

Do. Have. Be. 3 Year Vision

Write in today's date 3 years from today:

Relationships

What kind of relationships have you fostered? Who do you spend time with? How do you feel when you are with these people? How do you show up for them and how do they show up for you?

Emotional & Psychic Bandwidth

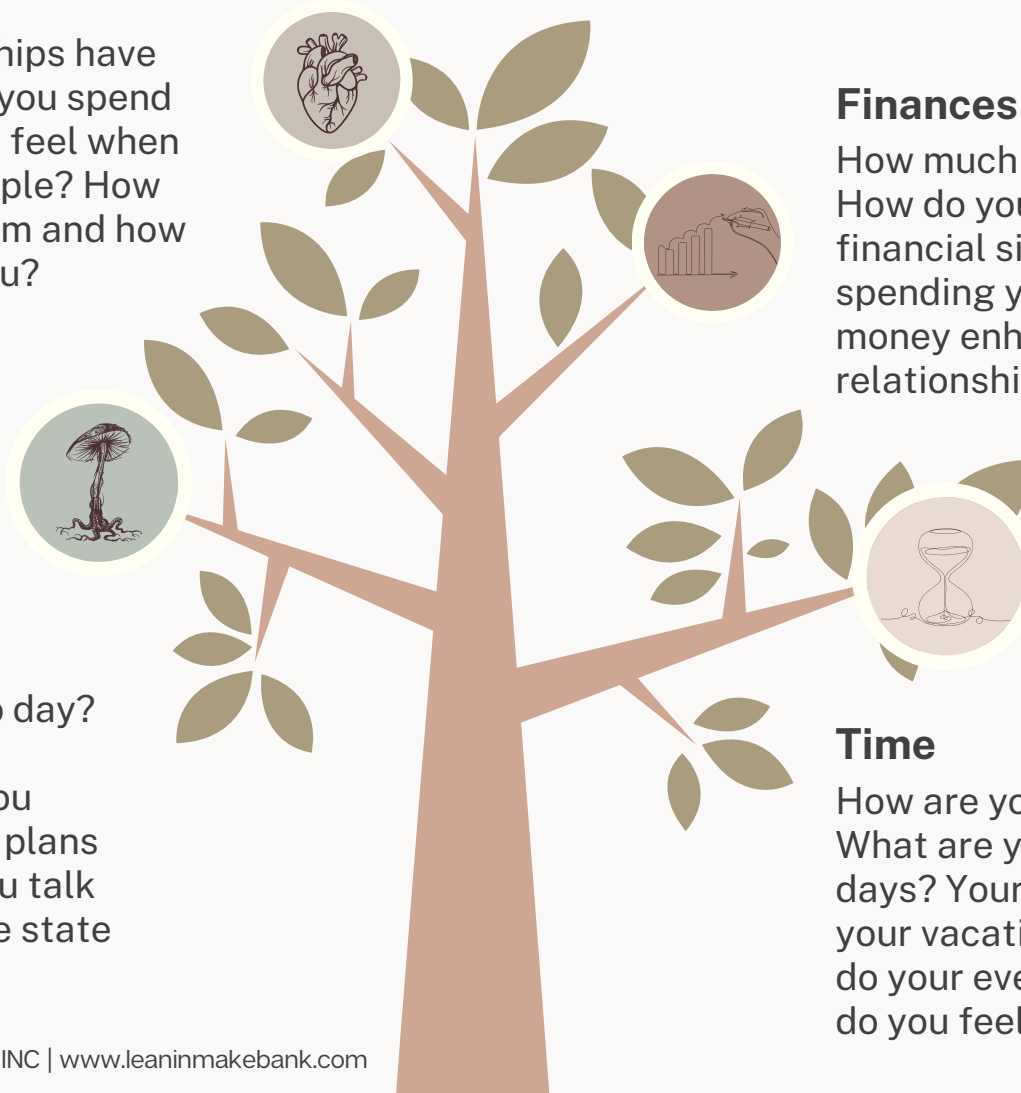
How do you feel day to day? What's your emotional experience? How do you navigate challenges & plans gone awry? How do you talk to yourself? What's the state of your mind?

