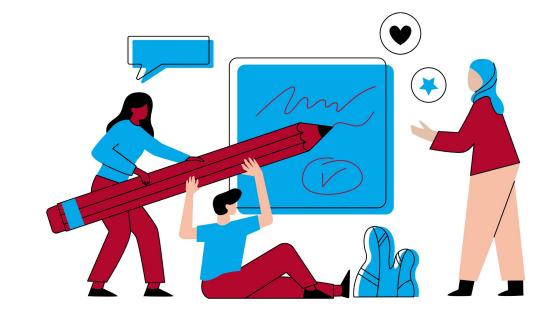


HIGH IMPACT PLANNER

Achieve your goals and make an impact!



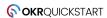
CREATE REFLECTION TIME

The success of this plan comes down to you investing the time to reflect. Let's find that space! How will you make time to reflect and when will you do it? Be realistic. In the beginning, be sure to nail your morning reflection, that pays short term dividends. Long term change comes from the nightly reflection.

M	R	N	V	G
	ı \	1 N	 Α.	\sim

WHEN

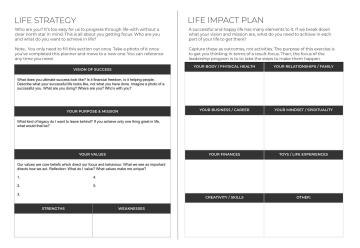
Time and Place
HOW
Is there something you need to do to enable it?
EVENING
WHEN Time and Place
HOW
Is there something you need to do to enable it?



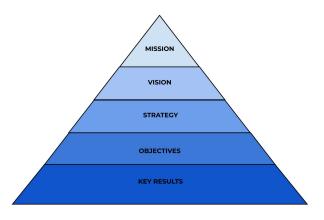
HOW TO

LIFE STRATEGY - THE BIG PICTURE

Your life strategy is about uncovering who you are. We only fill this out once, however you may want to revisit it. Capturing your thoughts here will unravel your inner most wants and needs.



The big picture will steer and guide your personal Objectives and Key Results for each 6 week cycle. My making progress on our goals on a 6 weekly basis, we will continuously be stepping towards our life's purpose.



SETTING YOUR 6 WEEK OKR

Once you've created your Life Strategy, it's time to make an impact. We do this within a 6 week cycle. This cycle is focused on creating a measurable impact.

Objective

You objective is what you want to achieve over the next 6 weeks. It's not a measure, but an outcome. Ask yourself, what would a successful 6 weeks look like? Maybe you've mastered a new skill, lost weight or built a new business.

Key results

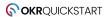
How will you measure your progress as you go? How will you know you've been successful at the end? Make it clear and measurable. Ideally, make it something which tells you you're heading down the right path before the fact. This is called a leading indicator. For example, If your objective is to be fit and health, then include a key result on limiting calorie intake and exercising daily. Make progress on those and you know you'll lose weight as the weeks pass.

Progress tracking

Each week, you'll return to this section and score:

- + Means you made progress on this Key Result
- O Means you made no progress on this Key Result
- Means you lost progress on this Key Result.

6 WEEK IMPACT OKR	KEY RESULT PROGRESS TRACKER										
Starting/ and ending// OBJECTIVE What is most important for you to achieve over the next 6 weeks?	MRT										
KEY RESULTS	ora										
How will you measure your progress and success on this objective? KR1	M33 a s s										
KR 2	o .										
KR 4	•										
KRS	MSE 1 2 3 4 5 6										



Beyond our goals you will no doubt have a number of things you need to do and ideas as to how you'll achieve your personal OKR. Capture those on these pages.

When you're ready to go, pull the trigger with your ready to launch checklist!

