



SUCCESS ORGANIZER

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USING THE FIVE F'S TO FULFILL A MEANGINGFUL PLAN FOR YOUR LIFE.

One of the biggest obstacles for people when it comes to setting goals and fulfilling them is knowing how to effectively set them to begin with.

When I first opened my business I set out to simply HAVE a business, but quickly learned that there was so much more to having a business than simply opening it. I had to do a lot of things to make that business function and grow and have been working on it ever since.

Maybe you have experienced something similar with your business or with simply having a job and find yourself needing to manage your finances more strategically.

Or perhaps you discovered that being a parent was not as easy as you thought it would be and learned that you had to do things better and efficiently to be the best parent you can be.

Regardless of your experience, it is easy to recognize that you never really reach a point in your life where you have 'arrived' or when you have it all figured out. You may reach a level of contentment, but to actually ARRIVE...that is never really accomplished.

As the years have gone by, I still find the need to set goals and change how I am doing things. It is our human nature to want more or want better for ourselves. The people who take the initiative to act on that desire are the ones that improve their circumstances and live a better life.

The idea of making improvements in certain areas can offer hope and a new-found level of energy that can bring about positive change.

The question is, how do you think through the areas of your life that you would like to change, and how do you organize your goals to make the most of this opportunity?



Over 20 years ago, I was given a formula for working through my goals in such a way that helps to clearly define goals and create an actionable plan.

These are pillars used to identify key areas that you may want to see improvements made and can help you focus within each area.

Think of this formula as the Five 'F's'.

FAITH - FAMILY - FRIENDS - FINANCES - FITNESS

Most of our life can be categorized into one of these five areas and if properly defined, can help shape your vision and attitude towards the future.

It is helpful to set a theme for the year, which can become a mantra to remind yourself of what you are trying to achieve.

Take a moment right now to set a theme for your year. Set a mantra to remind you of the over arching goal you have for yourself.

Now, on the next pages, jot down three very specific goals you have for each of the 'Five F's'. Write them out as action items rather than the goal itself.

Example

An example would be if you want to spend more time with your kids. Then perhaps one of the goals you would write down is a goal of having family meals instead of everyone scattered and running multiple directions. Maybe this isn't everyday but part of the action plan may be to set a day or two per week when the entire family gathers for a meal to spend the time together you want. So, your goal would say: **"Have dinner twice per week with the family at 5:30"**.

Tips

It is helpful when looking at these areas of your life to ask yourself the following questions:

1. What do you dislike about this area of your life right now? (The Problem)
2. What is frustrating to you in this area? (The Problem)
3. What do you want this area to look like in 3, 6 or 12 months? (The Goal)
4. What can you change right now to make that happen? (The Action)
5. What do you need to work on to make this happen? (The Action)

FAITH

1. _____
2. _____
3. _____

FAMILY

1. _____
2. _____
3. _____

FITNESS

1. _____
2. _____
3. _____

FINANCES

1. _____
2. _____
3. _____

FRIENDS

1. _____
2. _____
3. _____

If you take the time to work through this exercise, not only can you get organized in your thoughts but you can position yourself to make positive changes in your life. Writing out your goals has proven to increase the odds of fulfilling them compared to simply thinking about them.

It is said that it takes 21 days to form a new habit. Give yourself the highest probability for success by making copies of this and hanging it in your office or refrigerator to remind yourself of the changes that you want to make.

And remember that you are not looking for perfection, you are just looking to make improvements and sometimes small improvements can have huge results!

Good luck!

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