Finances

How much money do you earn? How do you feel about your financial situation? What are you spending your money on? How is money enhancing your time, relationships & bandwidth?

Time

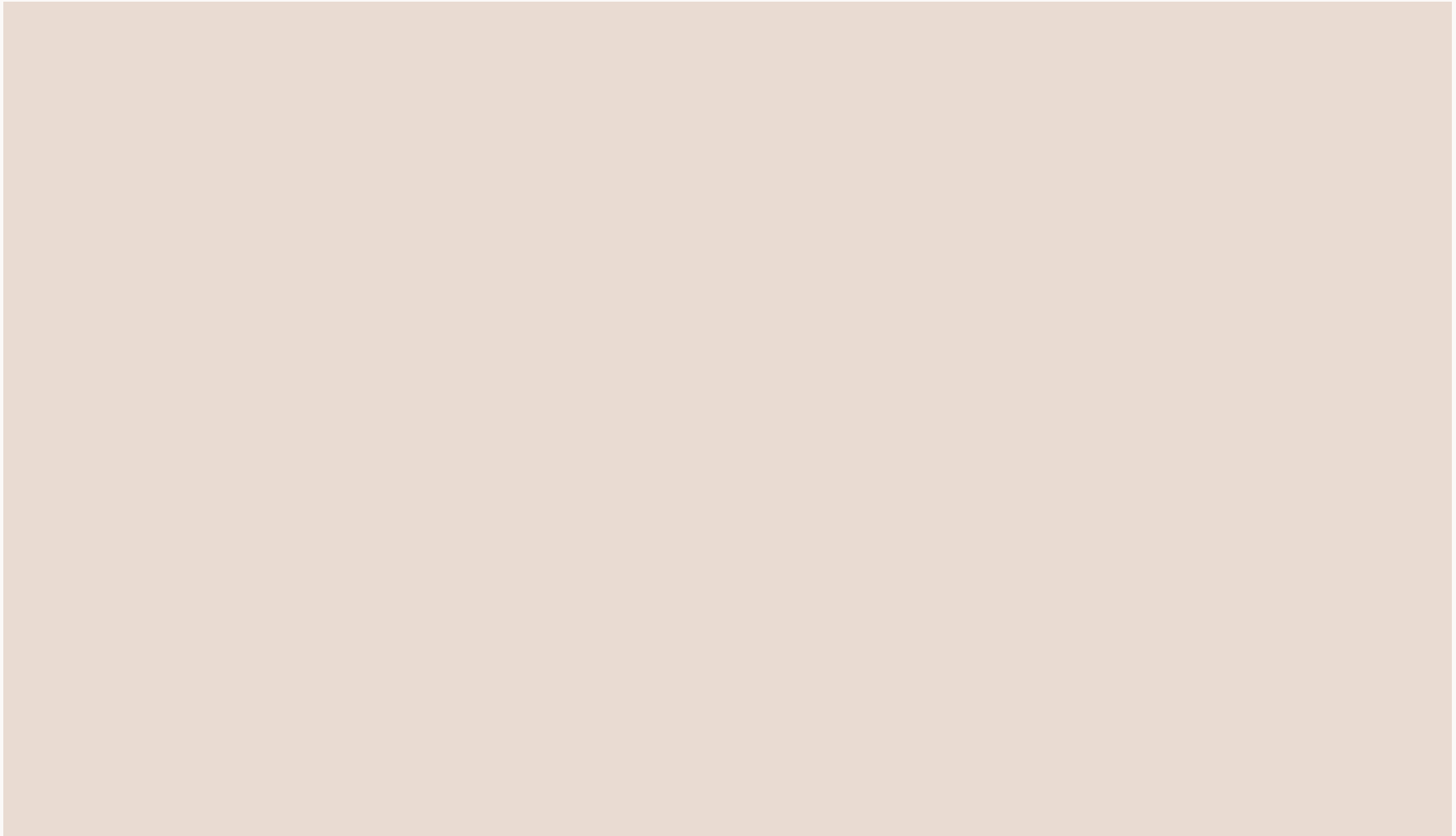
How are you spending your time? What are you doing during your days? Your weekend? What does your vacation time look like? What do your evenings look like? Where do you feel expansive & free?