FOCUS AREAS	READY TO LAUNCH?
MINDSET & HABITS What mindsets and habits are you going to develop? #1. #2. #3. #4. #5. KEY ACTIVITIES Aside from your OKR, what else is important over the next 6 weeks?	Pre-launch checklist My 6 week OKR will progress me to my long term vision My 6 week OKR is clear with measures I can track My mindset and habit changes will help me create maximum impa The key activities are important I will make a serious impact over the next 6 weeks!
	NOTES

WEEKLY PROGRESS TRACKING

Your weekly reflection is all about making progress on your OKR, while also reflecting reality. This means you'll capture both your OKR and any other priorities you have on your plate.

Weekly impact plan

Capture your top 3 priorities for the week. Ideally they relate to the OKR, however they may not. We want to show focus for the week.

They may also be other priorities we need to consider. This is where the must remember tasks and events come in.

Daily impact plan and reflection

Fill out the top section of the daily reflection at the start of the day. This is about you getting yourself into the right headspace.

At the end of the day, fill out the reflection at the bottom. The moon indicates this is best done before bed.

remember task	ks and events		

	Monday	,			Date:	/_	_/
	"М	y success, part of or	it cert			have fo	cused
			BILL	GATES			
-jó:-		How do you feel today?			Where do yo	u want to e	nd up?
.,,	© 	Θ	☺	8		9	
	lam s	grateful for:		Dai	ly check in:		
	2 3 Today	is impact plan would be awesome to accor	_	0	My 6 week C I'll progress Today I will r nember, #1 is	1 of this wee	k's OKRs acti
	#2.						
	_						
C	What	t was important to me tod	ay?				
	How	can I be 1% better tomorro	w?				



End o week reflection

After a great week, use this as a tool to reflect on your week. This is a powerful tool to learn from your experiences.

E١	ND OF WEEK REFLECTION
Hov	v did you progress on your 6 week OKR this week?
o	Made significant progress
ū	Made some progress
ū	Made no progress
Но	w did you progress on this week's goal?
	Achieved them all
	Achieved some
	Achieved none
wi	nat was most important to you this week?
Wh	at did you learn this week?
_	
WI	nat is one thing you could have done differently to have a better week?
_	

HABIT TRACKER

This section as placed at the end of the planner. Use this as a way to track tiny shifts in behaviour. The smaller and simpler the better. Ensure you have a trigger for your habit. This may be a reminder on your phone, a note somewhere or a visual trigger. The classic version of a visual trigger is the string on the end of the finger.

HABIT TRACKER

MONTH		JAN		FE	В		MAR	!	А	PR		MAY	′	- 2	JUN		JU	L		AUG		S	EP		OCT		N	IOV		DE	С
HABIT	1	2	3	4	5	6	7	8	9	10	n	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

END OF OKR REFLECTION

At the end of the 6 week period, it's time to reflect on your OKR. Were you successful? Did you achieve everything that you had hoped?

Take your learnings and carry the forward to the next 6 weeks.

END	O O F 6	WEEK	REFLE	CTION		
How did	you progress	on your OKRs?				Reviewing your weekly reflections, what were the 3 most profound learnings?
	Missed it	Achieved	Crushed it	Target metric	Actual metric	1.
KR1						2.
KR2						3.
KR3						
KR4						Reviewing your weekly reflections, how would you sum up the psat 6 weeks?
KR5						notioning for the light to the
How do	vou feel abou	t the results abov	/e?			
	,					
-						What will you do differently next time?
						what will you do differently next time?
Reviewi	ng you habit t	racker, did you m	nake progress on y	our habits and mi	ndset?	
☐ Incr	edibly positive	impact				
☐ Posi	tive impact					
☐ Not	much of an im	pact				
☐ Noi	mpact at all					
Why did	you give your	self this score?				
_						

Have questions or feedback? Reach out to us at hello@okrquickstart.com and we'll get back to you promptly.



LIFE STRATEGY

Who are you? It's too easy for us to progress through life with without a clear north star in mind. This is all about you getting focus. Who are you and what do you want to achieve in life?

Note, You only need to fill this section out once. Take a photo of it once you've completed this planner and move to a new one. You can reference any time you need.

