

Masterclass: The Unstoppable Goal Achiever



1 Mindsets

- What has got you here, won't get you there
- You don't have to be sick to get better

2 Foundations

- High-Performance
 - Consistency
 - Big Goals
 - Less Effort
- Razor's Edge
 - Power laws
 - Small input differences result in major outcome differences
- Michelangelo Principle
 - Take away everything which masks your strengths
 - Strategic Quitting
 - More robust
 - More opportunities
 - Easier to do

3 Valley of Death

- Principle
 - What happens with your energy between setting a goal and achieving a goal
 - Maintain high energy
- Strategies to overcome the Valley of Death
 - Clarity
 - Focus
 - Execution

4 Clarity

- The Columbus Principle
- Quick goal exercise
 - Subconscious versus conscious
- Thinking Big
 - What would I dare to do if I could not fail?
- Goal setting mistakes
 - Vague
 - From --> To
 - Options
 - Fall in love with options
 - Not developing options portfolio
 - Boundaries
 - Confuse boundaries with goals
 - Not identifying boundaries
 - Not making an anti-goal list
- 10 goal exercise

7 More information

- Books
 - Ted Talk: Why the majority is always wrong
 - Ted Talk: Strategic Quitting
 - Power of Preeminence
 - How successful engineers become great business leaders

6 Execution

- Two minute rule
- Inbox is not your action list
- Break Parkinson's Law
- Task-to-Time
- Productivity Trident
- Golden Hour
- Eat your Frog

5 Focus

- Highest and Best Use of Time (1440)
 - Skill
 - Passion
 - Value creation
- Strategic Quitting
 - Zero Base Thinking
 - Which current activities wouldn't I get into if I could do it all over again?
 - Strategic Sacrifice
 - What does your ideal future highest and best use of time look like?
 - Make yourself obsolete in your current role
- Application
 - Delegation
 - Give work to someone for whom it is play
 - Elimination
 - Don't do something which shouldn't be done
 - Outsourcing
 - System
 - Third Party