Do. Have. Be.

3 Year Vision

Instructions: Set your alarm for 15 minutes and take some time to detail out your 3 year vision below.





Do. Have. Be.
You. Are. Here.

Instructions: Set your alarm for 15 minutes and take some time to get ruthlessly honest about where you are right now as compared to your 3 year vision.

A large, empty rectangular area with a light beige background, intended for writing or drawing.



Do. Have. Be.

The Roadblocks

Instructions: Set your alarm for 15 minutes and take some time to list out all of the roadblocks you'll pass as you move from your starting point to your 3 year destination.

A large, empty rectangular area with a light beige background, intended for writing down roadblocks.



Do. Have. Be.

Action Steps

Instructions: Set your alarm for 15 minutes and take some time to brainstorm about how you can close the gap between where you are now and your 3 Year Do/Have/Be.

A large, empty, light brown rectangular area intended for writing or drawing action steps.



Do. Have. Be.

3 Year Vision Countdown

Instructions: What would have to be true in the years leading up to your 3 year vision in order for you to reach it?

Write in today's date 2 years from today:

Write in today's date 1 year from today:




Do. Have. Be. 1 Year Vision Countdown

Instructions: What would have to be true in the quarters leading up to your 1 year vision in order for you to reach it?

Write in today's date 1 years from today:

Write in today's date 9 months from today:

A small logo in the top-left corner of the 90-day box, featuring a sunburst design with the letters "DHB" in the center.