VISION OF SUCCESS

What does you ultimate success look like? Is it financial freedom, is it helping people. Describe what your successful life looks like, not what you have done. Imagine a photo of a successful you. What are you doing? Where are you? Who's with you?

YOUR PURPOSE & MISSION

What kind of legacy do I want to leave behind? If you achieve only one thing great in life, what would that be?

YOUR VALUES

Our values are core beliefs which direct our focus and behaviour. What we see as important directs how we act. Reflection: What do I value? What values make me unique?

1.

2. 5.

3.

STRENGTHS	WEAKNESSES



LIFE IMPACT PLAN

A successful and happy life has many elements to it. If we break down what your vision and mission are, what do you need to achieve in each part of your life to get there?

Capture these as outcomes, not activities. The purpose of this exercise is to get you thinking in terms of a result-focus. Then, the focus of the leadership program is to to take the steps to make them happen.

YOUR BODY / PHYSICAL HEALTH	YOUR RELATIONSHIPS / FAMILY
YOUR BUSINESS / CAREER	YOUR MINDSET / SPIRITUALITY
YOUR FINANCES	TOYS / LIFE EXPERIENCES
CREATIVITY / SKILLS	OTHER:
CREATIVITY / SKILLS	OTHER:
CREATIVITY / SKILLS	OTHER:

6 WEEK IMPACT OKR

Starting	g/ and ending//
OBJE (CTIVE most important for you to achieve over the next 6 weeks?
	ESULTS Il you measure your progress and success on this objective?
KR 1	
KR 2	
KR 3	
KR 4	
KR 5	

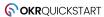
KEY RESULT PROGRESS TRACKER

KR 1						
WEEK	1	2	3	4	5	6
+						
0						
-						
KR 2						
WEEK						
+						
0						

KR 3			
WEEK			
+			
0			

WEEK			
+			
0			
_			

KR 5			
WEEK			
+			
0			



FOCUS AREAS

MINDSET & HABITS

What mindset	ts and habits	are you	going t	o develop?
)	

#1.	
#2	
<i>π</i> ∠.	
#3.	
#4.	
#5.	
	ACTIVITIES e from your OKR, what else is important over the next 6 weeks?

READY TO LAUNCH?

Pre-launch checklist

My 6 week OKR will progress me to my long term vision
 My 6 week OKR is clear with measures I can track
 My mindset and habit changes will help me create maximum impact
 The key activities are important
 I will make a serious impact over the next 6 weeks!

NOTES			



Monday Date: ____/___/____

"My success, part of it certainly, is that I have focused on a few things."

u feel todayî		ATES		
	?	Wher	e do you want to er	nd up
	<u></u>	\otimes		
	1	Daily she		
		Daily che		
		_	week OKR is front of ogress this week's go	
		p.	y I will make an impa	
		— 100a	y i will illane all lillpo	act:
ant to me to	day?			

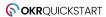


"Lack of direction, not lack of time, is the problem. We all have twenty-four hour days."

		ZIG ZIC	GLAR"		
Но	ow do you feel today?			Where do you want to end u	p?
⊗	<u> </u>	<u> </u>	⊗ ⊢	<u> </u>	⊚ —
lam grate	eful for:		Dai	ly check in:	
1				My 6 week OKR is front of mi	nd
2				I'll progress this week's goals	
3.				Today I will make an impact!	
#2					
#3					
#4					
#5					
What was	s important to me too	day?			
How can	l be 1% better tomorro	ow?			

"It is during our darkest moments that we must focus to see the light."

			ARISTOTLE ON	IASSIS"		
-)		How do you feel today	?		Where do you want to end	up?
1	⊚ ⊢	<u> </u>	⊕ ——	⊗ ⊢	<u> </u>	(
	l am	grateful for:		Dai	ly check in:	
				0	My 6 week OKR is front of m	
				0	I'll progress this week's goals Today I will make an impact	
	What	y's impact plan : would be awesome to acc			nember, #1 is your must achie	eve!
	,					
	#3.					
	#4.					
	#5.					
	Wh	at was important to me to	oday?			
	How	v can I be 1% better tomor	row?			

