

WEEK 2

MODULE 2 - OVERDO

☐ Watch 2.1 Video - Don't "Just Do It"

☐ Complete 2.1 Workbook Activities

- Adopt the Overdo Mindset
 - Have you ever miscalculated the hours it took to complete a project?
 - Have you ever run into unexpected problems that caused a delay?
 - Have you ever missed a deadline?
 - Have you ever underestimated cost?
 - What aspects of your project can you overdo or be proactive about to account for the universal tendency to underestimate and shift the odds of success in your favor?

☐ Watch 2.2 Video - How to Get the Most Out of Your Limited Time

☐ Complete 2.2 Workbook Activities

- 5 Why's Technique
 - What's your main goal?
 - Why would that happen?
 - Why would that happen?
 - Why would that happen?
 - Why would that happen?
 - Why would that happen?
 - What was the main focus activity of the people who have accomplished a similar goal?
 - What's the main activity you are going to focus on to reach your goal as quickly as possible?

☐ Watch 2.3 Video - How to Launch an Activity Explosion

☐ Complete 2.3 Workbook Activities

- Preparing for an Activity Explosion
 - Prepare yourself for a successful launch.
 - Predict your blind spots by identifying things that could suddenly consume your time and throw you off track.
 - What's your plan B if these things actually happen?
 - What emergency resources do you have at your disposal in case you suddenly got stuck?

- Prepare important people in your life.
 - How is this going to affect the important people in your life?
 - How can you get them on board?
 - What benefit will they get from you doing this?
 - What are their concerns and how can you address them where they will be behind you 100%?
- ☐ Watch 2.4 Video - Take the Guesswork Out of Becoming Successful
- ☐ Complete 2.4 Workbook Activities
 - Full Speed Ahead!
 - What's your start date?
 - What's your deadline?
 - What activity/progress are you going to track?
 - What daily or weekly activity goal are you going to set for yourself?
 - What tool are you going to use to track your progress?
- ☐ Watch 2.5 Video - "MacGyver" Your Way to the Top
- ☐ Complete 2.5 Workbook Activities
 - Stay Flexible
 - What things didn't go according to plan for those who have done what you want to do?
 - What aspects of your plan can you be flexible on?
 - What obligations and prior commitments do you have that you can be flexible on?
 - What strengths do you have that can help you complete this project?
 - How can you be resourceful as you move forward? What creative solutions do you have for potential problems?