



Creating Goals with FLOW – *not* Friction

Each area of life is an engine are you running on all cylinders?

If you are tired, unhealthy, are you showing up for your business 100%?

If you are exhausted, worn out, are you showing up 100% for your family?

If you are nourished and healthy, how would you show up for your business? Family?

Friends?

If you were growing intellectually, how would you show up in your day?

If you are sacrificing your health to run the business, is it good for the business?

If your family pays the price of hitting your revenue goal, is it worth it?

If your relationship struggles or ends because of a goal, was it a good goal?

What are the Infinite 8?

Do you have goals in all 8?

Do your daily habits support your goals?

Do you have accountability and support?

How will you know when you strive for balance how many goals to set?

Does this feel like FLOW or FRICTION?



Creating Goals with FLOW – *not* Friction

Let's Do This

Go through your
Infinite 8

Ask the questions

Create a game plan.

Walk away

Listen again

Health- Fitness& Nutrition

What would you like to accomplish this year?

How do you want to feel about your health?

What beliefs do you have?

What's your why for being healthy?

What are your current daily habits?

What new habits do you choose?

How will HEALTH become part of your ideal day, every day?

Environment:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?

Spirituality:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?



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Intellectual:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?

Love:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?

Money:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?



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Work:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?

Contribution:

What would you like to accomplish this year?

How do you want to feel about your environment? What emotions should it support?

What beliefs do you have?

What's your why for your environment?

What are your current daily habits?

What new habits do you choose?

How will ENVIRONMENT become part of your ideal day, every day?

Design Your Day.... Design Your Week.... Then Design Your Month:

What components make up your ideal day? Week? Month?

Do these components flow together today? This week? This Month?

Will they naturally achieve your goals with flow today? This week? This Month?