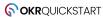


"We are what we repeatedly do. Excellence, then, is not an act but a habit."

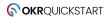
		WILL DI	JRANT		
н	ow do you feel today?			Where do you want to end u	p?
⊗ 	Θ	© —	⊗ ⊢	<u> </u>	(
lam grat	eful for:		Dai	ly check in:	
1				My 6 week OKR is front of mir	nd
2				I'll progress this week's goals	
3				Today I will make an impact!	
What wou	npact plan Ild be awesome to accom			nember, #1 is your must achie\	/e!
#2					
#3					
#4					
#5					
What wa	as important to me toda	y?			
How can	I be 1% better tomorrov	ı?			

"The role of management is to change the system rathe
than badgering individuals to do better."

			DEMING		
Но	w do you feel toda	y?		Where do you want to end u	p?
⊗ 	<u></u>	<u> </u>	⊗ ⊢	:	(
l am grate	ful for:	·	Dai	ly check in:	
1				My 6 week OKR is front of mi	nd
2.				I'll progress this week's goals	
				Today I will make an impact!	
Гoday's imլ	pact plan				
What would	d be awesome to ac	complish toda	y? Rer	nember, #1 is your must achiev	/e!
#1.					
#2					
#3					
#4					
<i>п</i> -т					
#5					
	important to me	today?			
	important to me	today?			



Saturda	ay Date: /	
- <u>`</u> `- \	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
-)	What will make today great?	What did you learn this week?
(What was special about the day?	
	What was special about the day.	
		What is one thing you could have done differently to have a better week?



Monday Date: ____/___/____

"The successful warrior is the average man, with laser-like focus."

		BRUCI	ELEE		
How	do you feel toda	ay?	Wher	e do you want to er	nd up?
⊗ 	⊕	<u> </u>	⊗ ⊢—	<u> </u>	
lam gratefo	ul for:	·	Daily che	eck in:	
1			□ My 6	week OKR is front o	f minc
2			🔲 l'll pr	ogress this week's g	oals
3.			☐ Toda	y I will make an imp	act!
#3.					
#4					
#5					
What was i	mportant to me	today?			
	mportant to me				



Tuesday

Date: ____/_____

"Instead of focusing on that circumstances that you cannot change – focus strongly and powerfully on the circumstances that you can."

JOY PAGE

How do you feel today?

Where do you want to end up?

\odot	$ \bigcirc $	0

\odot	$ \odot $	(

am	grateful	for:
----	----------	------

Daily check in:

1.			

- ☐ My 6 week OKR is front of mind
- ☐ I'll progress this week's goals
- ☐ Today I will make an impact!

Today's impact plan

What would be awesome to accomplish today? Remember, #1 is your must achieve!

- #2. _____
- #3. _____
- #4.
- #5.



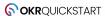
What was important to me today?

How can I be 1% better tomorrow?

Wednesday

"It is wise to direct your anger towards problems – not people; to focus your energies on answers – not excuses."

		WILLIAM ARTHU	R WARD	yıı		
How do you feel today?				Where do you want to end up?		
\odot	$ \odot $	\odot	6)		
			Г			
I am grat	eful for:		Da	ily check in:		
1				My 6 week OKR is front of min	d	
2				I'll progress this week's goals		
3				Today I will make an impact!		
#3.						
What wa	s important to me	today?				
How can	I be 1% better tom	orrow?				



	1	1
Date:	 /	/

"Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer."

