inspire greatness

ACTION PLANS

PRACTICAL ROADMAPS II SUCCESS

WEEKLY TROPHIES

PRESENTED BY:



limitlessideas™

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PRACTICAL ROADMAPS II SUCCESS

IN PARTNERSHIP

limitlessideas℠
AMPLIFY.UNITE.RESTORE.INSPIRE.



WEEKLY TROPHIES

Inspire Greatness Action Plans · Presented by Limitless Ideas

YOUR ACTION PLAN · FILL IT IN

Type in every box, tick your choices, and pick your belief levels from 1 to 10, right here in your PDF reader. Then save it, print it, and keep it where you will see it.

BEFORE YOU BEGIN

A little about you

Eleven short answers. Two are required; the rest take a few seconds and shape the examples and the follow-up you get.

Who is filling out this action plan

Your name (required)

Date

Your email (required)

Your phone number (optional)

What this plan is for

How Weekly Trophies fits your life right now. Pick what is true today; you can change it any time.

What are you using this action plan for?
Pick one or more.

☐ Starting a business ☐ Growing my business ☐ My job or career ☐ School ☐ Personal development
☐ My team or organization

Where are you right now?

◯ Just getting started ◯ Already in motion ◯ Getting back up after a setback

What kind of week is this for you?

◯ A regular week ◯ A big week: a launch, a deadline or an event ◯ A catch-up week
◯ A fresh start after a slow week ◯ A week to build a new habit ◯ Something else

Your company, school or organization

What state do you live in?

You and Inspire Greatness

All optional. Answering changes nothing about your plan; it only tells us how you found it and whether we are already working together.

Is this your first Inspire Greatness Action Plan?

◯ Yes, my first ◯ No, I have done others

Are you filling this out as a current client of Limitless Ideas Consulting?

◯ Yes, I am a client ◯ No, not yet

How did you hear about this Inspire Greatness Action Plan?

Pick all that apply.

☐ Limitless Ideas Online Store ☐ Limitless Ideas Consulting ☐ Inspire Greatness Action Plans
☐ A Limitless Ideas email, ad or other marketing ☐ Facebook ☐ Instagram ☐ YouTube
☐ Another social media site ☐ Google or another search engine ☐ Someone I know told me
☐ A Limitless Ideas event or webinar ☐ The 50 State Start-Up Challenge
☐ My school, employer or organization ☐ My consultant or coach ☐ Somewhere else

If somewhere else, tell us where

PART 2 · LEARNING STYLES

Learn your way

"Choose one or more learning styles from each category below that you feel you identify with!"

Core	Stress	ReEnforce	Social
☐ Visual Learner	☐ Emotion & Memory	☐ Intrinsic Motivation	☐ Solitary Learner
☐ Audio Learner	☐ Fight or Flight	☐ Positive Reinforce	☐ Group Learner
☐ Kinesthetic Learner	☐ Cognitive Load	☐ Negative Reinforce	☐ Socratic Learner
☐ Learning Styles	☐ Stress Management	☐ Adversarial Reinforce	☐ Observe Learner

PART 3 · MOTIVATION AND BELIEF

Do you believe?

“Belief plays a fundamental role in the success of any endeavor.” From the plan's Motivation and Belief page.

Remember: keep goals in numerical order as you use them in different action plans.

Belief level: on a scale of 1 to 10 with 10 being the highest, how much do you believe in the stated goal? If your belief level is less than an 8, you can build it up or switch to a goal that is a level 8 or above.

Do you believe that you will accomplish your goals/dreams?

◯ Yes ◯ No

Your belief level

“On a scale of 1 to 10 with 10 being the highest, how much do you believe in the stated goal?”

Your level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

Less than an 8? Build it up, or switch to a goal that is a level 8 or above.

PART 4 · THE WEEKLY GRIND

Weekly Grind

Choose “yes” or “no” from each question.

Do you have the heart, mind, and drive to be the best you?

◯ Yes ◯ No

The most important question is: do you believe in you?

◯ Yes ◯ No

Do you believe that it is ok to be great?

◯ Yes ◯ No

Do you believe a person cannot fail permanently unless they quit in their mind first?

◯ Yes ◯ No

Are you willing to sacrifice who you are today to become who you can be tomorrow?

◯ Yes ◯ No

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PART 5 · STEP ONE · 10 MINUTES

Passionately desire, visualize and embrace the dream

Circle one and repeat it aloud for 1 minute with passion, great energy and epic expectation.

Then take at least 2 minutes to visualize (with enthusiasm) in detail the benefits of reaching your goal. Take at least 2 more minutes to feel passion about obtaining the benefits of reaching your goals now. (Use a vision board, goals written down, and your imagination.) As a man thinks in his heart, so is he!

The line I circled, and will repeat aloud for 1 minute:
Say it with passion, great energy and epic expectation.

