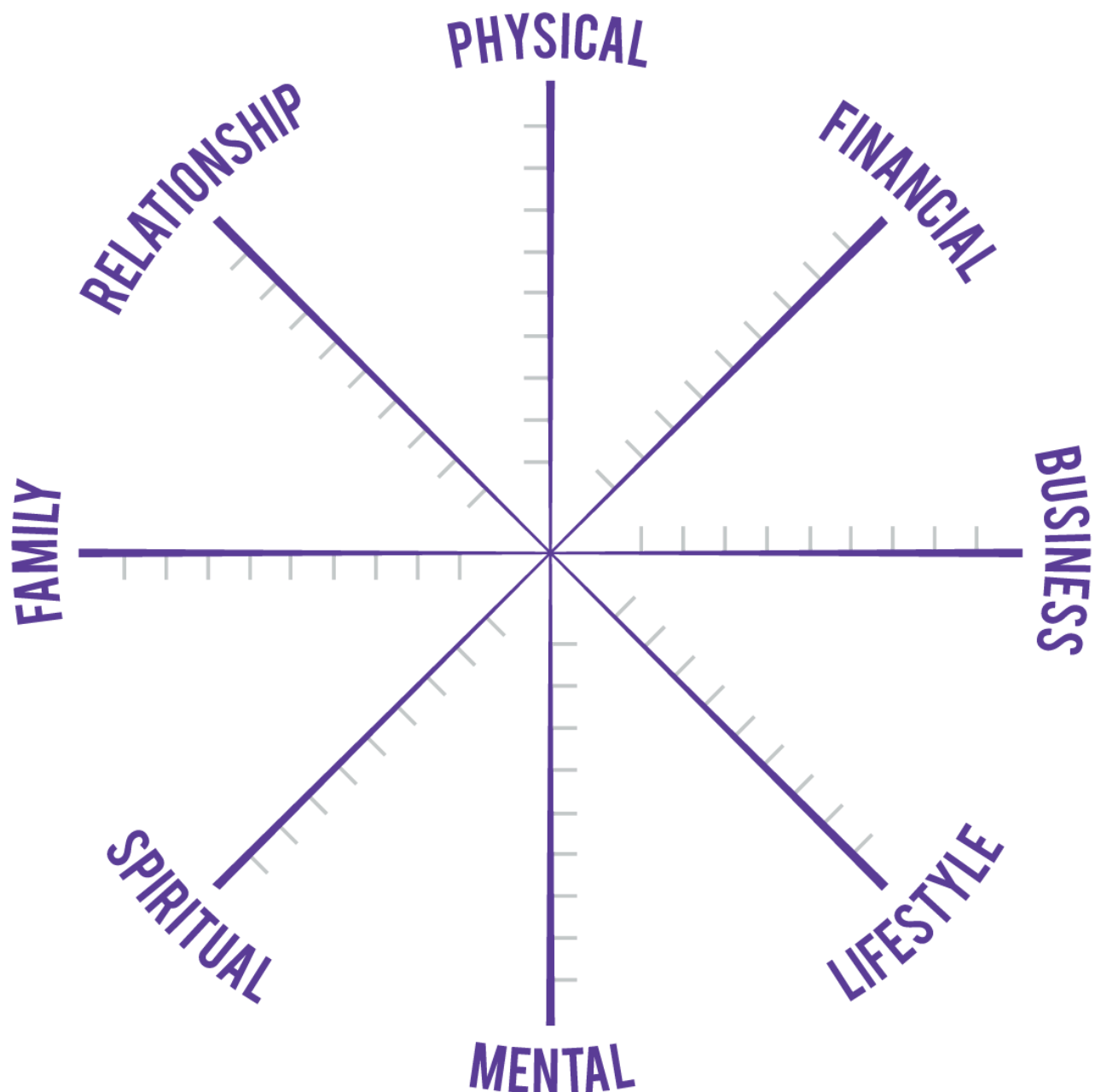
Total Score:

The Wheel of Life

To determine the balance of your life, take the scores from the previous pages and plot them on the wheel below. Start from the centre and use the key to mark your status. Then connect the dots so see how balanced your wheel is or isn't. if it has serious deviations or flat spots you will know why your wheel doesn't roll along as smoothly as you would wish.

KEY: Score of 5 = 1 notch, Score of 6-10 = 2 notches, Score of 11-15 = 3 notches, Score of 16-20 = 4 notches, Score of 21-25 = 5 notches, Score of 26-30 = 6 notches, Score of 31-35 = 7 notches, Score of 36-40 = 8 notches, Score of 41-45 = 9 notches, Score of 46-50 = 10 notches.