		DEINIS W	AITLEY		
How do you feel today?		Where do you want to end up?			
⊗ 	(2)	⊕	(;) -) 😊	(
am gra	teful for:		Da	ily check in:	
1				My 6 week OKR is front of m	ind
2				I'll progress this week's goals	5
3.				Today I will make an impact!	
	as important to me tod				

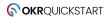
 /	/
/	/

"They say you die twice. One time when you stop breathing and a second time, a bit later on, when somebody says your name for the last time."

How d	lo you feel today	?? <u></u>	- ⊝	Where do you want to en	ıd upʻ
⊗ 	<u> </u>	☺	\odot	Θ	
·			\vdash		
I am grateful	for:		Dai	ly check in:	
1				My 6 week OKR is front of	min
2				I'll progress this week's go	oals
3.				Today I will make an impa	act!
	e awesome to acc			nember, #1 is your must ac	hieve
#2					
#3.					
#4					
#5					
What was im	portant to me to	oday?			



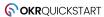
Saturda	ay Date: /	
- <u>`</u> `- \	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
-)	What will make today great?	What did you learn this week?
(What was special about the day?	
	What was special about the day.	
		What is one thing you could have done differently to have a better week?



Monday Date: ____/___/____

"Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives."

Hov	How do you feel today?		Where do you want to end up?		
⊗ 	<u> </u>	<u> </u>	⊗ ⊢	(
l am gratef	ul for:		Dail	y check in:	
1				My 6 week OKR is front	of mind
2				I'll progress this week's	goals
3.				Today I will make an im	npact!
#1	be awesome to acc				acriieve:
#1.					acrileve
#1.					acrileve:
#1 #2 #3 #4					acrileve
#1 #2 #3 #4 #5					acrileve
#1 #2 #3 #4 #5					acrileve



	/	1
Date:	 /	/

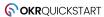
"Concentration can be cultivated. One can learn to exercise willpower, discipline one's body and train one's mind."

		ANIL AM	BANI		
Н	How do you feel today?		Where do you want to end u		
	<u> </u>	© ——	(;) -	Θ	
am gra	teful for:		Dai	ily check in:	
1				My 6 week OKR is front of mind	
2				I'll progress this week's goals	
3.				Today I will make an impact!	
:2					
3					
4					
5					
NA/I A	as important to me to	day?			
wnat w					

Wednesday	Date://	
-----------	---------	--

"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power."

Paily c My To	theck in: y 6 week OKR is front of min progress this week's goals day I will make an impact!
Daily c My Too	theck in: y 6 week OKR is front of min progress this week's goals day I will make an impact! mber, #1 is your must achiev
My I'll To	y 6 week OKR is front of min progress this week's goals day I will make an impact! mber, #1 is your must achiev
l I'll To	progress this week's goals day I will make an impact! nber, #1 is your must achiev
To-	day I will make an impact! mber, #1 is your must achiev
emen	mber, #1 is your must achiev



D-4	/	,	/
Date:	/		/

"One look at an email can rob you of 15 minutes of focus."

Но	How do you feel today?		Where do you want to end	
\odot	<u> </u>	<u></u>		:
			F	
am grate	ful for:		Dai	ly check in:
•				My 6 week OKR is front of mind
2				I'll progress this week's goals
5 .				Today I will make an impact!
1				nember, #1 is your must achieve!
2.				
2 3				
2 3 4				
2 3 4 5				
2 3 4 5				
:2 :3 :4 :5		ay?		

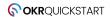
 /	/
/	/

"You only have to do a very few things right in your life so long as you don't do too many things wrong."

	WARREN BUFFETT			Т	
How do you feel today?			Where do you want to end u		
\odot	<u></u>	\odot	\odot	Θ	
			—		
I am grateful fo	r:		Dai	ly check in:	
1				My 6 week OKR is front of mi	
2				I'll progress this week's goals	
3				Today I will make an impact!	
Today's impact p					
What would be a	wesome to acc	omplish toda	ıy? Ren	nember, #1 is your must achie	
#1.					
#2.					
#3.					
#4.					
#5					
What was impo	ortant to me to	day?			
What was impo	ortant to me to	day?			
What was impo	ortant to me to	day?			
What was impo	ortant to me to	day?			
What was impo	ortant to me to	day?			
What was impo					



Saturda	Date /	
- <u>`</u>	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
-		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
(,	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
	What will make today great?	What did you learn this week?
(What was special about the day?	
9		
		What is one thing you could have done differently to have a better week?



