
THE WEEKLY DESIGN SYSTEM™



LEARNING POINTS

1 hour Saturday a.m. or Sunday p.m. planning practice will transform your personal and professional life.

Keeps you moving through your Chaos Barriers towards all-new levels of confidence, human evolution (for survival to self-transcendence) and personal freedom.

Helps you shift from being busy to achieving results (work smarter not harder).

CONNECT TO VISION

MACRO

"The true measure of success is living life on your own terms - running your own race. If you do not articulate your own philosophy for life, you will end up living under someone else's philosophy."

Robin Sharma

My Tombstone Statement

- What do I want my life to stand for?
- How do I want to be remembered?

MY 10 DAILY DEVOTIONS/ TOP 10 ORGANIZING PRINCIPLES

My 10 Daily Devotions

- This is your daily Code of Conduct/Moral and Life Standards (i.e., "Each day I do things I'm afraid to do" or "I will be the most loving person I know" or "I will be impeccably honest" or "I will be in world-class physical condition" or "I will always put family first").
- Allows you to live life on your terms (authenticity) and do what is right versus what is most convenient.

1

2

3

4

5

6

7

8

9

10

WEEKLY STORY

REFLECTION

In the space below, review your past week. Think about your thinking, your feelings and your actions. Reflect on the things you did at work, how you showed up in your relationships and the way you operated with yourself. Think about your “wins” as well as about your “opportunities to optimize”.

My Weekly Story

- Builds awareness (that causes better decision-making and a more conscious life)
- Builds accountability and invokes celebration

SUMMARY

MONDAY

TUESDAY

WEDNESDAY

WDS : STEP 2

WEEKLY STORY

REFLECTION

My Weekly Story

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WDS : STEP 3

PAST WEEK TRULY EXCEPTIONALS

CELEBRATION

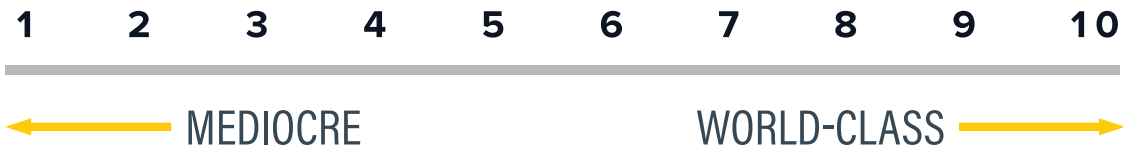
In the space provided, record three Truly Exceptional things you did last week.

	The Truly Exceptional Thing	Why Was It Important To You?
PERSONAL		
WORK		
INNER		

WEEKLY RATING

MEASUREMENT

MEASUREMENT



INSIGHTS AND NOTES:

THIS WEEK TRULY EXCEPTIONALS

INSPIRED STANDARDS

In the space below, record three changes you will make or three Truly Exceptional things you will do to make this coming week an extraordinary success.

- The self-coaching question to ask at this part of the process: "What 3 things must happen over the next 7 days for me to feel this week was very successful?"

First Truly Exceptional Thing

- First Truly Exceptional in Personal Life:
.....
- First Truly Exceptional in Professional Life:
.....

Second Truly Exceptional Thing

- Second Truly Exceptional in Personal Life:
.....
- Second Truly Exceptional in Professional Life:
.....

Third Truly Exceptional Thing

- Third Truly Exceptional in Personal Life:
.....
- Third Truly Exceptional in Professional Life:
.....

BEST HUMAN PRACTICES

PRIORITIZATION

At this point of your practice, you draw from your inventory of Best Human Practices (the activities that you have done in the past that are highest in leverage and create the greatest positive results) from the Core Arenas of your life. Pick and choose which ones you will perform this week in the various areas of your life (each inventory should have at least 20 items).

Best Personal Practices Inventory

- Exercise
- Journal
- Get a massage
- Visualize
- Meditate
- Write a "love letter"
- Read
- Take a course
- Commune with nature

Best Family Practices Inventory

- Date night
- Heal a conflict
- Take spouse to dinner
- Take son swimming
- Listen deeply
- Take daughter to karate
- Family night
- Work on family mission

Best Work Practices Inventory

- Take a client to lunch
- Envision/plan
- Organize office
- Repair a relationship
- Upgrade a core skill
- Review goals
- Send "thank you" letters
- Meet mentor

Best Personal Practices Inventory

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

BEST HUMAN PRACTICES

PRIORITIZATION

Best Family Practices Inventory

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Best Work Practices Inventory

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

BEST HUMAN PRACTICES

PRIORITIZATION

Best Social Practices Inventory

1	
2	
3	
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Best Adventure Practices Inventory

1	
2	
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10	

WDS : STEP 7

BUILD TEMPLATE

INTEGRATION

In the space below, record three changes you will make or three Truly Exceptional Things you will do to make this coming week an extraordinary success.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WDS : STEP 8

LIVE TEMPLATE

EXECUTION

- Launch the Rocket
- Envision your template
- A "loose focus"/"loose focus on your goals"
(Stay flexible in the moment of choice)

INSIGHTS AND NOTES: