

# YEAR **SNAPSHOT**

|      |                  |                    |
|------|------------------|--------------------|
| NAME | WORD OF THE YEAR | MANTRA OF THE YEAR |
|------|------------------|--------------------|

◆ **BIG 3 · YEAR NUMBERS** ————— SET ONCE A CYCLE

| #        | BIG 3 GOAL | PILLAR | YEAR # | QUARTERLY | WEEKLY | DAILY |
|----------|------------|--------|--------|-----------|--------|-------|
| <b>1</b> |            |        |        |           |        |       |
| <b>2</b> |            |        |        |           |        |       |
| <b>3</b> |            |        |        |           |        |       |

◆ **MONTHLY MILESTONE MAP** ————— ROUGH · REFINED EACH MONTH

| BIG 3    | MONTH 1 | MONTH 2 | MONTH 3 | MONTH 4 |
|----------|---------|---------|---------|---------|
| <b>1</b> |         |         |         |         |
| <b>2</b> |         |         |         |         |
| <b>3</b> |         |         |         |         |

◆ **ACCOUNTABILITY STACK** ————— STAKE · VERIFIER · CADENCE

| #        | STAKE | VERIFIER | CADENCE | CONSEQUENCE | CELEBRATION |
|----------|-------|----------|---------|-------------|-------------|
| <b>1</b> |       |          |         |             |             |
| <b>2</b> |       |          |         |             |             |
| <b>3</b> |       |          |         |             |             |

◆ **HABIT LAYER** ————— DAILY BEHAVIORS – LEAD INDICATORS

| #        | HABIT | CADENCE | LINKED SYSTEM / GOAL | TARGET |
|----------|-------|---------|----------------------|--------|
| <b>1</b> |       |         |                      |        |
| <b>2</b> |       |         |                      |        |
| <b>3</b> |       |         |                      |        |

|   |  |                              |
|---|--|------------------------------|
| COMMITTED TO GOALS?<br><input type="checkbox"/> HELL YES <input type="checkbox"/> HELL NO | COMMITTED TO PLAN?<br><input type="checkbox"/> HELL YES <input type="checkbox"/> HELL NO | _____<br>X<br>SIGNED & DATED |
|---|--|------------------------------|