PART 5 · STEP TWO · 5 TO 10 MINUTES

Celebrate last week's victories!

Write down two things from the past week that you're proud of. List at least 2 things. Big or small, anything goes. Never forget to praise yourself even over small victories!

Last week's victories: the things you're proud of.
List at least 2 things. Big or small, anything goes. Write as much as you need.

PART 5 · STEP THREE · 2 TO 5 MINUTES

Weekly Impact Report

Write down any key learning from the past week.

What did you learn about yourself this week?

How did you empower someone this week?

Was there some type of progress made?

◯ Yes ◯ No

If so, how were you consistent? (optional)

PART 5 · STEP FOUR · 2 TO 5 MINUTES

Reflect on what did not happen

And the mistakes you made. Be honest with yourself and list the big things that didn't happen and what you can improve for next time.

What didn't happen? What could you have done better last week?
List the big things. Write as much as you need.

What will you do this week to make yourself more effective?
A fix for each big thing that didn't happen. Write as much as you need.

PART 6 · YOUR TIME

How much time are you wasting?

“24 hours in one day. 168 hours in one week. 730 hours in one month. 8,760 hours in one year.”

Hours you lose a day: × 365 = hours a year

PART 7 · STEP FIVE · 5 TO 10 MINUTES

Clarify your expectations for this week

Decide on the top outcome you want to accomplish related to the various areas of your work, life, and/or business goal for this week. This could be creating a personal budget, closing a $150,000 deal, cooking a healthy meal, or having a great meeting with a mentor. You get to decide. Just be sure they get you closer to your yearly goals. That's the key. So “checking Facebook” would not count.

Top Expectation: the one outcome you will accomplish this week.
Then rate it: how much do you believe in it, from 1 to 10?

Top Expectation

Belief level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

PART 7 · STEP SIX · 5 TO 15 MINUTES

Your time is valuable: check off your goals once completed

Look at your monthly goal (Result Driven Expectations I.GAP) or (What is your "WHY?" I.GAP) and fill in your task for the day. Successful people produce results with their efforts. Celebrate small victories daily.

Pick "most important tasks" (MIT's) related to your outcomes, and schedule them daily in the week. Please place the time it took for you to complete the task by the goal: Hrs. = hours it took to complete the goal. Fill in the hours as the week goes.

Look at your monthly goal: (optional)
It carries over from Culture Shock if you have done it. Or write it now.

Monthly goal

Belief level: ◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ 8 ◯ 9 ◯ 10

Monday · most important task

Monday · Hrs. (optional)

Monday · Extra (optional)

Tuesday · most important task

Tuesday · Hrs. (optional)

Tuesday · Extra (optional)

Wednesday · most important task

Wednesday · Hrs. (optional)

Wednesday · Extra (optional)

Thursday · most important task

Thursday · Hrs. (optional)

Thursday · Extra (optional)

Friday · most important task

Friday · Hrs. (optional)

Friday · Extra (optional)

Weekend · most important task

Weekend · Hrs. (optional)

Weekend · Extra (optional)

Last week unfinished goal (optional)

Last week unfinished goal · Hrs. (optional)

Next week goal to complete (optional)

Next week goal to complete · Hrs. (optional)

Last month's failed goal to retry (optional)

Last month's failed goal to retry · Hrs. (optional)

Extra fun goal (optional)

Extra fun goal · Hrs. (optional)

Extra personal development goal (optional)

Extra personal development goal · Hrs. (optional)

Extra business / school goal (optional)

Extra business / school goal · Hrs. (optional)

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PART 7 · STEP SEVEN · 5 TO 10 MINUTES

Fill in the gaps and housekeeping

Look at what's left on your to-do list. Now look at your calendar and see when you could fit the little things in. (It is ok if you're not able to do them all; just give it your all to complete the ones you choose to do.)

Ask: “How else can I help myself master my craft this week?”

Ask: “How can I help myself reach my goals for this week?”

Ask: “What is something radical I can do that will push me closer to my goals?”

Ask: “What are my goals for my personal development this week?”

PART 7 · STEP EIGHT · 5 MINUTES

Weekly recap questions and statements

The plan's last step: five honest answers, then one decision.

Are you moving towards your goals?

◯ Yes ◯ No

Were you effective last week?

◯ Yes ◯ No

Did you do all you could do?

◯ Yes ◯ No

HOW DO YOU FEEL ABOUT YOURSELF?

Are you happy with your life and where you're currently at?

◯ Yes ◯ No

If you could adjust one thing about your life, what would it be?

Make a decision right now to give yourself whatever it is you need to be great.

PART 8 · FINISH AND ACT

Your Weekly Trophies plan

Congratulations! You are Finished!

We are thrilled to celebrate your successful completion of the Limitless Ideas Action Plan. Your commitment, dedication, and hard work have paid off, and we commend you for taking this important step towards personal growth and achievement.