

8-11-20 Monthly Review of Your Time and Goals

Wed, 8/5 9:14AM 8:12

SUMMARY KEYWORDS

spend, business, july, focused, monthly, sit, goals, evening, review, accomplish, legendary, metrics, august, humid, book, life, work, deliver, month, financial goals



00:00

Hey, everyone, welcome to another episode. You know, I talk on a regular basis about looking at how you deliver to your financial goals. You know, I talked about that. I said, You know what, in June probably that I wouldn't bring that up again. And I'm not. Because at this point, we should all be looking at how we're performing. Now, depending upon the phase of business that you're in, right. Now, if you're focused significantly on revenue growth right now, or if you're focused now, not solely on revenue, but you're focused more on profit, or, you know, now you're focused on putting processes or people into place. Or now you're focused on maintaining all of that, right, the different phases of your business as you grow it in your business matures. You're always going to be looking at some sort of financial target doesn't matter what it is you're going to look at something financial, and you're going to look at something customer service related, right? You know that I've taught you that had those conversations I'm not going to get on that pathway today. What I want to challenge you to look at today is I want you to do a monthly review of your time and the things that you want to personally accomplish in the month. Okay? Because, I mean, here we are, we're sitting, you know, relatively at the beginning of August, still, still the beginning. You know, the 11th of August. So we've we've been in there for a little over a week in this month, but you can still reflect back on the month of July. And you can look back at this point and say, What did I accomplish? What did I spend my time on in the month of July? Did I adhere to my calendar and I stick to everything that I said I was going to do? Did I take good care of myself? That I live up to the commitments that I made to other people? Did I spend my time on the right pieces of the business? Did I spend my time on the right parts of my life? Did I put too much time into my business and not enough time? In my legendary life? Right. Look back your calendar and ask yourself

those questions. Because we get really good at looking at our business metrics. The longer we run the business. The more we grow the business, the more metrics we get to look at the more metrics we get to celebrate. And every single day you will have conversations about your business relative to business metrics. But if you also want to create your legendary life and you want to live your legendary life, you have to go back and look at and do a monthly review of your time where you spent it, what you spent it on. And what were your overarching goals for yourself that month, not in the business but for yourself? Are you learning something new? Were you setting a time to deliver and focus more on your strategy and finalize the vision that you have? Did you set aside time to teach one of your children something new or family time together family movie night, maybe you were going to try to cook some meals with your spouse right off All those connections that you need to continue to make that are part of your life, right? You're not running your business, to simply have a business, you're running your business to create an impact on the world, but also to live the life you want to live and live the life you deserve to live. So when you go back and look at your reflection in the mirror and say, okay, who was I for the month of July? Who were you?



03:25

Where did you spend your time?



03:27

You know, I look back on the month of July, it was a whirlwind. We had a birthday in there, and obviously a holiday. And, you know, the kids got to hang out with my parents a little bit, spend a little time with them. And so they got to build those relationships. I didn't get to spend really any time with my parents in the month of July. Okay. And so if I had written that down is something I wanted to do. I would have missed the mark there. You know, I had some time that I set aside to do walking with the family in the evenings, right, I mentioned my evening routine. And so I've set aside time to deliver to that. So I need to look at for example, if I hadn't already, I need to go back and look at Well, how many evenings that I say I was going to walk? And how many evenings did I or did I not walk? Right? Was it my fault that I work too late and allow work to carry over into my evening? Or was it was it raining? Was it too humid here? I mean, the humidity has been insane still here in in Charleston. And so you don't have to do that reflection. And if going on the walk was critically important, and we couldn't do that. What else could I have soaked in? Have I even thought about that? I probably need to figure that out. Right? I should have already thought about that before I hit the summer months, but it's humid and it's gonna rain most every day here. And so what's my alternative? What could we have done

differently or instead of instead of just skipping it not having that family time should we regret board game, should we have spent some time doing that together? You know, over the weekend, we did spend some time playing board games together. Not a huge board game person. But my kids love board games. And so I do my very best to try to play board games with them. Because that's what they love to do. And so, we did spend some time doing that. But the point is, I've set aside time on my calendar for family time, for evening events, for weekends, at the pool in the backyard, you know, for spending one on one time with with the kids when I'm sitting at my desk, and I'm working, you know, my middle child Grayson will come and sit down in the chair across from me, and she'll bring a book I've told her that she can do that and she'll bring a little book, she's seven, and she'll sit down and she'll read and I say a little book you know, she's starting second grade, but she's reading at a fourth grade level. So which is awesome, right, that means she can expand her reach to the all the books now that she Can she can touch but Anyway, I digress. She comes in, she brings her book and she sits across from me, she just reads because she just wants to be close. Right. And I've invited her to do that anytime that she wants to just spend some time with me. But it's during the work day, so to speak, it's during my work hours. I always invite her to come and just spend some time, but to sit in and be close. And so she does that from time to time. And so I've got to become better at mapping out my monthly review. I've done it okay for July, but I've got to take it to the next level. So you've got a couple of challenges here. Number one, do a monthly review of your time and your goals for July. How did you do? Number one, number two, for anything that you missed? How do you fix it? If the weather or you know something else is interfering with an activity that you're trying to plan, like I told you with my evening walks, what else could I sub into that so I'm still accomplishing the goal of spending time and chatting? Right or speaking Time exercising, but doing it in a way that accomplishes the ultimate endpoint and get the same results. But don't miss the time. What does that look like for you? That's what I want to leave you with today is a monthly review of your time and your personal goals, how to turn out for July, sit down and establish some goals for August, and then measure those as importantly, if not, more importantly, than your business goals. Okay? Because if you're working your rear end off, and you're working diligently to grow your business, but you're not spending any time having fun and enjoying life, then what's I want to say what's the point because I'm sure you're serving people, we're all serving people, but personally was the point. Right life was made for more than that. And I want you to live and I want you to have the legendary life that you want to create, and that you define. So go do that monthly review of your time your goals. Don't Don't lump it in with your business review. But see it through the same lens. It's it's critically important. Celebrate how you did challenge yourself to do even better in August and let's see how you do. Go and be legendary