



SYSTEM #9: FILTER AND, SHOCK ABSORBERS

STEP 1: FOCUS

Choose a primary and a secondary goal to focus on next and identify what needs to happen next for each of them. Set a deadline for accomplishing those next steps.

Goal #1 _____

Next step: _____ by _____

Goal #2 _____

Next step: _____ by _____

STEP 2: CHECK FILTERS

What of your current obligations (or distractions) need to be eliminated (or at least temporarily de-prioritized) in order to make time for your priorities?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

STEP 3: CHECK SHOCKS

Identify the three things most likely to derail your plans...and decide how you'll respond when (not if) they do.

Disruptor #1: _____

Response:

Disruptor #2: _____

Response:

Disruptor #3: _____

Response:

STEP 4: CHECK STRUTS

Think about your current circle of intimates and acquaintances. Who would make a good support network for your current priorities? Tell them what you're working on and how they might be able to support you, if they're willing.