



Knowledge is expensive,
but realise what stupidity can cost you



Why Plan?

Personal planning and goal-setting are not sexy topics.

But they are incredibly important and central to an extraordinary experience of life.

I see it time and time again amongst those who are the best of the best.

Lots of time spent articulating a clear and detailed vision for what the key areas of their lives will look like.

And then a written plan with the vision broken down into sequenced goals so that the vision isn't so overwhelming.

And so the big picture is neatly chunked into manageable steps to drive daily action.

One of the best effects of planning that I've discovered is what it does to my mind.

Let me put it this way.

Few things focus the mind as well as setting plans on to paper and then sequencing them into goals.

The very act of doing it heightens your awareness as to what's most important. And with better awareness, you will make better choices.

And as you make better choices, you are certain to experience better results.

So today, give yourself a gift: take out a nice, crisp white sheet of paper.

Sharpen a pencil. And then start writing about the life you want to create. It's a lot easier than you may think... (ingestuurd door mijn vriend Johan)

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