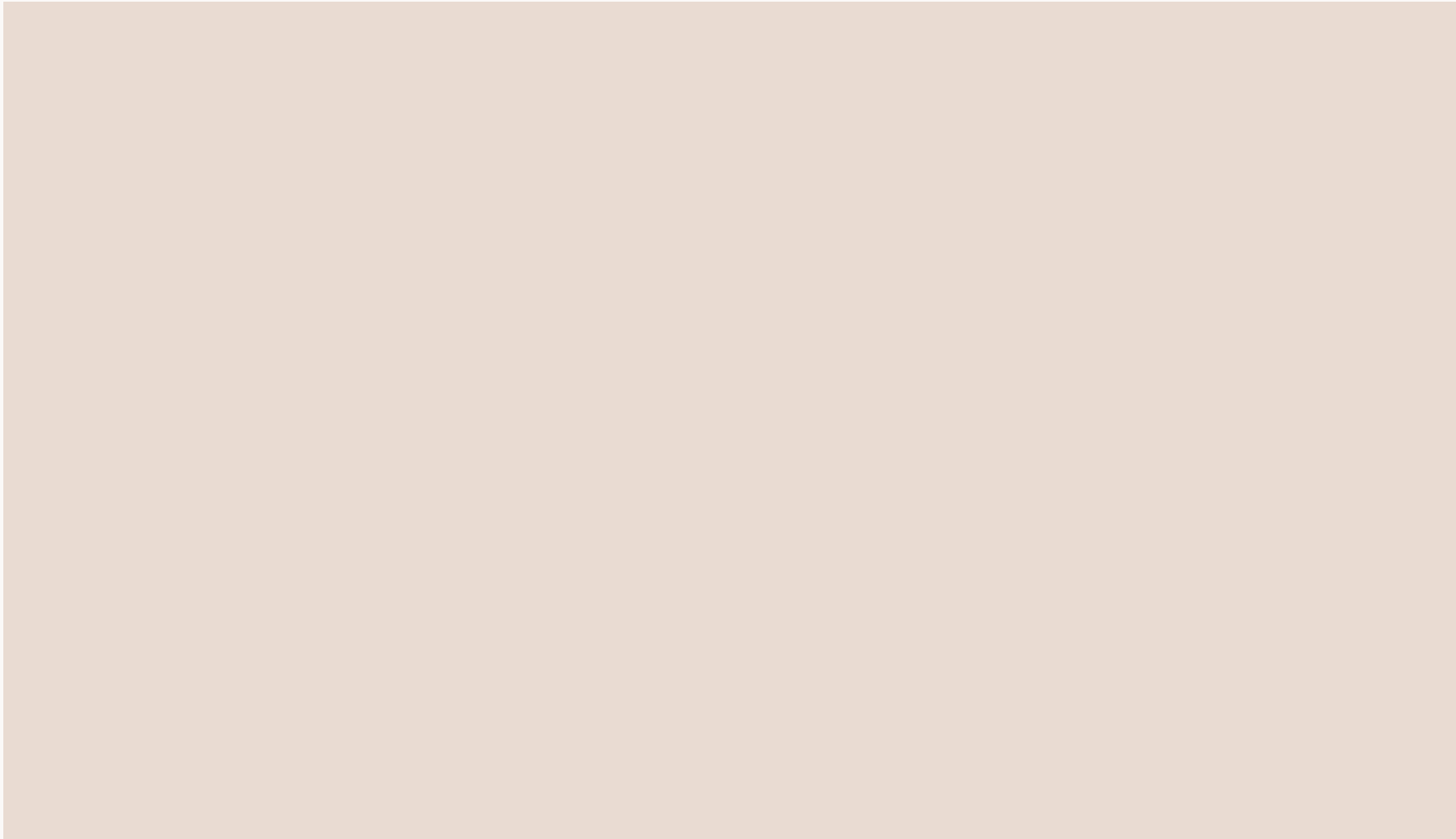
Write in today's date 6 months from today:

Write in today's date 90 days from today:



Do. Have. Be.
You. Are. Here.

Instructions: We'll have 3 minutes and take some time to get ruthlessly honest about where you are right now as compared to your 90 day DHB.





Do. Have. Be.

The Roadblocks

Instructions: Set your alarm for 3 minutes and take some time to list out all of the roadblocks you'll pass between your starting point and your 90 Day DHB.

A large, empty rectangular area with a light beige background, intended for writing down roadblocks.



Do. Have. Be.

Hypotheses

Instructions: We'll have 3 minutes and take some time to brainstorm about how you can close the gap between where you are now and your 90 day DHB.

A large, empty, light brown rectangular area intended for writing hypotheses.