Use the same score for both Relationships & Family line. (represented below as Parenting and Marriage)



Step Five: The Grand Design

With housecleaning complete now it's time to get those goals done.

This is really the easy part, now you have a clear idea of why your wheel of life isn't running as smoothly as you would like.

We reviewed our year, we talked about our setbacks and understood what we have been grateful for. Now we know who we really, we are we just need to set goals in line with what we want to talk about next year.

Now before you write in each goal be sure to check if they are SMART.

Specific – A specific goal is well defined and would be clear to anyone else. So not just become debt free, but pay off £2,500 in credit card debt.

Measurable – Quantify your objectives so you can measure your achievements. You can ask questions like how much? How many? How will I know when it is accomplished? So, don't just say you are going to get fit, say you want to lose 10kg, get a BMI of 20 and reduce your cholesterol to 200mg/dl and run 10km a week.

Attainable – Try and be realistic with your goals. Remember if you make a goal that is too unrealistic or difficult to attain then you may give up before you begin. Push yourself, stretch, but don't say you want to cure world hunger, or drop 100kg in 6 months. Remember each goal is reached by small steps and there will always be next year to carry on your longer-term goals.

Relevant – Are your goals in line with your core values and what you want to achieve in life. Do they support your vision for yourself and where you are going? You want to make sure your focus and energy is going in the direction that you want to go.

Time Sensitive – Set deadlines which are achievable and remember you only have so much time in a day. So, give yourself enough time to be successful and not give yourself so much pressure then you end up burning out and giving up all together.

ACTION: Grand Design

Business

This could be: Starting a business, growing revenue, increasing profit, position in the market, starting a new major project, increasing brand reputation, customer satisfaction, personal development, team developments, new skills, improved performance, find a mentor, mentor someone else.

What would you like to accomplish this year?

Financial

This could be: Increasing your income, savings total net worth, start a savings plan, begin investing, become debt free, eliminate credit cards, buy a home, retirement account, save for your children, charitable giving, complete your estate set up, get your will in order.

What would you like to accomplish this year?

Physical

This could be: Ideal weight, run a marathon, become flexible, increase stamina, elevate energy, reduce cholesterol count, improve BMI, start meditating, work with a nutritionist, upgrade appearance, do a make-over, schedule annual doctor exams, reduce sugar, caffeine and fatty foods, go to bed earlier, get up earlier.

What would you like to accomplish this year?

Mental

This could be: Read 30 minutes every day, listen to instructional audio for 30 minutes every day, take college courses, go to seminars, hire a coach, join a supportive organisation, build new skills, incorporate free time into my schedule, advance knowledge in a special subject.

What would you like to accomplish this year?

Family

This could be: Spend more time with the family, be home for dinner every night, begin nightly reading ritual with the children, date night with spouse each week, review/discussion with spouse every Sunday night, visit parents twice a year, forgive or make amends with a relative, plan special outings, attract Mr or Mrs right, spend one on one time with the children.

What would you like to accomplish this year?

Spiritual

This could be: Practise religion more faithfully, volunteer at church, join spiritual groups, read books on spirituality, live as example of religious beliefs, teach others, study deeper.

What would you like to accomplish this year?

Lifestyle

This could be: Travel, adventure, luxuries, languages, hobbies, instruments you want to learn to play, where you want to live, how you want your home, time freedoms, who you want to meet.

What would you like to accomplish this year?

Relationships

This could be: Time with best friends, cultivate friendships with likeminded people, send birthday cards to all your friends, spend time together with at least one friend, new relationships you would like to build, organisations to expand your relationships, relationships to limit or eliminate.

What would you like to accomplish this year?

Top Ten Goals

From all the goals you wrote above, narrow them down to your top 10 goals. Define the categories (\$, P, R, F, S, M, L, B) in the box next to each goal and set deadlines next to each goal.

Category	Goal	Deadline

Banner Goals

So now we focus, on your top 3 goals for the year – your banner goals

1.

2.

3.

Step 6: The Magic Factor to Achieving your Goals

Whatever your problem is, before we can find a solution we must understand what the root cause is.

"I'm unhappy in my relationship."

"I want to make more money."

"I need to lose weight."

So, what is the root cause?

YOU!

You will never achieve lasting change until you change, once you improve so will everything around you.

So, you need to work on yourself to achieve anything else.

The truth is, if you want more then you must become more. Everything you have achieved has been the sum of everything you have done and are.

For things to improve, you must improve. For things to get better, you must get better, for things to change, you must change. When you change, everything changes for you.

