



Your name or business

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2021

Sri Lanka

## How To Play

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Read through these instructions in full before starting anything!

Print out Page 2, use highlighter or coloured pencils to block out the following areas:

1. Put your holidays in **GREEN**
2. Put Public Holidays or Days you are NOT working in **LIGHT BLUE**
3. Put Education / Training you are doing in **GOLD**
4. Put your Big Rocks in **PINK** – things you make lots of money from easily. Make sure they are done well, efficiently and reset for the following year (Make sure you keep existing clients before doing anything new)
5. Put your Little Rocks in pale **ORANGE**. Things that produce some income / profit, but not as much as the Big Rocks
6. Put your Pebbles in pale **GREEN**. Things that make a small amount of money, but are mainly done for your engagement in the community.
7. Put your Sand in pale **YELLOW**. Things that are 'fillers' and may not make much money, but are very time/product or staff consuming and therefore expensive to conduct.
8. CHECK you have everything in. Are you clear on which tasks you will spend most of your energy? Eg: 20% to make 80% of your income?
9. On a simple spread sheet record how many sales or clients you will need to help to achieve the financial side of your goals.
10. Add up you weekly and monthly working hours, including administration and planning.
11. Answer the questions on the next page, and record your affirmations, visions and goals.
12. Send you completed calendar to your coach, after you have quickly checked that your goals and vision is getting the time it needs in the coming year.





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What is your vision for the year? Please be specific and include your feelings and reasons for your vision.

Eg: In the coming year I am in the process of growing my business so that I can take dividends towards long-term savings of 150,000 (on top of my personal savings) The cash contribution is to grow an investment portfolio that will grow to \$3M in 10 years when it will generate \$150K in perpetuity.

Can you clearly see your vision for the coming year?

Eg: To achieve my vision and goals for the coming year, I will add 2 ideal clients per month to our existing group. There are 3 primary groups of people I will work with..... etc.

What is your affirmation for the year ahead?

In the coming year I am in the process of build a strong foundation in happiness and gratitude so that I can build the income stream over the course of the year. My partner will see the progress, arise from their depression and find hope and happiness once more. The stress of the past year will be forgotten in the inspiration that will continue to flow as clients reap the benefits from their own efforts. The purpose of this year is to test and measure, build and develop and learn the wisdom my clients can teach me.

How can you change the words to allow your brain to believe your affirmation?

When you state your affirmation, does your body language tell me that you believe you will realize your intention?

On a blank page write the newspaper report or journal article that describes how you achieved your goals and vision for the year. Put in every detail. List colours, people by name, exact \$ amounts, places, events, those who you will joint venture with to achieve your outcomes.