

I AM: \_\_\_\_\_

TODAY’S DATE: \_\_\_\_\_

MORNING ROUTINE – SET INTENTIONS

DREAM BIG & DREAM HAIRY

As Grant has been saying throughout the Launch 2021 Program, write down your long term BIG HAIRY AUDACIOUS GOALS (BHAGs), as SOON as you get up (that means before you flip on the phone, scroll social media, etc.). If you don’t know where you’re going how do you expect to ever get there. Dream big, IT’S FREE!

GOAL #1: \_\_\_\_\_

\_\_\_\_\_

GOAL #2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GOAL #3: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SET TARGETS

Dreaming big is good, but it is only the start. It is next important to break down goals into short term targets, which Grant emphasizes as something that you can hit or achieve. Achieving targets is important because it provides the confirmation that you can in fact hit your goals. Also remember to date your targets to apply the right pressure on yourself to achieve them.

TARGET #1: \_\_\_\_\_

\_\_\_\_\_

TARGET #2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TARGET #3: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In Grant fashion, now do the math. Use the space in the section below do today’s math and define today’s numbers. Remember numbers CHANGE every day, so it’s important to stay on top of them. Additionally, identify the ‘who’ to achieve those numbers.

What are my numbers? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who has my MONEY? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PLAN YOUR DAY

In the next step, use the following calendar below to plan your day. Decide where you are going, what you are doing, who you’re going to talk to, and ultimately what the play or benefit is to you. Use this section to physically map out your approach and the actions you will take to reach your targets and your numbers for today.

	Where am I going today?	What am I doing today?	What is the play/benefit to me?
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
12:00pm			
1:00pm			
2:00pm			
3:00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm			
8:00pm			

BEDTIME ROUTINE – WRITE REFLECTIONS

REMIND YOURSELF OF YOUR WHY

It is TOO easy to write down goals and FORGET all about them for the rest of the day. So, you need to write down your goals AGAIN before going to bed.

GOAL #1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GOAL #2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GOAL #3: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ACCOUNTABILITY CHECK

Most importantly, take the time to reflect how well you worked towards your goals, and hold yourself accountable. Answer the following questions honestly and truthfully, so you can make the adjustment tomorrow and get closer to your goals not further away.

Summarize what you actually did today?

7:00am	
8:00am	
9:00am	
10:00am	
11:00am	
12:00pm	
1:00pm	
2:00pm	
3:00pm	
4:00pm	
5:00pm	
6:00pm	
7:00pm	
8:00pm	

Why or why not? \_\_\_\_\_

\_\_\_\_\_

What should you sacrifice next time in order to meet your targets? \_\_\_\_\_

\_\_\_\_\_

Did you strengthen any of the following skills:   ☐ Marketing   ☐ Sales   ☐ Follow Up   ☐ Money   ☐ Motivation

Who did you spend time with today? (whether on the phone, social media, in person, etc., who was it, WHO?!)

Name:	Time You Spent With Them (Hours)	Do they have YOUR MONEY?	Are they Qualified, Willing, AND Able?	What is their current capacity or future potential?
<div><div></div><div></div></div>		<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Partner</div> <div><input type="checkbox"/> Employee</div> <div><input type="checkbox"/> Collaborator</div> <div><input type="checkbox"/> Customer</div> <div><input type="checkbox"/> Hater</div>
<div><div></div><div></div></div>		<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Partner</div> <div><input type="checkbox"/> Employee</div> <div><input type="checkbox"/> Collaborator</div> <div><input type="checkbox"/> Customer</div> <div><input type="checkbox"/> Hater</div>
<div><div></div><div></div></div>		<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Yes</div> <div><input type="checkbox"/> No</div>	<div><input type="checkbox"/> Partner</div> <div><input type="checkbox"/> Employee</div> <div><input type="checkbox"/> Collaborator</div> <div><input type="checkbox"/> Customer</div> <div><input type="checkbox"/> Hater</div>
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Which of these people knows everybody? \_\_\_\_\_

Which of these people is known by everybody? \_\_\_\_\_

If you’re spending the majority of your time with people who DON’T HAVE YOUR MONEY, who does NOT know everybody, or is NOT known by everybody - you’ve got to make a change.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A Note from the author: I’m using this to hold myself accountable, and in no way is it officially sanctioned by Grant Cardone himself. I’m just a nerd who loves setting up frameworks that I can follow. All the Best, Dominique Higgins