Quarterly Roadmap

Full Name

Quarter: Year

Rock

Brief description



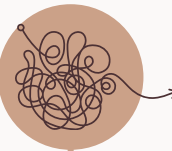
Rock

Brief description



Rock

Brief description



Rock

Brief description

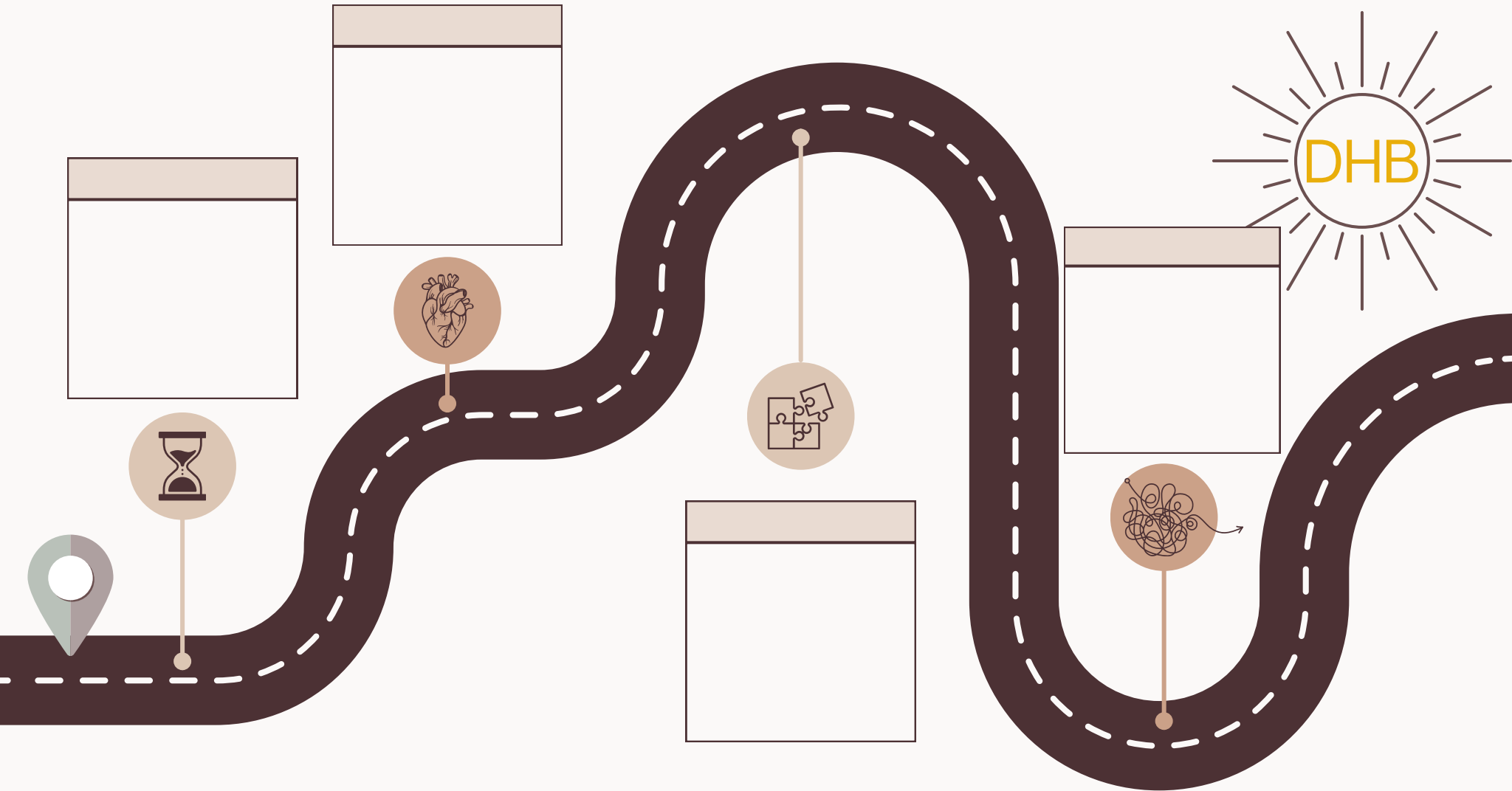




Quarterly Roadmap

Full Name

Quarter: Year



SWAN

The Cycle of Growth

Stage One: The Hypothesis

Stage Two: Measurable Action

Stage Four: Analysis

Stage Three: Massive Learnings



Stage One: The Hypothesis

Create a hypothesis about how you will overcome the challenge you are facing. Set clear dates and observable outcomes you expect to see + along with the steps you will take to achieve those outcomes.

Stage Two: Measurable Action

Take bold and measurable steps as laid out in your plan.

Each week, report on these steps in the 3x'week Accountability Thread.

Stage Three: Massive Learnings

Regress & Regroup: *If you are having an emotional response to results that occurred during Stage Two, bring them to your community via a HUHYP post or to a live call for us to workshop together.*

Stage Four: Analysis

Present your results for direct feedback, analysis, constructive criticism and suggestions for moving forward into the hypothesis stage to re-start the process.