

 STEVE DORAN

QUARTERLY Power Planner

Clarify your goals, vision and values



A NOTE FROM A Friend

Congratulations for deciding to take control of the next quarter and be a winner. You are an action taker, one of the rare few that rather than just complain about their situation is willing to do something about it. Let's face it, wherever you are in life we always want better. To be better, to have better and to do better. The difference between people is what you are willing to do about it.

Studies have shown that a goal is much more likely to be completed when it has been written down. If you follow this workbook in its entirety, your odds of success will be a virtual certainty. The methods here are refined from my many years of experience coaching, training coaches, conducting psychological research, testing and refining my approach. I hope that they serve you as well as they have me and the many others that have used them around the world to date.

Today is the first day of the rest of your life... and here you are, workbook in hand, ready to make it happen. Ready to explore your unfathomable potential, the sad fact of life is that most people never even get close to knowing what their true potential is.

Thank you for trusting me with your most valuable asset, your time. I will make sure that you walk away from this workbook empowered, enlightened and invigorated. I need your help with this too, I need you to commit to continuing to take action towards constant improvement. Personal development is an ongoing process, not a quick fix and once you find yourself operating at a high level it is your responsibility to help others on their way too.

In front of you now is an opportunity, an opportunity to leave the past where it belongs, to connect with your true self, to gain clarity and to embark upon a journey to a life of fulfillment. There are no wrong or right answers, only things that will serve you or not, remember this as you work your way through.

Just remember not to put the destination on a pedestal and enjoy the journey because that is truly where the magic happens. This moment is and will always be all that we have, so throughout your quest for excellence, remember to smile and enjoy it! Live

appreciatively, live generously, live completely, live passionately and of course 'Live Daily'.

With never ending gratitude,



A stylized, handwritten signature in black ink, which appears to read 'Steve Doran'.

Steve Doran

Hell
onEarth would
be meeting the
person you
could have been...

-Steve Doran

A SNAPSHOT OF YOUR Life today

Circle the number for each category that indicates your level of satisfaction in that area. This will help to identify any particular areas that would benefit from further attention and may help to indicate some areas worth setting goals in later in the workbook. It is useful when doing this to consider what would need to happen to take your score to a 10.

	Totally Unsatisfied	Satisfied
CLARITY	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
PURPOSE	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
ORGANISATION	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
TIME MANAGEMENT	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
CAREER/BUSINESS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FINANCES	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FAMILY	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FRIENDS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
ROMANTIC RELATIONSHIP	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FITNESS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FOOD HABITS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
INJURY/ILLNESS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
APPEARANCE	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
SLEEP	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
ENERGY	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
ABILITY TO COPE	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FREE TIME	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
FUN/EXPERIENCES	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
CONTRIBUTION	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
PERSONAL GROWTH	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
MINDSET	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	
HAPPINESS	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	

THE PAST QUARTER

Review & Highlights

A review of the previous quarter is important for so many reasons. It allows us to reflect on our strengths and develop our imperfections. It helps us to realise what we are capable of by appreciating what we have already achieved, without taking it for granted. It gives us an opportunity to capture any lessons we learned, to save us time and energy from having to relearn them. It allows us an opportunity to practice gratitude and appreciate who and what we have in our lives. And, through this reflection we can start to create a vision for what we would like the following quarter to look like.

What were your top 5 accomplishments in the past quarter?

1.
2.
3.
4.
5.

What were 5 challenges that you overcame in the past quarter?

1.
2.
3.
4.
5.

What 5 things did you learn about your career/business/mission?

1.
2.
3.
4.
5.

What 5 things did you learn about yourself?