ACTION: The Magic Factor

Goal 1:

Who do I need to become?

Examples:

- *Feed my mind ideas and inspiration that will support and bolster my passion*
- *I fuel my body properly and exercise 4 times a week, so I am energetic and highly effective each work hour*
- *I surround myself with peers and mentors who elevate my expectations and prod me to rise to greater levels of discipline, commitment and achievement*

1.

2.

3.

What new habits, disciplines or behaviours do I need to start?

Examples:

- *Getting up at 5AM, feeding my mind with positive material, 30 minutes of reading and 30 minutes of instructional audio each day*

- *Eating a healthy, fibre and protein rich diet*
- *Exercising for at least 30 minutes, three times each week*
- *Checking in and cultivating relationships with 10 clients each week*

1.

2.

3.

What existing healthy habits, disciplines or behaviours I need to expand:

Examples:

- *Recognising team mates when they achieve*
- *Delegating administrative tasks*
- *Being on times*

1.

2.

3.

Poor habits or behaviours that I need to stop:

Examples:

- *Attending unproductive meetings and saying yes to projects in conflict with my highest priorities*
- *Gossiping with colleagues, complaining about the economy, team members or customers*
- *Taking personal calls or spending time on Facebook*

1.

2.

3.

Top three modifications and How I will implement them into my routine:

Habit, Behaviour or Discipline

1.

2.

3.

Implementation in routine:

1.

2.

3.

Goal 2:

Who do I need to become?

1.

2.

3.

What new habits, disciplines or behaviours do I need to start?

1.

2.

3.

What existing healthy habits, disciplines or behaviours I need to expand:

1.

2.

3.

Poor habits or behaviours that I need to stop:

1.

2.

3.

Top three modifications and How I will implement them into my routine:

Habit, Behaviour or Discipline

1.

2.

3.

Implementation in routine:

1.

2.

3.

Goal 3:

Who do I need to become?

1.

2.

3.

What new habits, disciplines or behaviours do I need to start?

1.

2.

3.

What existing healthy habits, disciplines or behaviours I need to expand:

1.

2.

3.

Poor habits or behaviours that I need to stop:

1.

2.

3.

Top three modifications and How I will implement them into my routine:

Habit, Behaviour or Discipline

1.

2.

3.

Implementation in routine:

1.

2.

3.

Step Seven: My Plan of Action

The difference between a goal and a dream is implementation. We have written our goals down but how are we going to carry it out.

Our minds operate best with precise instructions, so we will take each of our banner goals and give clear instructions and signposts to know we are heading in the right direction.

1. Calculate your timeline: How long will it take you to get there?
2. Map your route: What course will you take? What are the milestone you will pass on your way to know that you are heading in the right direction?
3. Who else is going: How will journey impact others like your partner, children, your team. Make sure they are on board with your plans, so they can support you.
4. Who do you need: Will you need help from other people to reach your goal? Do you need an expert opinion or an experienced mentor?
5. What research is needed: Before setting out on your goal do you need to do some extra homework? Is the field you wish to investigate big and need refining?
6. What resources do you need: Money, computers, time? What resources will you need to give you the best chance of achieving your goal.
7. What training do you need: Do you need some training to help you reach your goal, maybe a professional qualification?

Careful planning helps, but remember to be flexible, no amount of planning can prepare you for what you may come across ahead and how you will need to adjust.

ACTION: My Plan of Action

STEP SEVEN	
MY PLAN OF ACTION	
GOAL No. 1 — (Example) Write a Book	
Date to Achieve: December 31, 2010	
Intermediate Destinations	
Rough concept and synopsis	By When
Complete outline	Feb. 15th
First draft of half the chapters	April 1st
Polished draft	Sept. 1st
Who Impacted?	Nov. 1st
Wife and kids	Benefit/Detriment
	B—More opportunity, additional recurring income D—Loss of time on weekends and evenings for 1 year
Company	B—Big PR boost, increased credibility, greater client acquisition potential, D—Partners and mgmt. will take over addtl. responsibility to free me up
Industry	B—Book will have a positive effect on industry.
Mentors, coaches, experts, new staff, assistance needed	
Company operational assistant to pick-up internal office responsibilities	Who/When
	Promote from within or reach out to colleague peer group, LinkedIn
Best-selling author and writing/editor mentor	Network through peer group, LinkedIn, Mediabistro.com
Research needed	
Publishing options explored	Where/How to aquire
	Discuss with mentor, research online, attend book expo
Case study support of main argument	Contract research organization
Location research on where book's story takes place	Schedule full month 'on location' writing trip
Resources needed	
New laptop with wireless mobile card	Where to aquire
	Apple.com
InDesign software	Adobe.com
Training/Self-development needed	
Daily source of inspirational reading and listening	Where to acquire
	SUCCESS.com/Store
Creative writing class at community college	Mesa College

GOAL No. 1 –

Date to Achieve:

Intermediate Destinations

By When

Who Impacted?