Тор	goals for this week		
1.			
2.			
3.			
4.			
5.			
Mus	t remember tasks and events		

Monday Date: ____/___/____

"When walking, walk. When eating, eat."

ZEN PROVERB

Ho	w do you feel tod	ay?	٧	Vhere do you want to en	d up?
⊗ ∟	⊕	<u> </u>	⊗ ∟	⊖	
lam grate	eful for:	'	Daily	/ check in:	
1				My 6 week OKR is front of	mind
2				I'll progress this week's go	oals
				Today I will make an impa	act!
#2.					
#3					
#3					
#3 #4					
#3 #4 #5					
#3 #4 #5					
#3 #4 #5		today?			



		1	1
Date:	/		/

"At any given time, some significant percentage of people are working on the wrong things. The challenge is knowing which ones."

ΔΔΡΩΝ WINSΩΡ I EVIE

AARON WINSO					
How do you feel today?		Where do you want to end up?			
\odot	Θ	<u></u>	\odot	<u> </u>	
l am grate	eful for:		Dai	y check in:	
1				My 6 week OKR is front of mir	nd
2				I'll progress this week's goals	
3.				Today I will make an impact!	
	0		,	nember, #1 is your must achie\	· • ·
				, 3	
‡ 1.					
‡1				. 5	
‡2.					
‡2.					
‡2 ‡3					
#2 #3 #4					
#2 #3 #4					
‡2 ‡3 ‡4 ‡5					
‡2 ‡3 ‡4 ‡5					
‡2 ‡3 ‡4 ‡5					
#2 #3 #4 #5					

\ \ /od	nesd	۱.,
vvea	nesa	ıa١

"I do what I do, and I do it well, and focus and take it one moment at a time."

		JAMES CAVI	EZEL		
н	ow do you feel toda	ay?		Where do you want to end	up
	<u> </u>	⊕ ———	© -	<u> </u>	
l am grat	eful for:		Dai	ily check in:	
1				My 6 week OKR is front of r	nina
2				I'll progress this week's goa	ls
3.				Today I will make an impac	t!
What wou				member, #1 is your must ach	ieve
#1					
#2					
#3.					
#4					
#5					
What wa	as important to me	today?			
How can	I be 1% better tomo	orrow?			



Date:	/	<i>'</i>	/
	/	·	/

Friday

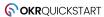
"It is those who concentrate on but one thing at a time who advance in this world."

How do you feel today?			Where do you want to end up?		
\(\theta\)	<u> </u>	⊗ ⊢	⊕	(
eful for:		Dail	y check in:		
			My 6 week OKR is front of min	nd	
			I'll progress this week's goals		
			Today I will make an impact!		
	npact plan Id be awesome to ac	npact plan Id be awesome to accomplish toda	npact plan Id be awesome to accomplish today? Rem	eful for: Daily check in: My 6 week OKR is front of mir I'll progress this week's goals Today I will make an impact!	

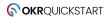
"Success is not final; failure is not fatal: It is the courage to continue that counts."

WINSTON S. CHURCHIL

	WINSTO	N 3. CHORCHILL	-
-	How do you feel today?		Where do you want to end up?
(S)) ⊖ (∈) (S) 😑 🤅
l ar	n grateful for:	Da	ily check in:
1		. 🗅	My 6 week OKR is front of mind
2			I'll progress this week's goals
			Today I will make an impact!
	ay's impact plan at would be awesome to accomplis		
#4.			
#5.			
w	hat was important to me today?		
Но	ow can I be 1% better tomorrow?		
	·		



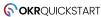
Saturda	ay Date: /	
- <u>`</u> `- \	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
-)	What will make today great?	What did you learn this week?
(What was special about the day?	
	What was special about the day.	
		What is one thing you could have done differently to have a better week?



