

# **THE SERIAL WINNER IMPLEMENTATION PLAN**

# GETTING STARTED

## START HERE

- ☐ Watch Start Here Video

## JUMPSTART

- ☐ Watch Jumpstart Video
- ☐ Complete Jumpstart Workbook Activities
  - Plan your Freedom Day
    - Pick a date
    - Block off your calendar/schedule
    - Create a plan for your day (only if you want to)
    - Tell your partner or other important people in your life so they don't disturb you
    - Make arrangements at work (if needed)
    - Make arrangements for child care (if needed)
    - Book appointments (if needed)
    - Turn on email auto-responder and update voicemail greeting (if needed)
  - Plan your Power Day
    - Pick a date
    - Block off your calendar/schedule
    - Plan your day start to finish
    - Tell anyone who might distract or disturb you
    - Make arrangements at work (if needed)
    - Make arrangements for child care (if needed)
    - Book appointments (if needed)
    - Turn on email auto-responder and update voicemail greeting (if needed)
- ☐ Have your Freedom Day
- ☐ Have your Power Day

# WEEK 1

## MODULE 1 - DECIDE

☐ Watch 1.1 Video - What Do You Really Want to Do with Your Life?

☐ Complete 1.1 Workbook Activities

- The “5 Most” Exercise
  - What 5 things have you been most interested in for most of your life?
  - What 5 things in your work or career are you most interested in right now?
  - What 5 things in your personal life are you most interested in right now?
  - When you think about what your life will look like 5 to 10 years from now, what 5 things are most important or best define your future vision?
  - What are the 5 most important priorities in your professional life and in your personal life?
- What Do You Really Want to Do?
  - List your top ideas for what you really want to do
  - Choose 1 big, exciting goal to go for.

☐ Watch 1.2 Video - Getting Unstuck

☐ Complete 1.2 Workbook Activities

- Identify the Doubts that are Holding You Back
  - What doubts do you have related to your relationships with your partner, family, or friends?
  - What doubts do you have related to advancing or changing your job or career?
  - What doubts are holding you back from pursuing your hobbies and passions?
  - What doubts are holding you back from improving your health?
  - What specific doubts are holding you back from doing the thing you really want to do?

☐ Watch 1.3 Video - How to Stomp Out Doubt so You Can Do Big New Things

☐ Complete 1.3 Workbook Activities

- Bust Doubt!
  - What are the top 5 doubts holding you back from the life you want?
  - Turn each doubt into a simple, specific question.
  - Find answers to each question by looking for examples of people who started where you are and have done what you want to do.

- ☐ Watch 1.4 Video - Making Your Dreams Reality
- ☐ Complete 1.4 Workbook Activities
  - Take the Guesswork Out of Success
    - Who is the most successful person doing what you want to do?
    - What did they do?
    - How did they do it?
    - When did they start?
    - How often did they work at it?
    - How much effort did it take?
    - How long did it take?
  - Planning to Make Your Dreams Become Your Reality
    - What will you need to do?
    - When can you make time to do it?
    - What specific training, education, or certifications will you need?
    - What kind of support will you need?
    - How can you maximize your strengths and minimize your weaknesses?
- ☐ Watch 1.5 Video - The Final Step to Getting Unstuck
- ☐ Complete 1.5 Workbook Activities
  - The Dead Serious Test
    - Is this realistic?
    - Is the timing right?
    - Do you have the capacity?
    - Do you have the funds?
    - Is this what you really want?
    - Is this something you'll enjoy long term?
    - Are you willing to do what it's going to take?
    - Is it worth your time, money, and effort?
    - Is it exciting enough?
    - Are you dead serious?