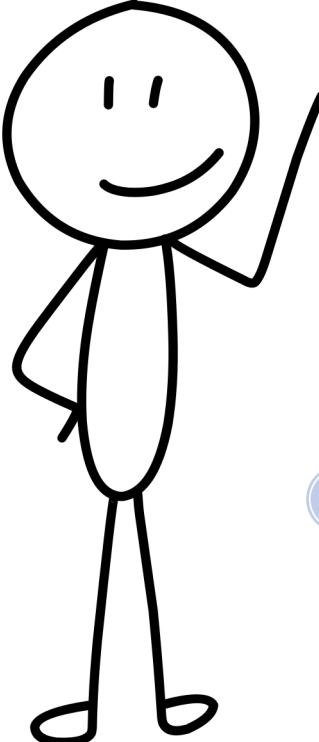
1.

2.

3.

4.

5.



hips did you develop?

What new or existing relations

What did you create or bring into the world within the past quarter?

Whether big or small, how did you make a difference in the world within the past quarter?

What moments did you enjoy the most within the past quarter?

Gratitude

IS THE ATTITUDE

What are you grateful for?

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

I am grateful for... _____

Write a sentence that captures the essence and theme for the last quarter.

THE NEXT QUARTER

Creating a Vision

Write a sentence that captures the essence and theme for the next quarter.

My Vision

What will your legacy be? What will your life ultimately become?

Creating a clear and compelling vision is an essential part of achieving the life of your dreams. Use this space to define your purpose in life and the legacy you plan to create. Make sure that your vision excites you.

My Mission

What do you do? Who do you do it for? How do you do it?

Your mission is what drives you now. What you will do to achieve your vision.

WHAT WILL MY Life look like?

2 YEARS FROM NOW

5 YEARS FROM NOW

10 YEARS FROM NOW

HOW WOULD YOU LIKE TO BE REMEMBERED AFTER YOU DIE?

MY Values

Values are things that are important to you. Knowing your values allows you to check that action you are taking and goals that you are setting, align with your values. Values are unique to the individual, it is important to be honest with yourself about your values and put what is true to you, not what you think you should put.

Write these in order of importance from 1 -being the most important to 8 - being less important. Remember that some values support one another and if you need one to have the other then that one should be considered more important.

What things are most important to you in your life.

For example, freedom, happiness, family, money, health, flexibility, work, travel etc.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Victory in the absence
of satisfaction is defeat

-STEVE DORAN

Smart Goals

When setting your goals on the following pages, be sure to follow the advice on this page. The clearer your goals are defined, the stronger your chances of success!

IMPORTANT: READ THIS SECTION BEFORE YOU GO ON

Read this whole section before you move on, so that you understand what fits where. It is worth making a draft copy and then creating a final version once you have been through and are happy with everything that you have put. Keep this final version accessible all year, check in with it at least once a week to help you to keep focused and build relevant weekly plans that serve your larger vision.

POSITIVE

When setting goals be sure that they are stated in the positive. Meaning you refer to what you do want and not what you don't. The brain cannot process negatives so saying what you don't want will only draw more focus, attention and energy to it!

PRESENT TENSE

Use present tense when describing your goals, 'I am...' or 'I have...', as opposed to 'I will...' or 'I want...'. This allows the brain to associate a clear vision with the goal, whilst unconsciously increasing your level of belief in the attainability of the goal.

SPECIFIC

Clearly identify your goal, the more specific and detailed you can be the better. Make sure the goal is something tangible and objective.

MEASURABLE

Make sure that you have clearly defined metrics, where possible. How will you know when you have achieved your goal? What will you measure to track your progress? Not every goal can be measured but it helps to measure those that can.

ACTION-ORIENTATED

You can do something about it. The goal is dependent on your action, you are directly able to influence and it doesn't depend on someone or something that is out of your control.

RELEVANT

Make sure that goals you set align with your values, vision and mission. Ensure that they are relevant to YOUR life and they excite YOU, otherwise don't put it down.

TIME BOUND

Include a completion date for each goal. At the end of the workbook you can attach these into the calendar to help you get a snapshot of the year and help to stay focused.

QUALITY NOT QUANTITY

There is space to list up to 5 goals in each section but you don't have to fill them. If you only have 3 goals in that area, no problem! You are better off with 3 goals that stimulate you than 5 that you put in for the sake of it. It doesn't take a genius to work out which ones are more likely to succeed.