Monday Date: ____/_____

"I find that the harder I work, the more luck I seem to have."

Но	w do you feel toda	y?	W	/here do you want to en	ıd up
⊗	:	<u> </u>	⊗ 	:	
I am grate	ful for:		Daily	check in:	
1			<u> </u>	My 6 week OKR is front of	fmin
2				'll progress this week's go	oals
3.			O T	oday I will make an impa	act!
#3					
#4					
#5					
What was	important to me t	today?			
How can I	be 1% better tomo	errow?			



Tues	day

		,	1
Date:	/		/

"The only limit to our realization of tomorrow will be our doubts of today."

FRANKLIN D. ROOSEVELT

	ow do you feel toda	y?		Where do you want to end up?
⊗	(© ———	⊙ ⊢	(
am grat	eful for:		Dai	ly check in:
1				My 6 week OKR is front of mind
2				I'll progress this week's goals
				Today I will make an impact!
±2				
‡2				
‡3. <u> </u>				
‡4. <u> </u>				
‡4 ‡5				

W	/e	dr	ne	sd	la

Date: ____/ ____/___

"Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit."

Where do you want to end up
⊖
y check in:
My 6 week OKR is front of min
I'll progress this week's goals
Today I will make an impact!
nember, #1 is your must achieve



Date:	/	 /

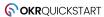
"And why do we fall, Bruce? So we can learn to pick ourselves up."

Но	ow do you feel today?		,	Where do you want to end up?	
	<u> </u>	© —–	⊚ ⊢	⊕	(
l am grate	ful for:	ı	Dai	ly check in:	
1			_	My 6 week OKR is front of mind	
2				I'll progress this week's goals	
3.		[Today I will make an impact!	
					_
#2					_
‡3					
#3					
‡3 ‡4 ‡5					

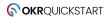
Date:	//	
	Date:	Date://

"Many of life's failures are people who did not realize how close they were to success when they gave up."

		MOMASEL	010011		
Hov	w do you feel toda	ay?		Where do you want to end	l up?
⊗	<u></u>	<u> </u>	⊗ ⊢	<u> </u>	
l am gratei	ful for:	1	Dai	ily check in:	
				My 6 week OKR is front of r	minc
			_	I'll progress this week's goa	
				Today I will make an impac	
Today's imp	pact plan				
		ccomplish toda	ay? Rer	member, #1 is your must ach	iieve
#1.					
#2					
#3.					
#4					
#5.					
What was	important to me	today?			
How can I	be 1% better tomo	orrow?			



Saturda	ay Date: /	
- <u>`</u> `- \	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
-)	What will make today great?	What did you learn this week?
(What was special about the day?	
	What was special about the day.	
		What is one thing you could have done differently to have a better week?



Monday Date: ____/___/____

"Everybody has a plan until they get punched in the mouth."

		MIKL	TYSON		
How do you feel today?		ay?	Where do you want to end		
⊗ ⊢——	⊕	◎ ————————————————————————————————————	⊗ ⊢	(
lam grat	eful for:		Dail	y check in:	
1				My 6 week OKR is front of	f min
2				I'll progress this week's go	oals
				Today I will make an impa	act!
#2.					
#3					
#3					
#3 #4 #5					



Tuesday

		,	1
Date:	/		/

"Whenever you want to achieve something, keep your eyes open, concentrate and make sure you know exactly what it is you want."

