

YOU'RE IN. NOW LET'S BUILD.

# WELCOME TO THE **DBF OS**

*The 30,000-foot view in 10 minutes. Read this once before you open the planning guides — so the loop makes sense the first time you run it.*

DBF DAY

**24 hours**

DBF WEEK

**7 days**

DBF QUARTER

**30 days**

DBF CYCLE

**120 days**

**DREAM IT. WRITE IT. BUILD IT. LIVE IT.**

## 01 WHAT IS THE DBF OS

The DBF Operating System is a **continuous loop** — not a one-time goal-setting framework. Most people set goals once a year, then drift. The DBF OS runs the loop every day, every week, every month, every cycle. The system is built so the work **compounds** — three years of normal effort compress into one.

You set the goals **once per cycle** (every 4 months). You run the system **every day** for the next 120 days.

## 02 THE 4-MONTH YEAR

A DBF Year is 4 months. There are **3 DBF Years** per calendar year. Each DBF Year contains 4 DBF Quarters (months). Each Quarter contains ~4 weeks. Each week contains 7 days.

DBF YEAR 1

**JAN — APR**

DBF YEAR 2

**MAY — AUG**

DBF YEAR 3

**SEP — DEC**

## 03 THE 7 STEPS

Every planning session walks through these 7 steps, in order. The depth changes by cadence — **Dream** lives deepest at the Year level; **Action** lives deepest at the Day level — but every step is alive at every cadence.

**1****DREAM**

What you're building toward.

**2****GOAL**

The Big 3 you'll fight for.

**3****PLAN**

Numbers cascaded across cadences.

**4****SYSTEM**

Accountability. Tracking. Environment.

**5****HABIT**

Daily behaviors that drive the numbers.

**6****ACTION**

Today's 2. Executed every day.

**7****COMMIT**

Hell Yes or Hell No.

## 04 THE CASCADE — 3 → 3 → 3 → 2

Goals don't live in isolation. They cascade. Every Today's 2 traces back through the chain to one of your Big 3. **If something doesn't ladder up, it doesn't make the cut.**



**Why 3 → 3 → 3 → 2?** Focus compounds, distraction divides. If you have 7 cycle goals, 5 will languish. If you have 3, all 3 advance.

## 05 THE 4 PLANNING SESSIONS

<p><b>DBF</b></p> <p><b>YEAR</b></p> <p>1x / 4 MONTHS · 60-90 MIN</p> <p>Lock the cycle — <b>Big 3, Plan, Commit.</b></p> <p>-----</p> <p><i>Output: a complete 7-step plan for 120 days.</i></p>	<p><b>DBF</b></p> <p><b>QUARTER</b></p> <p>MONTHLY · 30 MIN</p> <p>Recalibrate. Set the next <b>30 days.</b></p> <p>-----</p> <p><i>Output: 3 Monthly Milestones — one per Big 3.</i></p>	<p><b>DBF</b></p> <p><b>WEEK</b></p> <p>SUNDAYS · 15-20 MIN</p> <p>Set 3 Weekly Wins. Block <b>the week.</b></p> <p>-----</p> <p><i>Output: calendar that respects the Wins.</i></p>	<p><b>DBF</b></p> <p><b>DAY</b></p> <p>DAILY · 5-10 MIN</p> <p>Pick <b>Today's 2.</b> Execute.</p> <p>-----</p> <p><i>Output: a clean run at the day.</i></p>
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**Each level inherits its purpose from the level above. Skip a level and the one below loses its anchor.**

## 06 WHAT TO DO FIRST

A complete kickoff runs all 4 sessions **back-to-back the first time**. Each session sets up the one below it. Don't start the DBF Year without all four levels dialed in.

### 1 RUN A YEAR SESSION

Use the DBF Year Planning Guide. Lock your Big 3, your numbers, your System, your Habits, your Action framework, your Word + Mantra.

### 2 RUN A QUARTER SESSION

For the current month. Lock 3 Monthly Milestones — one per Big 3.

### 3 RUN A WEEK SESSION

For this week. Lock 3 Weekly Wins. Block the calendar so the work actually gets done.

### 4 RUN A DAILY SESSION

Pick Today's 2 and execute. Repeat the loop daily.

## 07 THE FOUNDATIONS

Year Planning sits **on top of** three foundational documents. Build these before you run your first Year session.

#### FOUNDATION 1

### ***Dream Life Design***

Your 3–5 year future-vision narrative.

#### FOUNDATION 2

### ***Dream Board***

Visual representation of the dream life.

#### FOUNDATION 3

### ***Pillars***

Member-defined life categories, locked in.

*Identity / brand foundations* — **Guiding Principles · Mission Statement · Personal Slogan · Personal Affirmations** — are built once and revisited at Year sessions.

## 08 THE GUIDES YOU'LL USE

In order. Each one is referenced inside the sessions that need it.

### 01 **DBF OS MASTER REFERENCE**

The cross-cadence map. The deepest single doc — read first or anytime you need a refresher.

### 02 **DBF YEAR PLANNING GUIDE**

For every Year session — once every 4 months.

### 03 **DBF QUARTER PLANNING GUIDE**

For every monthly recalibration.

### 04 **DBF WEEK PLANNING GUIDE**

For every Sunday CEO Review.

### 05 **DBF DAY PLANNING GUIDE**

For every daily run.

Every session ends with a **Snapshot** — a backward-looking summary of what was decided. Snapshots are your record. Run them every time.

***You don't rise to the level of your goals. You fall to the level of your environment, your systems, your habits.***

***Build the environment. Build the system. Run the habit. Take the action. Commit to the dream.***

***DREAM IT. WRITE IT. BUILD IT. LIVE IT.***

*— Brody Fausett*