

# THE 30-DAY FLOURISHING FORMULA FOR GETTING ANYTHING DONE

In Flourishing, there is a clear formula for getting anything done. We have a framework or system for achievement. And THIS is critical for execution and accountability, both to yourself and to your coach.

- 1. Step 1 – GOAL - What is your goal? Priority precedes productivity.**  
Get focused. Become an expert at “planned neglect”, planning to neglect everything not connected to your goal. Generally, failure is not correlated with a lack of ability, but a lack of clarity. Where there is no vision, the people perish. Priority precedes productivity.
- 2. Step 2 – OBSTACLES - What obstacles could hold you back? If you can name it, you can tame it.**  
When we identify obstacles, their power decreases, and our power increases. Identify all your Controllable and Non-Controllable obstacles.
- 3. Step 3 – RESOURCEFULNESS & SOLUTIONS – What resources and solutions do you have?**  
There is never a lack of resources, only resourcefulness. Do a full inventory of your internal and external resources. As we identify and itemize our resources, our sense of empowerment increases exponentially. And **empowerment** leads to **solutions**. Controllable obstacles need an action plan. Non-Controllable obstacles need a coping plan.
- 4. Step 4 – BENEFITS – Motivation. Meaning. Rewards.**  
What is your tangible and intangible why for achieving this goal? What are the tangible and intangible benefits of achieving this goal?
- 5. Step 5 – COSTS – Count the costs.**  
What are the tangible and intangible costs of achieving this goal? What are the tangible and intangible costs of NOT achieving this goal?
- 6. Step 6 – ACTION - A vision without action is deception.**  
The path to success is to take massive and focused action. So, what specific action steps will make this goal happen? Write them down. Literally, write them down.
- 7. Step 7 – CALENDAR and MILESTONES – Calendars clarify time, while milestones clarify targets.**  
What will my calendar and milestones look like because of the action steps I have chosen? Until it hits your calendar, it won't hit your life. Milestones take a goal and break it down into small targets.

8. **Step 8 – FLOW - PEAK MENTAL & EMOTIONAL STATE – How we think and feel drives performance.**

You perform based on how you think and feel. So then: What Mental and Emotional State positions me to perform at my best, to achieve this goal?

9. **Step 9 – ENERGY MANAGEMENT - Energy management also looks like SELF-CARE.**

What will I do daily to cultivate a consistent peak Mental & Emotional State?

10. **Step 10 – ACCOUNTABILITY – Accountability accelerates results.**

Who will I invite to hold me accountable, and how will I respond when they do? Accountability does not mean taking blame, but taking ownership. Generally, failure is not correlated with lack of ability, but lack of accountability. What difference could true accountability make in your life? Why do we delay or resist accountability?

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## 1) **Goal**

What is your specific goal for the next 30 days?

### Goals Should Be:

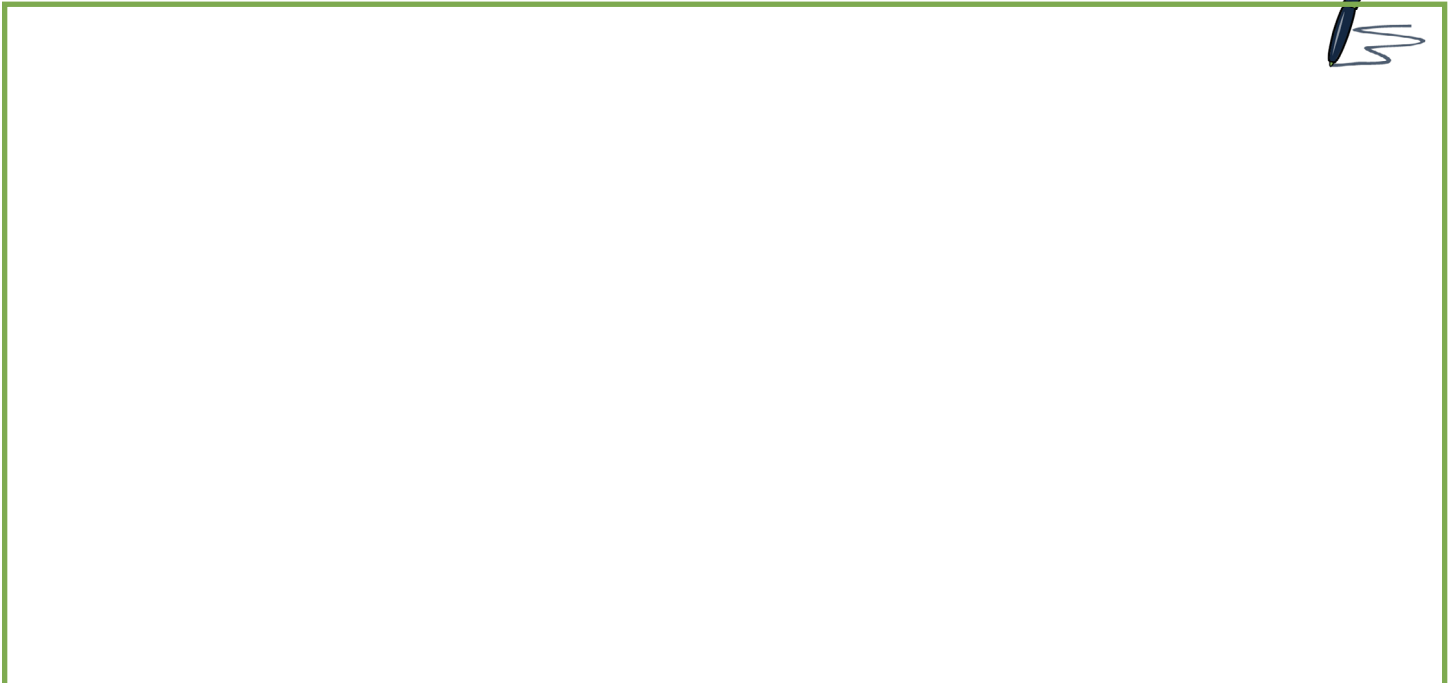
- o **Intangible:** New values, mindsets, & character traits.
- o **Tangible:** New behaviors and specific real-world results.

