

T H E D B F O P E R A T I N G S Y S T E M

# DBF YEAR

## PLANNING GUIDE

*Lock the 120-day cycle. Big 3, Plan, Commit. The kickoff session that drives the next four months.*

FREQUENCY

**3x / year**

DURATION

**60-90 min**

OUTPUT

**Big 3**

CYCLE

**120 days**

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

# Yr GROUND RULES **TURN 3 YEARS INTO ONE**

Welcome to the Dreaming Bigger Faster Planning System. **Dream Bigger, Faster** means expanding what you believe you're capable of *and* shortening the timeline to execute on it. The DBF Planning System is a process dedicated to helping you do just that.

A lot of planning systems help you manage your time. **The DBF Planning System will help you multiply it.** Within this guide you have everything you need to turn 3 years into 1. But it's up to you to execute.

## THE 4-MONTH YEAR

DBF YEAR 1

**JAN — APR**

DBF YEAR 2

**MAY — AUG**

DBF YEAR 3

**SEP — DEC**

Each DBF Year = 4 months. Each month = one DBF Quarter (12 per calendar year). A DBF Week = traditional week. A DBF Day = traditional day. **Sound too simple? Good.** *Complexity is the enemy of execution.*

## THE PYRAMID

**DBF YEAR PLAN ↓ DBF QUARTER PLAN ↓ DBF WEEK PLAN ↓ DBF DAY PLAN**

Start with the foundation. **You can't skip steps in the building process.**

## THE DBF OS — 7 STEPS

01

**Dream**

Get clear on the vision.

02

**Goal**

Lock in the Big 3.

03

**Plan**

Numbers across the cascade.

04

**System**

Build the structure.

05

**Habit**

Daily behaviors.

06

**Action**

Today's 2. Daily.

07

**Commit**

Hell Yes or Hell No.

**Loop & repeat.**

# 00 BEFORE YOU BUILD FORWARD LOOK BACK

Don't skip this. The patterns from your last cycle are the data for this one.

## YOUR PREVIOUS BIG 3 – DID YOU ACCOMPLISH THEM?

1

PREVIOUS BIG 3 – GOAL 1

YES  NO — *there are no maybes*

WHY OR WHY NOT? WHAT DID YOU LEARN?

.....  
.....

2

PREVIOUS BIG 3 – GOAL 2

YES  NO

WHY OR WHY NOT? WHAT DID YOU LEARN?

.....  
.....

3

PREVIOUS BIG 3 – GOAL 3

YES  NO

WHY OR WHY NOT? WHAT DID YOU LEARN?

.....  
.....

## OTHER GOALS & CELEBRATIONS

What progress did you make on goals OUTSIDE your Big 3?

.....  
.....

Wins to celebrate

.....  
.....

**Don't forget to celebrate progress.** *The reason most people quit isn't because they fail. It's because they fail to celebrate progress.*

# 01 STEP ONE · DREAMS DREAM

**"Your dream sets the ceiling. Your goals just chase it."**

## PERSONAL PILLARS GRAPH

Score each of your pillars 0–10 for **Last DBF Year** and **Today**. The lowest is your leak — likely where this DBF Year's biggest move needs to live.

PILLAR	LAST DBF YEAR	TODAY

## 5 CLARITY QUESTIONS

Sit with each one. Don't rush. Don't filter.

**1.** When you picture yourself at the end of this DBF Year having had the best 4 months of your life, what do you see?

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**2.** What area of your life bothers you most when you sit with it?

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**3.** What's the move you keep thinking about but haven't pulled the trigger on?

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**4.** Where in your life are you playing smaller than you know you can?

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**5.** Who do you want to BE at the end of this DBF Year that you're not yet today?

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# 02 STEP TWO · GOALS LOCK THE BIG 3

**"The Big 3 are the goals you'll fight for. Three. Not four. Not five. Three."**

### PILLAR BRAINSTORM – 1-3 IDEAS PER PILLAR

Don't filter. See the field first. **Personal · Family · Business.**

<p>PILLAR 1</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>PILLAR 2</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>PILLAR 3</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>PILLAR 4</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>PILLAR 5</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>PILLAR 6</p> <hr/> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

### LOCK IN YOUR BIG 3

**1** BIG 3 – GOAL 1

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PILLAR: \_\_\_\_\_

**2** BIG 3 – GOAL 2

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PILLAR: \_\_\_\_\_

**3** BIG 3 – GOAL 3

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PILLAR: \_\_\_\_\_

△ The rest of the pillar brainstorm **dies on the page.** If something pulled at you but didn't make the cut, write it on your "Next DBF Year" list and move on.

