

THE DBF OS

# THE 7 STEPS

LOCK THE DREAM. BUILD THE SYSTEM. BECOME THE PROOF.



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

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THE DBF OS

# THE GOAL CASCADE

3 → 3 → 3 → 2. FOCUS COMPOUNDS. DISTRACTION DIVIDES.

DBF DAY

**TODAY'S 2**

Execute.

2  
/ DAY

DBF WEEK · SUNDAYS

**WEEKLY WINS**

One per Milestone.

3  
/ WEEK

DBF QUARTER · 30 DAYS

**MONTHLY MILESTONES**

One per Big 3. The next 30 days.

3  
/ MONTH

DBF YEAR · 120 DAYS

**BIG 3 GOALS**

The goals you'll fight for. Set once a cycle.

3  
/ CYCLE

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