### Goals Should Also Be:

- S** – Specific
- H** – Healthy
- A** – Action-Oriented
- R** – Reachable
- P** – Purpose-Aligned

## My Goal in the Next 30 Days Is...

### Intangible:



**Tangible:**



**2) Obstacles**

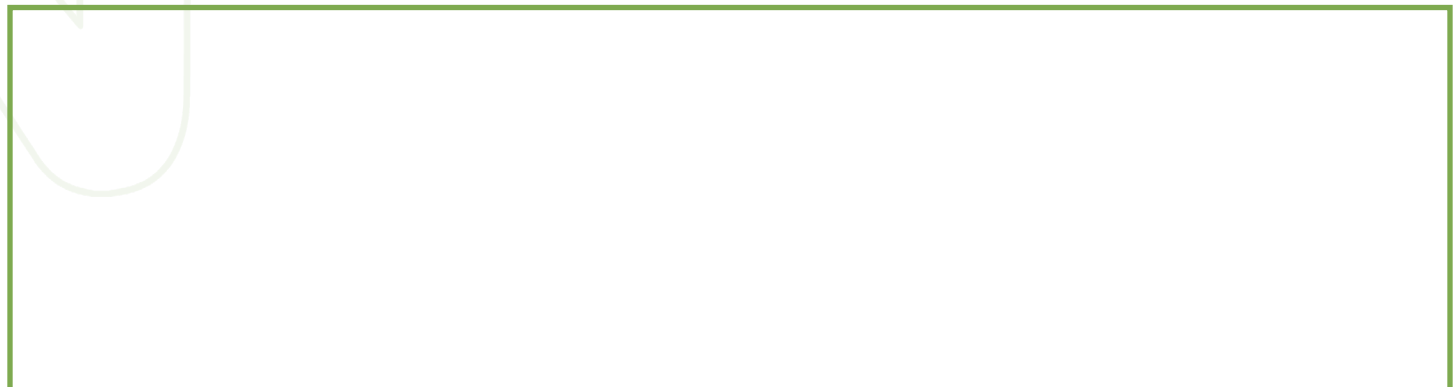
What Obstacles Could Prevent You From Achieving This Goal?

**List as many as possible, both Controllable and Non-Controllable.**

**Controllable Obstacles:**



**Non-Controllable Obstacles:**



### 3) **Resources & Solutions**

There is never a lack of resources, only resourcefulness.

Do a full inventory of your internal and external resources.

As we identify and itemize our resources, our sense of empowerment increases exponentially.

Empowerment leads to solutions.

What specific solutions will you take to remove each obstacle?

Controllable obstacles need an action plan.

Non-Controllable obstacles need a coping plan.

#### **Internal Resources:**

#### **External Resources:**

**Controllable Obstacles Need an Action Plan:**

**Non-Controllable Obstacles Need a Coping Plan:**

**4) Benefits**

Motivation, meaning, and reward.

What is your tangible and intangible “why” for achieving this goal?

What are the tangible and intangible benefits of achieving this goal?

**Tangible “Whys” and Benefits:**

**Intangible “Whys” and Benefits:**

**5) Costs**

Count the costs.

**What are the tangible and intangible costs of achieving this goal?**

**What are the tangible and intangible costs of NOT achieving this goal?**

## 6) **Action**

The path to success is massive, focused, and consistent action. Write down your action steps. Literally, write them down

**What specific action steps will make this goal happen?**

## 7) **Calendar & Milestones**

Calendars clarify time, while milestones clarify targets.

What will my calendar and milestones look like because of the action steps I have chosen?

Until it hits your calendar, it won't hit your life. Milestones take our goal and break it down into targets along the way.

**Create Milestones & Assign Dates:**

**Calendar Entries For Each Milestone and Action Step:**



## 8) **Flow**

### **Peak Mental & Emotional State**

How we think and feel drives performance.  
You perform based on how you think and feel.

So then:

**What Mental and Emotional State positions me to perform at my best, to achieve this goal?**

## 9) **Energy Management**

Self-Care

**What will I do daily to cultivate a consistent peak Mental & Emotional State?**

## 10) Accountability

Accountability accelerates results.

**Who will I invite to hold me accountable, and how will I respond when they do?**