# 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?

# WEEK 3

## MODULE 3 - ADJUST

- ☐ Watch 3.1 Video - Why the Game Doesn't Really Begin Until You Have Your First Setbacks
- ☐ Complete 3.1 Workbook Activities
  - Winning is a Series of Adjustments
    - What major action steps can you adjust if you aren't making progress?
    - How much more activity can you manage if progress isn't coming fast enough and what changes would make that happen?
    - Are you willing to extend your deadline and what will happen if you extend it?
    - Are you willing to change your direction and go for a slightly different target if you run into a brick wall or find a more exciting option?
- ☐ Watch 3.2 Video - Adjust with Speed
- ☐ Complete 3.2 Workbook Activities
  - What to do When Things Go Wrong
    - What exactly happened or what's changed? What challenge or opportunity are you faced with?
    - What good things do you have going for you that you don't want to lose sight of?
    - If you're tempted to quit or give up, what will you lose by doing so?
    - If you're able to work through this, what will you gain by sticking with it and reaching your goal?
- ☐ Watch 3.3 Video - Unravel the Confusion Quickly
- ☐ Complete 3.3 Workbook Activities
  - Solving Most Problems
    - Get the facts.
      - What do you know for a fact about what's happened or what's changed?
      - What questions do you have about what's happened or what's changed?
      - Where can you find answers to these questions?
      - Go get answers to your questions.
  - Simplify the issue.
    - What caused the problem?
    - If you had to pick one root cause that caused all of this, what would it be?
    - What would solve this problem?

- If you had to pick one realistic solution that would solve the problem in the simplest way possible, what would it be?
- Make sure it's your problem to solve.
  - Did someone else cause the problem?
  - Is the simplest solution something that's in your control?
  - Are you the best person to solve the issue?
  - Is there someone else who could solve it faster or more easily?
  - If this problem isn't yours to solve, who should be the one to solve it?
- ☐ Watch 3.4 Video - Overcoming the Toughest Problems
- ☐ Complete 3.4 Workbook Activities
  - The Triangulation Principle
    - Identify your strengths.
      - What good things do you have going for you right now?
      - What resources do you have that you can pull from?
    - Find out what others involved think.
      - Who else is involved in this that you can go to and ask their opinion?
      - Go to each of these people and ask them what you think should be done.
    - Get advice from those who have tackled the problem successfully.
      - Who do you know that's been through something similar and handled it successfully?
      - Go to each of these people and ask them how they tackled the problem.
- ☐ Watch 3.5 Video - Be Bold
- ☐ Complete 3.5 Workbook Activities
  - Moving Forward with Enthusiasm
    - What options do you have for moving forward?
    - If you had to choose 1 option for moving forward, which would it be?
    - What doubts do you have related to moving forward with the option you selected?
    - Take each doubt and turn it into a simple, specific question.
    - Go find the answers.
    - What lessons have you learned through this process that you can use in the future?



# WEEK 4

## MODULE 4 - FINISH

☐ Watch 4.1 Video - Winners Finish

☐ Complete 4.1 Workbook Activities

- Are You a Finisher?
  - For each statement below, circle the answer that most applies. (Agree, Somewhat agree, Neutral, Somewhat disagree, Disagree completely)
    - In the past year, I have left a number of projects or goals unfinished at work.
    - In the past year, I have left a number of personal projects or goals unfinished.
    - The people in my life view me as somebody they can count on. I'm the person they call for help or favors.
    - At work, I am a person who gets assigned to complex or tight-deadline projects.
    - When I'm up against a deadline or trying to finish a project, I set priorities and spend my time and energy accordingly.
    - I often have to explain to friends and family, clients, or my boss why I didn't get something done on time.
- Almost Finished Gets You Almost Nothing
  - How much time have you invested in this project?
  - How much money have you invested in this project?
  - How much effort have you invested in this project?
  - How would it make you feel if you failed to finish and lost all that you've invested into this project?

☐ Watch 4.2 Video - Mental Toughness of the Elites

☐ Complete 4.2 Workbook Activities

- How to Stay Mentally Fit
  - Eliminate things that weaken you.
    - What is currently causing negative stress in your life?
    - What specific things can you do to eliminate or limit the negative stressors in your life and things that weaken you?
  - Add things that strengthen you.

