

# DECEMBER: PRELIMINARY MONTH OF PLANNING

## How To Use The Month of December

December is the month in which you will be taking a panoramic view of the upcoming year and began formulating ideas about what you want to accomplish in the year.

During this month, you will need to focus on how to plan for your (Life, Family, Business) to set the pace for the rest of the year.

Note: December falls within one of our holiday months. This is a time of the year when we are visiting family, taking time off from work, preparing for holiday festivities and so much more, However, you want to take the time to consider how you are going to move forward successfully in the upcoming year.

\*You may not exactly be able to take this month to put a structure in place, but this month is ideal for pre-planning. (Ex. similar to planning days school teachers have during the year). Instead of using a day to plan, we will use the entire month of December to pre-plan for the upcoming year.

## Strategy Exercises For The Month

1.) Take a panoramic view of 2022: Be specific and concise towards the trajectory of your year. What are you wanting to accomplish in 2022? What do you need to change, modify, adjust, or add to make that happen? What happened last year within your control that you definitely need to avoid this year?

2.) Use Your Think Pad to consider what needs to be done to prepare effectively for the upcoming year and write your ideas down.

3.) Setting Overall Goals for the Season: (Individual, Family, Business)

In this section of your planner, you will set your goals for the entire winter season.

This planner relieves you from the daunting task of setting goals each month. Instead, you will take the beginning of each season to set your goals and develop a plan on how to execute those goals realistically. The Goals you set for the winter season will determine the trajectory of your entire year. Set the goals that will prepare and open doors of opportunity for you in future seasons.

To do so efficiently, we must consider...

1.) What needs to change in your life now without delay to make your goals possible & Why? (Life)

2.) What is the first order of business? What needs to happen at the first of the year to make the rest of the year possible? What foundational things in your business do you need to get in order, prior to launching anything new in your business? Ex:(administrative, accounting, operations, technical, etc.) (Business)

3.) What have been your greatest challenges in trying to accomplish your previous goals before in life & business? What has been your greatest downfall and why? (Success)

4.) Plan Ahead: Use this month wisely! Prepare for the transition in advance! Take this section of your planner to began preparing how to execute your new year's goals, ideas, resolutions, etc!

For example, If you are planning to get back heavy into an exercise regimen, prepare NOW for this by signing up for a membership or preparing your home gym, purchasing your workout clothes, etc.

If you are preparing to be more intentional about forming healthy eating habits, prepare NOW by purchasing meal prep containers, picking out your meal plan, stocking your freezer with foods to prep for your meals, etc. If someone is asking what you would like for Christmas, you will be prepared to tell them how to invest towards your success!

Your intentions should not be to wait until January to begin planning for the upcoming year. The concept here is to already have a plan in motion as January arrives!