



The 7 Minute Solution Flowchart

Priorities



Purpose



Life Goals



The Timeline of Your Life



Today

Step1: Rank your priorities

- What is most important to you?
- What's the point?
- What do you value in life?
- What makes your work meaningful?

Step2: Rediscover Your Purpose

- Purpose is how you serve others
- Purpose is how you use your gifts and talents to change the world
- Love is the foundation of purpose

Step3: Understand Your Life Goals

- Where are you in life?
- What life goals do you want to accomplish?
- What has been keeping you from taking action?

Step4: Where are you in life?

- You can't do everything right now
- Choose when you will take action

Step5: Create Written 90-Day Goals

- Present Tense Specific
- Quantifiable Goals

Step 6: Today - 5 before 11™

- Know what you want to accomplish
- You need a written daily plan of action
- Focus on accomplishing 5 high value activities before 11 o'clock