

# Mastermind

## YEAR IN REVIEW

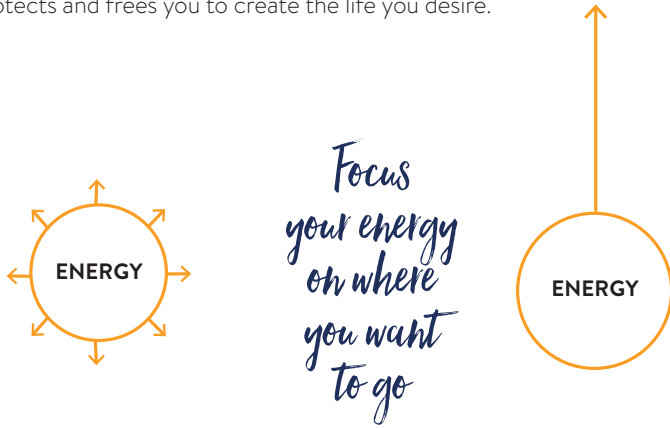
1. What has been your most significant personal breakthrough this year?
2. Think of the pockets of greatest growth on your team: what do you see fueling this growth?
3. What are your fav gems or ninja skills you have discovered/developed this year?
4. What are you doing that's moving the needle on your business each day? week? month?
5. What is the best way you are finding new builders? nurturing new builders?
6. What are you giving your team (your time/talents/gifts/trainings) that has moved the needle on your business?
7. In the year ahead, where would you like to simplify, focus, collaborate?
8. Where/how do you see your business shifting in 2021?

# ESSENTIALISM APPLIED

“Pay attention to what is required and let the balance go.”  
— Natalie Goddard

Do you want to experience greater focus, energy and joy in your business and your life? Are you feeling stretched too thin, busy but unproductive, or hijacked by other people’s agendas? Many have been raised to believe that hard work and busyness equals success. We also may hold on to things that make us feel loved, needed or important because we believe that doing those things increases our value. But success is determined more by who you are than what you do. How we prioritize and spend our time determines our success; quality rather than quantity.

Saying “no” to the things that are not your highest priorities is critical to you being most effective and efficient in reaching your goals and dreams. Say “no” to the non-essentials so you can say yes to the things that really matter to you and your family. Creating safe boundaries protects and frees you to create the life you desire.



### Dive deeper into essentialism by asking yourself:

- What if my worth was not dependent upon what I did but simply who I am?
- Why do I try to hold on to more? What is the pay off?
- Why do I struggle saying “no”? How do I feel when I say “yes” to something that isn’t my highest good?
- What is a distraction? What deserves my attention?

#### Ask Yourself:

- *Is this truly essential?*
- *Is this very important to me?*
- *Is this really how I want to choose to spend my time?*

\*Learn more in “Essentialism” by Greg McKeown

## NON-ESSENTIALIST:

(Over-busy + Over-committed)

	THINKS	DOES	GETS
<b>NON-ESSENTIALIST:</b> (Over-busy + Over-committed)	<input type="checkbox"/> All Things to All People <input type="checkbox"/> “I have to.” <input type="checkbox"/> “It’s all important.” <input type="checkbox"/> “How can I fit it all in?”	<input type="checkbox"/> The undisciplined pursuit of more <input type="checkbox"/> Reacts to what’s most pressing <input type="checkbox"/> Says “yes” to people without really thinking <input type="checkbox"/> Tries to force execution at the last moment	<input type="checkbox"/> Lives a life that does not satisfy <input type="checkbox"/> Takes on too much, and work suffers <input type="checkbox"/> Feels out of control <input type="checkbox"/> Is unsure of whether the right things got done <input type="checkbox"/> Feels overwhelmed and exhausted
<b>ESSENTIALIST:</b> (What am I all in for?)	<input type="checkbox"/> Less, but Better <input type="checkbox"/> “I choose to.” <input type="checkbox"/> “Only a few things really matter.” <input type="checkbox"/> “What are the trade-offs?”	<input type="checkbox"/> The disciplined pursuit of less <input type="checkbox"/> Pauses to discern what really matters <input type="checkbox"/> Says “no” to everything except the essentials <input type="checkbox"/> Removes obstacles to make execution easier	<input type="checkbox"/> Lives a life that really matters <input type="checkbox"/> Chooses carefully in order to do great work <input type="checkbox"/> Feels in control <input type="checkbox"/> Gets the right things done <input type="checkbox"/> Experiences joy in the journey

# UPEVEL YOUR LIFESTYLE

Rate your level of energy in each of the following areas on a scale of 1-5 (1-low, 5-high). Then create a plan to energize your activities. Choose habits to implement that reflect what you value most. Don't be afraid to change things up as needed when intensity fluctuates or goals change. Consider bookending your days with AM and PM practices that focus on a healthy start and finish to each day.

<p>____ <b>PHYSICAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Unhealthy diet; little to no supplementation</li><li>• Not enough exercise or sleep</li><li>• Too much stress</li><li>• Toxicity</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Eat a healthy diet; follow established supplement routine</li><li>• Exercise 3-5 days a week (even if it's only 20 minutes a day)</li><li>• Get 7-8 hours of sleep each night</li><li>• Relax and manage stress; take one day off each week</li><li>• Detox regularly</li></ul>	<p><b>PLAN TO INCREASE MY ENERGY:</b></p>
<p>____ <b>EMOTIONAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Doing too much, stretched too thin</li><li>• Team drama</li><li>• Worrying what others think of you</li><li>• Little or no self-care</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Hire out less valuable tasks, delegate</li><li>• Nurture and repair team relationships</li><li>• Be who you are, accept your authentic self</li><li>• Schedule self-care, do things that bring you joy</li></ul>	
<p>____ <b>MENTAL</b></p> <p><b>Drains:</b></p> <ul style="list-style-type: none"><li>• Squandering time on too many/unimportant tasks</li><li>• Disorganization, poor preparation</li><li>• Negative self-talk</li><li>• Uneducated/untrained</li></ul> <p><b>Energizers:</b></p> <ul style="list-style-type: none"><li>• Plan ahead and be prepared</li><li>• Positive affirmations</li><li>• Ongoing personal development and training/ education</li><li>• Refresh your vision board</li></ul>	

## \_\_\_\_ SPIRITUAL

### Drains:

- Hurried, not present
- Distracted and unprioritized
- Not living in integrity, difficulty serving

### Energizers:

- Being present
- Bringing value to each moment, commitment, and relationship
- Meditation, prayer or journaling; discovering life calling
- Living in integrity and on purpose

## PLAN TO INCREASE MY ENERGY:

## \_\_\_\_ FINANCIAL

### Drains:

- No budget
- In debt, living beyond means
- Behind on taxes
- No savings or retirement

### Energizers:

- Living within your budget
- Getting and staying out of debt
- Paying taxes quarterly/on time
- Retirement plan in place, 3+ months savings

## \_\_\_\_ RELATIONSHIPS

### Drains:

- Not prioritizing time for key relationships
- Not following through on commitments
- No "business hours" or boundaries
- Not supportive of each other

### Energizers:

- Making family time and key relationships first priority
- Keeping commitments and showing up to serve
- Creating and keeping "business hours" and boundaries
- Supporting each other (spouse, family, friends, key team members)
- Gatherings and "play" time with those you love and enjoy

*“Magic always happens when you direct your inner powers to the object you want to change.”* —**Bangambiki Habyarimana**