

MONTHLY PLAN

MY MIT'S* TO FOCUS ON

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WORK

MIT 1 Increase Sales	MIT 1 Imp Eng
Key Behaviour 3 x week	Key Behaviour 1 x week
Meet with potential clients	Quality staff one-on-ones

Get clear on your goals and remind yourself what you're working towards

These are currently on track off track

HOME & RELATIONSHIPS

MIT 1 Be a great Dad	MIT 2 Reconnect with friend
Key Behaviour 4 x week	Key Behaviour 2 x week
Help with homework or read to kids	Call people to catch up

Be honest about how these goals are progressing

Be clear about your key behaviours that will get you to your goals

These are currently on track off track

SELF

MIT 1 Manage stress better	MIT 2 Run the city 10km
Key Behaviour 3 x week	Key Behaviour 3 x week
Yoga sessions	Run minimum 30 minutes

Commit to how many times a week you'll execute your key behaviour

These are currently on track off track

*Most Important Things

MONTHLY PLAN

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These things need to be a priority in the next four weeks:

- Build new sales prospect list
- My health - busy period coming up!!
- School holidays - time with kids
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Your big areas of focus for the month. These should be in line with your MIT's

Project Milestones - By the end of these four weeks:

- Finalise sales strategy
- Close outstanding deals
- Finish kids tree house
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Where should those big projects be at by the end of the month?

Notes & Reflections

Very busy work period coming up!
Need to be organised to be able to spend some time with the kids on holidays.
Sales strategy must happen!!

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You might need some notes, ideas or reminders