This last sentence is irrelevant, I just put it in to see if you read all the way to the end. Go you!

WHO WILL YOU BE?

These goals are about you, your character, personality and skills.

For example, you might want to be fluent in a language, write a book and be an author or become a qualified NLP Practitioner and help others with their goals...

1.

2.

3.

4.

5.

WHAT WILL YOU DO?

These goals are about things you want to experience and achieve.

For example, this could be a country you want to visit, a mountain you want to climb or an obstacle course race you want to complete...

1.

2.

3.

4.

5.

WHAT WILL YOU HAVE?

These are things that you want to acquire in the coming quarter.

For example, you might want to have a new higher spec computer, a home gym set up or a holiday home in the sun...

1.

2.

3.

4.

5.

YOUR Goals

HEALTH & FITNESS Goals

What will you repeatedly do to support your health and fitness in the next quarter?

In my experience focussing on habits in this area is MUCH more effective, sustainable and worthwhile than focussing on outcomes.

For example, you might want to exercise a specific amount per week, create a more stable sleep routine or drink a certain amount of water per day...

1.

2.

3.

4.

5.

CONTRIBUTION Goals

What will you give and who will you give it to in the next quarter?

This doesn't have to be financial, it could be your time.

For example, there could be someone you want to help on their journey, something you would like to build for your community or somewhere you would like to volunteer.

1.

2.

3.

4.

5.

YOUR Goals

NETWORK Goals

Who would you like to connect with or grow closer to? How will you add value to them to build these relationships?

Maybe these are specific people or maybe these are just specific types of people that would be great to have in your network.

1.

2.

3.

4.

5.

CAREER/BUSINESS/MISSION Goals

What 5 things would make this quarter a career/business/mission success?

For example, this might be number of staff, new products/services created or a promotion achieved.

1.

2.

3.

4.

5.

YOUR FINANCIAL Goals

Where will your finances be at the end of the next quarter?

Make sure you create a clear plan for how you will achieve these goals. Don't worry if some of these sections aren't relevant for you at the moment, just leave those sections and fill in the ones that are.

What will your net worth be at the end of the quarter?

This is the amount you OWN minus the amount you OWE.

How much cash at bank do you have?

This is the amount of money that is actually available to you, such as savings, current accounts and physical cash.

What is your net monthly income/profit from work/business?

Net income is the amount of money that you actually earn, after tax, expenses, etc.

What is your net monthly passive income?

Passive income is income that requires little or no effort to earn and maintain.

How much property will you own?

How much will you have invested in stocks?

What physical investments will you have (e.g gold)?

What other investments will you have (e.g crypto)?

What will you have in your pension?

YOUR PERSONAL GROWTH **Goals**

These goals are best set as habits as opposed to vanity metrics. Don't fall into the trap of reading without absorbing, just to tell people you have read a lot of books. To read one book and grasp the teachings within it fully is infinitely more valuable than reading 5 books and grasping nothing but your ego!

What books/type of books will you read?

How much time will you spend reading per week?

What courses/type of training courses will you attend?

How much time will you spend on personal development per week?

What audios/podcasts/type of audios will you listen to?

How much time will you spend listening to audio per week?

What mentor/coach will you have?

What percentage of your income will you reinvest in yourself?

"INVEST IN AS MUCH OF YOURSELF AS YOU CAN, YOU
ARE YOUR OWN BIGGEST ASSET BY FAR."

-Warren Buffett

LIFETIME Goals

What will you achieve before you die?

Use this as the master list for your lifetime goals, add to it whenever you please.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BULLET Proof

Use the below questions to reinforce your resolve, refine your strategy and enhance your ability to make all of this become your reality.

Who do you need to be to achieve these goals?

Describe the type of person that you are going to become, now, to achieve these goals.

What resources will help you to complete these goals?

