A picture containing food

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Michael V. Newman – Podcast – Episode 008

**Designing Your Future**

Consider what your future looks like. Do you have a plan on how to get there? In this Podcast you will learn six components to designing the future you want.

“If you don't design you own life plan, chances are you'll fall into someone else's plan. And guess what they may have planned for you?  Not much..." – Jim Rohn

**Looking Backward to Plan Forward**

|  |  |  |
| --- | --- | --- |
| **Areas of Life** | **Accomplished So Far in 2020** | **Still Want To Do** |
| Career |  |  |
| Family |  |  |
| Finances |  |  |
| Health |  |  |
| Faith |  |  |
| Relationships |  |  |
|  |  |  |
|  |  |  |

**Why Do We Struggle with Designing Our Lives?**

Research show that:

* Over \_\_\_\_\_\_ of the people drop their New Year’s Resolutions in the first 30 days.
* Only \_\_\_\_\_\_ of the people even keep them at all.
* That means that over 90% of people’s plan fell apart somewhere on the way.

**What holds you back?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Holding onto the plan and making \_\_\_\_\_\_\_\_\_\_\_\_ along the way will be key for your future success.

“Develop strategies and design systems to implement those strategies.” – John Maxwell

What is a system? It is a process of \_\_\_\_\_\_\_\_\_\_\_\_achieving a goal or plan based on specific, \_\_\_\_\_\_\_\_\_\_\_\_, and repeatable principles and practices.

**Your Big Idea** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Effective Systems**

1. **Effective Systems Take the** \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**into Account.**

Will the system help you reach those big picture goals?

Start asking yourself “\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_” questions?

1. **Effective systems Make Use of** \_\_\_\_\_\_\_\_\_\_\_\_

Do you really know your priorities?

Just because we say it is a priority it doesn’t make it a priority unless we take \_\_\_\_\_\_\_\_\_\_\_\_ on it.

“Perhaps the very best question you can memorize and repeat over and over is, ‘What is the most valuable use of my time right now?’ - Brian Tracy

1. **Effective Systems Include** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you don’t have a way to measure progress,how do you know it is \_\_\_\_\_\_\_\_\_\_\_\_?

How do you build an effective system of measurement?

1. **Effective Systems Include** \_\_\_\_\_\_\_\_\_\_\_\_ **Plans**

Have a plan in writing. That is a great start

“No plan is worth the paper it is printed on unless it starts you doing something.” – William Danforth

People who develop plans with action steps, with mile markers, with accountability to someone else are almost always successful.

What do you need to do to develop the habit of creating action plans?

1. **Effective Systems Employ** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You have to develop something that fits your \_\_\_\_\_\_\_\_\_\_\_\_ style.

1. **Effective Systems** \_\_\_\_\_\_\_\_\_\_\_\_ **Consistency**

You have to \_\_\_\_\_\_\_\_\_\_\_\_invest time, intentionally invest time, to perform tomorrow as well or better than you did today.

**Resources:**

* The 15 Invaluable Laws of Growth - by Dr. John C. Maxwell
* Positive Personality Profiles – by Dr. Robert Rohm

Answers: 75%, 8%, adjustments, predictably, orderly, Big Picture, How Can I, priorities, action, Measurement, working, Action, Organization, personality, Promote, consistently