Benefit/Detriment

Mentor, coaches, help needed

Who/ when

Research Needed

Where/ How to acquire

Resources needed	Where to Acquire
Training/ self-development needed	Where to Acquire

GOAL No. 2 –	
Date to Achieve:	
Intermediate Destinations	By When
Who Impacted?	Benefit/Detriment

Mentor, coaches, help needed	Who/ when
Research Needed	Where/ How to acquire
Resources needed	Where to Acquire
Training/ self-development needed	Where to Acquire

GOAL No. 3 –

Date to Achieve:

Intermediate Destinations

By When

Who Impacted?

Benefit/Detriment

Mentor, coaches, help needed

Who/ when

Research Needed

Where/ How to acquire

Resources needed	Where to Acquire
Training/ self-development needed	Where to Acquire

Step 8: Into Action

By now you know that hoping, wishing and wanting won't help us to reach our goals. But we have made great progress so far make a clear plan with milestones to follow.

Committed, disciplined and sustained action is the final ingredient in the miracle process of materialising any achievement you can conceive.

So now we get going by saying what we are going to do for our goals in the next 24 hours and over the next 30 days.

ACTION: Into Action

Actions in the next 24 hours.

Goal No.1

1.

2.

3.

Goal No.2

1.

2.

3.

Goal No.3

1.

2.

3.

Actions in the next 30 days.

Goal No.1

1.

2.

3.

Goal No.2

1.

2.

3.

Goal No.3

1.

2.

3.

Achievement Management System

Your AMS will be a handy tool to allow you to visibly track your goals week to week and review and tweak where necessary.

Many people can start, but few will finish, so your AMS will give you the discipline to push through with your goals.

The single discipline that will give you an edge over all the competition is consistency.

From our three banner goals, we had three key behaviours that we needed to reach each goal.

Every week choose 1-2 of those behaviours to track and perpetuate so that they become a part of who you are.

The review allows us to check in whether our goals are reasonable, we need to put in more effort or we are stretching ourselves.

At the end of each day we take a minute to check whether we have achieved each goal, then once a week we choose a partner who can review your week and understand what needs to be adjusted for the week coming.

Remember the only thing that separates average achievers from super achievers is the dedication and effort put into improving themselves and their skills.

Great success demands a mindset of never being satisfied with the current skills that you have and demanding more from yourself to improve and enhance what you are.

Week:

Banner Goals for the Year

- 1.
- 2.
- 3.

Top 3 Goals for the Month

- 1.
- 2.
- 3.

Top 3 Goals for the Week

- 1.
- 2.
- 3.

3 most important events this week

- 1.
- 2.
- 3.

Personal Development Materials I am studying this week:

Skills I'm developing and practising this week

Weekly Rhythm Register

	M	T	W	T	F	S	S	Achieved	Goal	Net

Total

Weekly Review

Wins:

- 1.
- 2.
- 3.

Losses

- 1.
- 2.
- 3.

Fixes

- 1.
- 2.
- 3.

Revelations

- 1.
- 2.
- 3.

What am I grateful for this week:

What else I learned from PD and improving my skills

Monthly Achievement Management

Month:

Total Goal for all behaviours on weekly Rhythm register for the month:

Total Goal for all behaviours on weekly Rhythm register for the month:

The behaviours/ actions I was most consistent with:

The POSITIVE difference this had on my results this past month:

The behaviours/actions I was most INCONSISTENT with:

The NEGATIVE consequences this had on my results this past month:

The fixes I will install to ensure this does not happen next month:

Wins:

- 1.
- 2.
- 3.

Losses

- 1.
- 2.
- 3.

Fixes

- 1.
- 2.
- 3.

Revelations

- 1.
- 2.
- 3.

3 things I'm most grateful for this month:

- 1.
- 2.
- 3.

3 greatest lessons from study and practise this month:

- 1.
- 2.

3.