What advice would you give someone else trying to achieve these goals?

What would you miss out on if you didn't complete these goals? How would this affect your life and the life of others around you?

I know you won't allow this to happen but take a moment to understand the pain that would come with not progressing and use this as leverage anytime you need a reason to get out of bed and execute on your plan.

How committed are you to out of 10 to achieving these goals? *If your answer is less than an 8, the odds of your completing them right now are slim, that's fine, just look deeper to find out why, find more leverage behind the goals, more purpose, more clarity. Make them more compelling or completely reevaluate any that don't inspire your commitment and ask this question again. When you are 10 out of 10 committed you can achieve ANYTHING!*

Who can I share these goals with that will support me and hold me accountable?

Sharing a goal is proven to increase the chances of completing it.

Obstacles

What challenges might you face in the upcoming quarter and how will you overcome them?

Identifying potential obstacles in advance may seem strange but the reality is that in the quest for achieving our goals we will hit challenges. The better prepared you are before you get to them, the better you will deal with them or even manage to avoid them

altogether.

1.

2.

3.

4.

5.

A day in the life...

Describe a day in your life when all of these goals are completed.

Include specifically what you will see, hear and feel. What will your life look like? What sort of things will you say to yourself about yourself? What do other people see/say when they look at you? How great do you feel? The more detailed you can be, the more connected you can become the more likely that you'll succeed.

Once you have finished writing take a moment to really connect with this feeling. Close your eyes and experience the gratitude that you will feel once you have accomplished all that you have set out to achieve.

[illegible]



Show time!

Never leave this scene of a goal setting session without taking some tangible action!

What are 5 things that you can do right now to initiate forward momentum towards your goals?

Take 5 of your goals and chunk them down into the smallest possible steps you can take towards their attainment. This ensures that you get some momentum and action behind your words, immediately. Ideally, do them now, if that really isn't possible, complete these within 24 hours.

For example, if your goal is to buy a new holiday home, you could go online now, find one that you like and contact an agent to arrange a viewing or if it is to exercise a certain amount per week, you could contact a gym to arrange a visit/signing up or decide what equipment you will need to purchase to get going at home.

GOAL 1:

COMPLETED:

ACTION:



GOAL 2:

COMPLETED:

ACTION:



GOAL 3:

COMPLETED:

ACTION:



GOAL 4:

COMPLETED:

ACTION:



GOAL 5:

COMPLETED:

ACTION:



YEAR OVERVIEW CALENDAR

This calendar is here to provide you with a simple visual representation of the year and when each time bound goal is due to reach completion. Fill in any goals from the previous sections that have a specific end date and use this calendar to keep you on track throughout the year.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

ABOUT Steve Doran

INVESTOR • COACH & TRAINER • AUTHOR

With 19 years in property investment, I've built a diverse portfolio including buy-to-let, HMO, Serviced Accommodation and Commercial Property. I also now own a deal sourcing business, a finance brokerage and a lettings agency. I've helped investors at all levels from beginner to advanced achieve stable, long-term income streams, whether they're just starting out or looking to scale. I am an accredited master coach, have won multiple coaching awards, delivered over 2,000 hours of one-to-one coaching and trained tens of thousands of investors through live events and webinars. I believe that property is available to everyone as a tool to create financial freedom, provided they take the time to get the knowledge and back it up with consistent action. That's why I created the Property Wealth Accelerator, a two-day event designed to give you clear, actionable strategies to grow your portfolio with confidence. If you're ready to take the next step, this is where your journey begins.

Keep in Touch

I hope that you found MASSIVE value from the Quarterly Power Planner.
Don't let it end there for us...

Join my next webinar: <https://stevedoran.co.uk/free-webinar>



My website: stevedoran.co.uk

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@steve_doran



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facebook.com/stephenmarkdoran



linkedin.com/in/stevemarkdoran



@Steve_Doran

A handwritten signature in black ink, which appears to read 'Steve Doran'.

#LIVEDAILY

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