		PAULO CO	ELHO		
How do you feel today?			Where do you want to end		
	<u> </u>	© —	⊗ ⊢	Θ	<u>(</u>
I am grate	eful for:		Dai	ily check in:	
1				My 6 week OKR is front of mind	b
2				I'll progress this week's goals	
3				Today I will make an impact!	
Today's im		onlish toda	v? Der	member, #1 is your must achieve	1
	a se avvesorrie to accorn				•
#2					
#3					
#4					
<i>т</i> -т					
#5					_
What wa	s important to me toda	y?			
How can	I be 1% better tomorrow	v?			
-					

Wednesda	١

Date: ____/ ____/____

"Focus and simplicity. You have to work hard to get your thinking clean to make it simple. Once you get there, you can move mountains."

		STEVE JO	BS		
-)(-	How do you feel today?		Where do you want to end		
1	© ©	<u> </u>	⊗ ⊢	⊕	(
1	am grateful for:		Dai	ily check in:	
1				My 6 week OKR is front of n	nind
2	2			I'll progress this week's goa	ls
3	3			Today I will make an impac	t!
	oday's impact plan				
W	/hat would be awesome	to accomplish tod	ay? Rer	member, #1 is your must achi	eve!
#	1				
#	2				
#	3				
#	4				
#	5				
	What was important to	me today?			
_					
-	How can I be 1% better	tomorrow?			
_					



Thursday

"Energy is the essence of life. Decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus."

OPRAH WINFREY

`~	<u>\</u>
	ノ、゙

How do you feel today?

Where do you want to end up?

\odot	Θ	(<u></u>

6	•	\odot	(
г			

I am grateful fo

Daily check in:

1.		

My 6 week OKR is front of mind

2.			

I'll progress this week's goals

ш	Tod

lay I will make an impact!

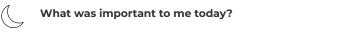
Today's impact plan

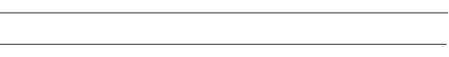
What would be awesome to accomplish today? Remember, #1 is your must achieve!

|--|

#2			

#4.				
	#4.			



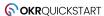


How can I be 1% better tomorrow?	

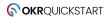
Friday

"The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it."

		BARACK OE	BAMA	
Н	ow do you feel toda	ay?		Where do you want to end up?
\bigotimes_{L}	⊖	\odot		Θ
I am grate	eful for:		Dai	ly check in:
1				My 6 week OKR is front of mind
2				I'll progress this week's goals
3				Today I will make an impact!
oday's im	pact plan			
_	-	ccomplish toda	ay? Ren	nember, #1 is your must achieve!
#1.				
#2				
# 3				
‡4. <u> </u>				
шг				
#5. <u> </u>				
What wa	s important to me	today?		
	-			
	I be 1% better tomo			



Saturda	ay Date: /	
- <u>`</u> `- \	What will make today great?	END OF WEEK REFLECTION
		How did you progress on your 6 week OKR this week?
		☐ Made significant progress
		☐ Made some progress
		☐ Made no progress
	What was special about the day?	How did you progress on this week's goal?
		☐ Achieved them all
		☐ Achieved some
		☐ Achieved none
		What was most important to you this week?
Sunday	Date:/	
-)	What will make today great?	What did you learn this week?
(What was special about the day?	
	What was special about the day.	
		What is one thing you could have done differently to have a better week?



END OF 6 WEEK REFLECTION

Но	w did you progress	on your OKRs?			
	Missed it	Achieved	Crushed it	Target metric	Actual metr
KR ⁻					
KR:	2				
KR.	3				
KR	4				
KR:	5				
Но	w do you feel about	t the results abov	ve?		
_					
_					
_					
_					
_					
Rev	viewing you habit t	racker, did you m	nake progress on y	our habits and mir	ndset?
	Incredibly positive	impact			
	Positive impact				
	Not much of an im	pact			
	No impact at all				
۷h	y did you give your	self this score?			
_					

eviewing y	our weekly reflections	, what were th	e 3 most profound	d learnings?
iewing yo	ur weekly reflections, l	now would you	ı sum up the psat	6 weeks?
nat will you	ı do differently next tir	me?		