- What things can you add to your life that will strengthen you and make you more capable of finishing?
- Prepare yourself for more challenges.
  - What possible challenges are on the horizon?
  - What can you be thinking or doing now to put yourself in a better position to handle any foreseen or unforeseen challenges?
- ☐ Watch 4.3 Video - The Secret Power of Self-Coaching
- ☐ Complete 4.3 Workbook Activities
  - Be Your Own Best Coach
    - Come up with your own self-coaching mantra.
      - What saying, quote, or reminder can you repeat to yourself daily to stay focused and motivated?
      - Put simple sayings, quotes, and reminders on display where you will be reminded of them often.
  - Create a game plan for the toughest times.
    - What steps are you going to take when things get really tough?
    - Who are you going to go to for advice?
    - Are you going to hire help if you can't get it all done yourself?
    - What daily activity goal are you going to focus on to continue making progress?
    - How will you keep yourself accountable?
  - Challenge yourself to stay engaged.
    - What sources will you use to inform you of best practices, inspire you to try new ideas, and keep you motivated and excited?
  - Stay disciplined and be consistent.
    - What tools will you use to stay consistent and meet your daily activity goal?
- ☐ Watch 4.4 Video - Make Finishing as Easy as Possible
- ☐ Complete 4.4 Workbook Activities
  - Making Finishing as Easy as Possible
    - Simplify.
      - What activities are you doing on a regular basis that don't seem to be producing the desired effect, aren't paying off, or may be unnecessary?
      - What parts of your process seem clunky, time consuming, or inefficient?
      - Are there any other aspects of your workflow that may need some simplification?
      - Set aside a small amount of time to simplify your activities, processes, and tools.
  - Set and keep boundaries.

- What boundaries do you want to set on your time, energy, and effort?
  - What boundaries do you want to set on your resources?
  - If someone asks you to extend outside of your boundaries, what response will you give them?
  - Cut back on commitments.
    - What ongoing or future commitments have you made to friends or family members?
    - What ongoing or future commitments have you made to organizations you are involved with, your church, or your community?
    - What ongoing or future commitments have you made to yourself?
    - Of all these commitments, which ones will you postpone, stop, or cut back on to free yourself up to focus on finishing your project?
  - Set short term goals.
    - What big milestones stand between you and the finish line?
    - What smaller steps will you take, or what daily or weekly activity goals will you set to reach them?
- ☐ Watch 4.5 Video - Running Through the Finish Line to Unexpectedly Big Opportunities
- ☐ Complete 4.5 Workbook Activities
- Racing Through the Finish Line
    - After you've reached your goal, how will you feel looking back at where you started, how far you've come, and what you've accomplished?
    - What other benefits will you get from finishing?
    - What opportunities might open up to you on the other side of the finish line?
    - What additional benefits could you get from capitalizing on the opportunities that open up to you?

# WEEK 5

## MODULE 5 - IMPROVE

☐ Watch 5.1 Video - Don't Let Success Intimidate You

☐ Complete 5.1 Workbook Activities

- Tackling Fear
  - Explore the possibilities.
    - What previous goals or dreams seem to be closer within reach now than they were before?
    - What new hopes or dreams do you have for your future?
    - What new opportunities or ideas have you been approached with, thought about, or discussed with others recently?
  - Confront your fears.
    - When you think about the possibilities for what's next, what worries or concerns do you have?
    - What would you do if you weren't afraid?
    - What's the worst that could happen if you 'go for it'?

☐ Watch 5.2 Video - The Magic of the ABI Principle

☐ Complete 5.2 Workbook Activities

- The ABI Principle
  - What went well? Or, what's going well?
  - What didn't go well? Or, what's not going well?
  - What specific improvements can I make next time? Or, what specific improvements can I make now?

☐ Watch 5.3 Video - Automating Success

☐ Complete 5.3 Workbook Activities

- Systems for Success
  - Create routines to handle little, repetitive things.
    - What repetitive things do you do or should you do on a regular basis to prevent problems, stay on track, or make more progress?
    - What method[s] will you use to make these a part of your routine?
  - Find long-term solutions to problems.
    - What major problems have you had so far?
    - What's a simple, long-term solution for solving each of these problems?

☐ Watch 5.4 Video - Build Your Inner Circle

☐ Complete 5.4 Workbook Activities

- Build Your Inner Circle
  - Build a team and get more done.
    - What things can only be done by you?
    - What things are you doing now that you don't like doing and could be done by someone else?
    - What time consuming things are you doing now that could be done by someone else in order to free you up to focus on the things only you can do?
  - Leverage mentors, coaches, role models, sidekicks.
    - Who can you go to as a mentor or coach when you need help?
    - What role models can you look up to and draw inspiration from?
    - Who can you bring in as a sidekick to work alongside and bounce ideas off of?
    - What groups or circles can you create or join that will allow you to network with other people?

☐ Watch 5.5 Video - Stay on Track and Do Amazing Things

☐ Complete 5.5 Workbook Activities

- Stay on Track and Do Amazing Things
  - Create your own top 10 list of go-to reminders to help you stay on track.