

**BHOOKED PODCAST**



FREEBIE

A SIX STEP GUIDE TO  
PLANNING THE UP-  
COMING YEAR



# LISTEN TO THIS EPISODE AT: [WWW.BHOOKEDCROCHET.COM/SESSION075](http://WWW.BHOOKEDCROCHET.COM/SESSION075)

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Before you dive into the first step, we must first dig a little deep and answer this question: *What are you great at?*

Think about the things that make you unique. You may see them as a flaw even! Sit down for 15 minutes (set a timer) and jot down all of the things you're "known" for.

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If you find yourself struggling with this step like I did, check out the book called [Strengths Finder 2.0 by Tom Rath](#). It was a real eye opener for me! Alright, onward!

## STEP 1 BRAINSTORM YOUR GOALS

CREATIVE PHASE - 20 MINUTE BRAIN DUMP

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*"Extraordinary results are directly determined by how narrow you can make your focus."*

*-[The One Thing](#)*

**STEP 2** BUILD YOUR SUPPORT SYSTEM

Who are the five most important people in your life? Write their names down and then share your 4-6 goals with them for the upcoming year. Ask for their support as you try to accomplish these goals.

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*"You are the average of the five people you spend most of your time with."*

*- Jim Rohn*

**STEP 3** IDENTIFY A PROBLEM AND CREATE THE SOLUTION

Think about a problem that you have experienced in your niche or industry. How can you potentially solve one of these problems on the path to accomplishing your goals?

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Now brainstorm what platform (i.e. website, podcast, social platform, video etc.) will be the vehicle to solving that problem.

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**STEP 4** CREATE A CHECKLIST

In order to know exactly how to achieve each of our goals from step 1, we need to create the roadmap for ourselves. In other words, we need a check list of to-do's to get us from where we are to where we want to be.

REFINING PHASE GOAL 1 CHECKLIST

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REFINING PHASE GOAL 2 CHECKLIST

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REFINING PHASE GOAL 3 CHECKLIST

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REFINING PHASE GOAL 4 CHECKLIST

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REFINING PHASE GOAL 5 CHECKLIST

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REFINING PHASE GOAL 6 CHECKLIST

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**STEP 5** RESERVE YOUR FREE TIME FOR YOUR CHECKLIST

What gets scheduled gets done! But before you can pencil in your checklists for the upcoming year, we first need to figure out how much free time you have to devote to your goals.

How many hours do you sleep each night on average? \_\_\_\_\_ Now multiply by 7 \_\_\_\_\_

How many hours do you work per week on average? \_\_\_\_\_ Now multiply by 7 \_\_\_\_\_

Add these two numbers together and subtract from 168 \_\_\_\_\_ This is your "can't compromise number"

Now list your weekly responsibilities (i.e. grocery shopping, school drop offs, family time etc.) and estimate how much time you spend on each.

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Add the the time spent on responsibilities and subtract from your "can't compromise number" \_\_\_\_\_

This is how much free time you have each week!! Now schedule your checklist items in your calendar!

**STEP 6** GIVE YOURSELF A DEADLINE

Hold yourself accountable for all the hard work you just put in! Assign a deadline for each of your goals and the checklist items to accomplishing them.

GOAL 1 YEAR DEADLINE:

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CHECKLIST ITEM 1 DEADLINE:

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CHECKLIST ITEM 2 DEADLINE:

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CHECKLIST ITEM 3 DEADLINE:

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CHECKLIST ITEM 4 DEADLINE:

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CHECKLIST ITEM 5 DEADLINE:

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CHECKLIST ITEM 6 DEADLINE:

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CHECKLIST ITEM 7 DEADLINE:

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CHECKLIST ITEM 8 DEADLINE:

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GOAL 2 YEAR DEADLINE:

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CHECKLIST ITEM 1 DEADLINE:

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CHECKLIST ITEM 2 DEADLINE:

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CHECKLIST ITEM 3 DEADLINE:

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CHECKLIST ITEM 4 DEADLINE:

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CHECKLIST ITEM 5 DEADLINE:

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CHECKLIST ITEM 6 DEADLINE:

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CHECKLIST ITEM 7 DEADLINE:

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CHECKLIST ITEM 8 DEADLINE:

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GOAL 3 YEAR DEADLINE:

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CHECKLIST ITEM 1 DEADLINE:

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CHECKLIST ITEM 2 DEADLINE:

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CHECKLIST ITEM 3 DEADLINE:

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CHECKLIST ITEM 4 DEADLINE:

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CHECKLIST ITEM 5 DEADLINE:

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CHECKLIST ITEM 6 DEADLINE:

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CHECKLIST ITEM 7 DEADLINE:

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CHECKLIST ITEM 8 DEADLINE:

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GOAL 4 YEAR DEADLINE:

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CHECKLIST ITEM 1 DEADLINE:

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CHECKLIST ITEM 2 DEADLINE:

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CHECKLIST ITEM 3 DEADLINE:

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CHECKLIST ITEM 4 DEADLINE:

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CHECKLIST ITEM 5 DEADLINE:

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CHECKLIST ITEM 6 DEADLINE:

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CHECKLIST ITEM 7 DEADLINE:

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CHECKLIST ITEM 8 DEADLINE:

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