STEP THREE · PLANS

# 03 TURN EACH BIG 3 INTO NUMBERS

**"Goals are emotional. Plans are logical. Numbers don't lie."**

CASCADE — YEAR ÷ 4 = QUARTERLY · QUARTERLY ÷ 4 = WEEKLY · WEEKLY ÷ 5-7 = DAILY

BIG 3 — GOAL	DBF YEAR #	QUARTERLY	WEEKLY	DAILY
1.				
2.				
3.				

**The math is the magic.** *If you hit your Daily Number, you hit your Weekly. Weekly → Quarterly → Year — by default.*

CALENDAR LOCK-IN — BIG ROCKS ONLY

*Trips, retreats, launches, vacations, DBF events. Year-level locks only.*

PERSONAL

FAMILY

BUSINESS

SCHEDULE THE 4 MONTHLY PLANNING SESSIONS

Session 1 — \_\_\_\_\_  Session 2 — \_\_\_\_\_  Session 3 — \_\_\_\_\_  Session 4 — \_\_\_\_\_

CALENDAR SELF-CHECK

Reminders set?

People who matter invited?

Logistics handled (flights, venue, sitters)?

## 04 SYSTEM · ACCOUNTABILITY + TRACKING + ENVIRONMENT

~ 10-15 MIN

BIG 3	ACCOUNTABILITY PARTNER	FREQUENCY	CONSEQUENCE FOR MISSING
1.			
2.			
3.			

### TRACKING LIVES IN

Daily

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Weekly

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Monthly & Cycle

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### ENVIRONMENT AUDIT

What needs to change to support the Big 3?

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## 05 HABIT · DEFINE THE LAYER

~ 10 MIN

Big 3 habits are already in your Daily Number. Capture **supporting habits** outside Big 3 here. **Lead indicators only.**

HABIT	# OF TIMES / DBF YEAR
1.	
2.	
3.	
4.	
5.	

 **Don't get distracted by habits.** If a habit is *THAT* important, turn it into one of your Big 3.

## 06 ACTION - TODAY'S 2 FRAMEWORK ~ 5-10 MIN

### 3 CORE DAILY HABITS THAT DRIVE THE BIG 3

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHEN you'll run Daily Session      WHERE      Default blocks: Creator / Operator / Accelerator / Dominator — set

\_\_\_\_\_

## 07 COMMIT - HELL YES OR HELL NO? ~ 5 MIN

WORD of the DBF Year *(single word, defensible)*      MANTRA of the DBF Year *(one sentence)*

\_\_\_\_\_

### THE FINAL TEST

Committed to your GOALS?

HELL YES     HELL NO

Committed to your PLAN?

HELL YES     HELL NO

**⚠ There's no Hell Maybe.** *If either Hell No — change the goals or change the plan until you can answer Hell Yes.*

SIGNED      DATE      DBF YEAR (e.g. Y2-2026)

X \_\_\_\_\_

## ◆ MONTHLY MILESTONE MAP - ROUGH SKETCH (REQUIRED)

*Year Planning isn't complete until rough milestones are mapped for all 4 months. Refined at each Monthly session.*

BIG 3	MONTH 1	MONTH 2	MONTH 3	MONTH 4
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				

YOU'RE LOCKED IN

### 120 DAYS. 3 BIG 3. ONE SIGNED COMMITMENT.

**Next: chain into the rest of the cascade so the cycle is executable from day one. Each session sets up the one below it.**

#### QUARTER

Sets up the upcoming **month** — 3 Monthly Milestones from your Big 3.

#### WEEK

Sets up the upcoming **week** — 3 Weekly Wins from those Milestones.

#### DAY

Sets up **tomorrow** (or today) — Today's 2 from those Wins.

#### EXECUTE

Don't start the DBF Year until all four are dialed in.