



The
MASSIVE ACTION

Plan Diary.

Brought to you courtesy of The Coach Collection

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How to use this diary.

Once you have printed this diary from your computer, you then need to keep it in a hard backed folder to keep it neat, because you will be using this diary everyday!

The aim of this diary is to keep you focused upon your goals, your choices, and all the positive things that happen to you throughout your day.

Now, I can hear you say... “Oh no, WORK! This is going to be another hassle that I have to fit into my life! I have never kept a diary in my life! What on earth will I put in it?” blah, blah, blah.

All I can say to you is this. If you are reading this text right now, then you are already committed in some way to your own personal development. If you were completely disinterested in this diary, then you would not be reading this... would you?

This has arrived with you now, for a reason. Whether someone sent it to you, whether you registered on the website so that you could download it, or perhaps you became aware of this diary some other way. Whatever occurred for you to receive this, it is here, with you to take advantage of.

Would you like to find out just how amazing your life could be?

Each week in the diary is much like any other diary, with the exception of the dates being excluded.

The reason being, that your brand new year can start at any time. To get a full year in, you do not have to wait until January 1st, but you can start today! Right now! and know that your best year ever starts right here!

So the very first task you need to do, is to fill in the date for each week and I want you to do it this way.

1. Take a pencil and put in the dates.
2. Now, ask yourself, are you best at starting a project, finishing a project or working through a project?
3. What are you weakest at? Beginning a project, finishing a project, or working through a project?

4. If you are weakest at starting a project, then in the first 2 months of your diary, I want you to write at the top of each page. “I am starting my Massive Action plan year because.....x.....(whatever is the motivation for you behind x) and once I start this, I will get..... y.... (whatever the result will be). Write this in a **BIG BOLD COLOUR**.
5. If you are weakest in the middle of a project, then in the diary 5 months from now, and for 2 months duration, I want you to write, “I am progressing through my goals because.....x.....(whatever is the motivation for you behind x), and once I do this, I will get, y.... (whatever the result will be). Write this in a **BIG BOLD COLOUR**.
6. If you are weakest at the end of a project, then in the diary for the last 2 months, I want you to write, “I am finalising all of my goals because.....x.....(whatever is the motivation for you behind x), and once I do this, I will get, y.... (whatever the result will be). Write this in a **BIG BOLD COLOUR**.

Great! Well done...

Next, you will see on each week, there is space to write in each day, and there is also another area that will prompt you to explore various tasks, experiences, emotions etc.

If you give yourself at least 2 hours each week, to review your goals, and answer the questions and tasks that are put to you, very quickly you will realise that you can question your choices, and aim to fulfil your goals.

This diary will also push you to think ahead, and plan for you life. When you are prompted to plan something, just make it your best guess. Don't fret if you don't absolutely know how your future will be! This is about making life FUN!

When you set your goals, think BIG! And at the same time, only make so many goals that you find it easy to focus on what you need to focus on to make them happen.

Goal setting questions...

So now let us set a goal for 4 areas of the 8 we have here. I say 4, because this way you can really focus on achieving them. If you overwhelm yourself and attempt to change too much too quickly, it can hinder your development rather than help it, so choose 4, and as you progress, you can set more goals later on in the other life areas.

The 8 life areas are:

Work & career

Relationships

Fun and Recreation

Personal development

Education

Family

Health and Fitness

Spirituality

If you have a very specific area of life that you would like help with, then look through The Coach Collection titles to get that extra support and knowledge to help you along your way.

Once you have chosen an area to improve on, then go through these questions and write them down on the paper marked “GOAL 1.”

(Repeat for “GOAL 2” “GOAL 3” “GOAL 4”)

1. What specifically do you want?
2. Where are you now?
3. What will you see, hear, and feel etc. when you have it?
4. How will you know when you have it?
5. What will this outcome get for you, or allow you to do?
6. Is it for you, and only for you?
7. Where do you want it?
8. When do you want it?
9. How do you want it?
10. Whom do you want it with?
11. What do you have now, and what do you need to get your outcome?
 - a. Have you ever had or done this before?
 - b. Do you know anyone who has?

- c. Can you act as if you have it?
12. For what purpose do you want this?
 13. What will you gain or loose if you have it?
 14. What will happen if you get it?
 15. What won't happen if you get it?
 16. What will happen if you don't get it?
 17. What won't happen if you don't get it?

Make sure you write these answers down, so that it fully runs throughout your neurology.

What is the last step that has to happen for you to know that you achieved goal 1?

What is the last step that has to happen for you to know that you achieved goal 2?

What is the last step that has to happen for you to know that you achieved goal 3?

What is the last step that has to happen for you to know that you achieved goal 4?

Now working backwards, and with the time scales you gave yourself, put in the date the goal will be achieved in your diary. Don't think about how sensible this is, just do it!

Once done, write in 3 things that you can do, to make this goal happen, and put them in the diary. For each of these 3 steps, add in what 2 things have to happen to make each of the 3 steps happen.

For each goal, you should now have 9 steps written into your diary, that as long as you keep to achieving, then you will achieve your big goal.

Do this now for each of your 4 goals.

You now have 36 steps that all overlap in your diary! Great! Life is going to get interesting isn't it!

I now want you to do some, "to-do" lists in relation to your first steps.

E.g. For the goal of "Starting my own business"

Your first step could be "Gather information"

On your to-do list could be, "Contact Banks on Start up businesses" "research New Business on the internet" "look at building a business plan" "talk to Uncle Joe about being self employed"

Each item on your to-do list is an easy step.

You will find that each item on your to-do list, will ultimately give you some new information that will allow you to move onto step 2 of your goal.

Only work on your to-do lists for up to 4 weeks ahead of now. Do not attempt to write in a to-do list for the end steps of your goals. Allow it to progress naturally, and keep you goal in sight, whilst only working on what you can actively do within your immediate future.



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