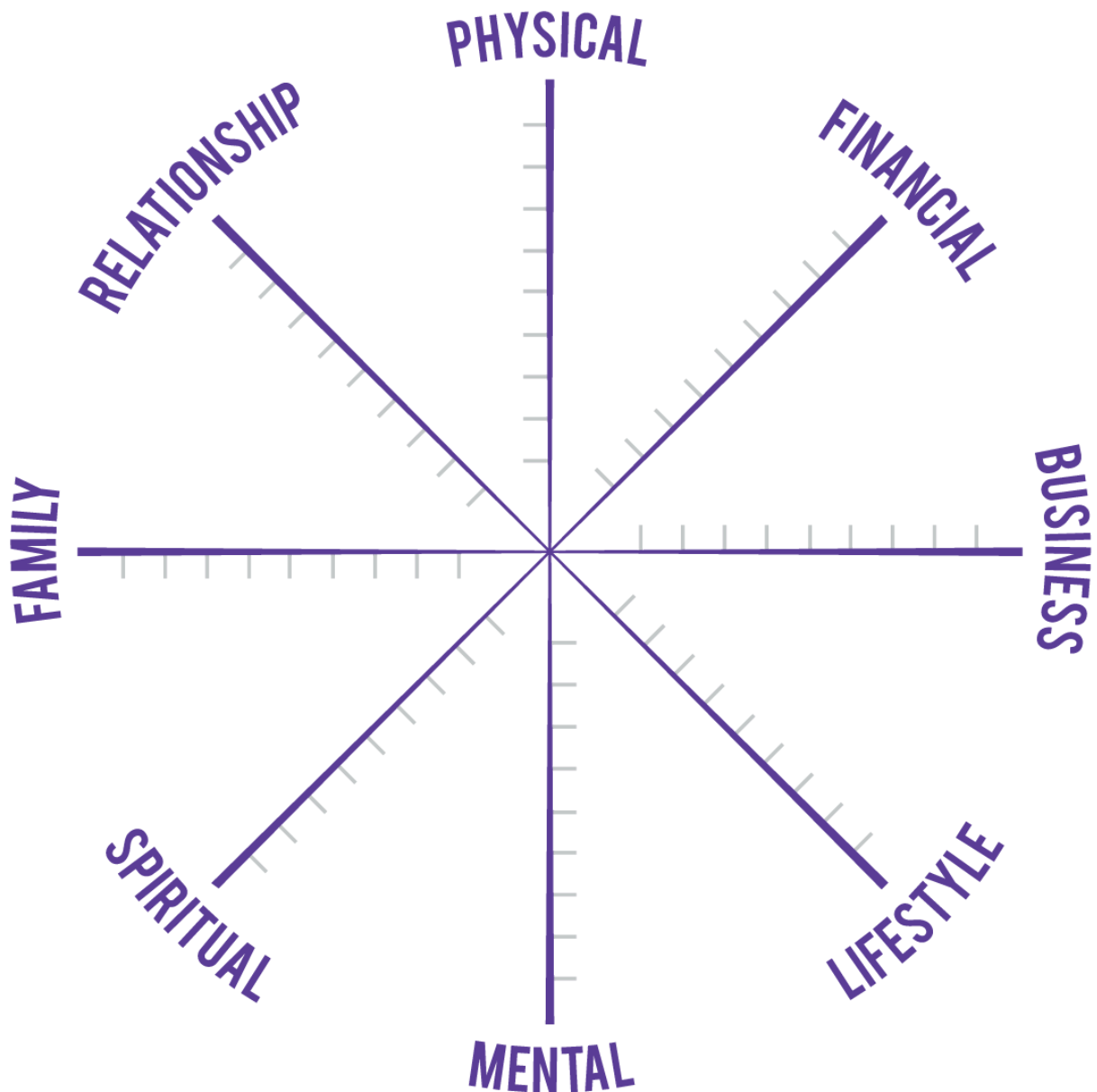
Quarterly Achievement Management

Quarter

Review

Chart how you feel you did through the wheel of life over the past quarter, by answering the questions given and connect the dots to see how your life has changed, and see what areas have become more or less balanced.

The only way to do more in deficient areas of your life is to stop doing things in other areas. There are always bad habits or time-wasting activities that are robbing your productive time.



What I need to STOP doing in the quarter ahead:

1.

2.

3.

What I need to EXPAND doing in the quarter ahead:

1.

2.

3.

For each quarter we will develop a theme, which is an area you want to concentrate on (for example: Fitness Queen, Business Ninja, Sales Guru, Spiritual Master etc.)

My Quarter Theme:

My 5-3-1 Plan

Top 5 Books I will study related to my quarter theme:

1.

2.

3.

4.

5.

Top 3 audio programs I will study related to my quarter theme:

1.

2.

3.

Top Seminar I will attend related to my quarter theme:

Association Evaluator

Those who I need to limit my association with:

Those I need to expand my association with:

Those I need to disassociate with over the next quarter:

