

# ANDY'S YEAR END PLANNING PROCESS

## INTRO

Friend,

In my life so far, I've went from growing up in a town of 600 people in a cornfield in Iowa to living a life of my dreams in Boulder. I've traveled the world. I've built a multi-million dollar business. And I'm deeply in love with the woman of my dreams.

And I credit the process I'm about to share with you for making many of those dreams come true.

For the past 5 years I've been doing a year end planning process. Each year I refine it a little bit more until I've distilled it to the absolute best process I've found to create your year before it begins.

At the end of the process, I end up with a 'theme' for my year. Ironically, the themes always come true. Always.

### **Here are some examples:**

**2011** – The Year of Exponential Growth. (Quit my job, left my girlfriend of 5 years and my dog and moved.. all in one week. Discovered Tony Robbins. Fell in love. Moved again to Colorado.)

**2012** – The Year of Being a Man Who Fearlessly and Courageously Gives His Gifts To the World (Sold my company because it wasn't in alignment. Launched Foundation and made our first \$1M. Discovered Burning Man. Deepened my intimate relationship. )

**2013** – The Year of Living in My Unique Genius (Grew Foundation team to 6 people. Did our second \$1M + launch. Got my heart broken. Lots of chaos and I ended the year traveling to Peru to spend time in the Sacred Valley reflecting on my life.)

**2014** – The Year of Pleasure, Adventure and Achievement... With Ease (Matured Foundation into a 'real' company. :-] Went to Costa Rica and recommitted with my love. Lots of festivals, fun, flow and exploration. Amazingly fun year.)

### **The process is simple and it looks like this:**

- Reflect on The Past
- Inventory of The Present
- Create A Vision For The Future

If you spend 90 minutes on this, I believe it has the power to alter the outcome of your entire year.

When you complete the worksheet, email me and tell me what your 'theme' for this year is. Mine is "The Year of Self Love." I look forward to reading yours.

Much love,  
Andy

## REFLECT ON THE PAST

Phase one is to reflect on the past year. We learn our greatest lessons in the extremes. In the peaks and the valleys. So we want to reflect on the highs and lows each month and understand the key lessons we've learned.

### EXAMPLE

**HIGH:** *Speaking at Success Summit with my idols like Jack Canfield and John Mackey.*

**LOW:** *Getting burnt out after traveling for a month straight and working with no breaks*

**LESSON:** *Don't push myself so hard. Learn to create space to take care of myself during the busy periods.*

JAN

HIGHS

LOWS

LESSONS

FEB

HIGHS

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LESSONS

MAR

HIGHS

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HIGHS

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LESSONS

A vertical bar on the left side of the page, divided into three colored sections: light grey at the top, dark grey in the middle, and blue at the bottom. To the right of the bar are horizontal lines for writing.

Phase one is to reflect on the past year. We learn our greatest lessons in the extremes. In the peaks and the valleys. So we want to reflect on the highs and lows each month and understand the key lessons we've learned.

## WHAT I'M LEAVING BEHIND THIS YEAR

### EXAMPLE

*You have to work extremely hard to create remarkable things*

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## WHAT I'M TAKING WITH ME NEXT YEAR

### EXAMPLE

*I create the most impact things for the world when I follow flow*

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## INVENTORY OF THE PRESENT

Now that we've reflected on the past, we get to create a snapshot of how we feel about our life in the present. Rate each of these areas on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

- \_\_\_\_\_ Friendships
- \_\_\_\_\_ Family
- \_\_\_\_\_ Finances
- \_\_\_\_\_ Career
- \_\_\_\_\_ Love
- \_\_\_\_\_ Health
- \_\_\_\_\_ Spirituality
- \_\_\_\_\_ Sex / Self Expression
- \_\_\_\_\_ Philanthropy
- \_\_\_\_\_ Overall Alignment / Quality of Life

### EXAMPLE

**Overall Quality of Life / Alignment - 8**

*All in all, life is pretty AWESOME. I'm in love with libby, the most incredible woman I've ever met. My business does lots of good in the world. We have an amazing team who's deeply aligned with our company vision. I've stepped up more and more as a leader in my life. I live in an amazing home... an amazing city... I have incredible friends. We have a community of people who support us and who are teaching us so much about communication.*

*And... as I feel the energy shift to be a bit more feminine and relaxed and open... it may be darker. It may be slower. But i'm still finding alignment within that.*

*This year will present new challenges. And it's awesome. Its giving me access to a whole new realm. Which is what i'm all about... FULLY experiencing everything life has to offer. The whole spectrum of emotion. And having access to all of it.*

*So all in all... even feeling a bit down lately, but when I look back, my life rocks. The problems I have today are problems I dreamt about a year ago. I'm deeply grateful for the support and love that already exists. And I find myself feeling deeply excited for the possibilities of what's to come.*

## FRIENDSHIPS

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## FAMILY

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## FINANCES

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## CAREER

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## LOVE

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## HEALTH

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## SPIRITUALITY

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## SELF EXPRESSION

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## PHILANTHROPY

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## OVERALL ALIGNMENT / QUALITY OF LIFE

Rate this area on a scale of 1-10 and then write a few paragraphs about WHY you rated it that number and what you want to do to improve it.

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## CREATE A VISION OF THE FUTURE

Next we want to create the future vision for our life. This process is two fold.

First, we create do some creative writing to create a three years vision. This helps us look farther out into the future to decide where we want to be.

Second, we write a clear vision of where we want to be one year from today.

For the creative writing of the three year vision, turn on some calming music and get yourself centered.

Imagine your life three years from today. What does it look like? Who have you become? How are you contributing to the world? What people are in your life? How do you show up each day? What problems do you have? What opportunities are in your life?

After you meditate on these questions for a bit, set a timer for 10 minutes and start writing. Don't stop until it's done.

Now, go back and read what you wrote to see if any new ideas jump out at you.

Set a timer for 5 minutes this time and write until you have nothing left to say.

This process gets your mind thinking creatively and gives you a clear direction of whats important in your life.

Now, reset and recenter yourself with some deep breaths. Think about yourself one year from today.

What does life look like? Who have you become? What have you achieved? How are you living? What are you feeling? How are you contributing to the world?

Again, set a timer for 10 minutes and start writing.

Read through everything you wrote and sum that vision up into one sentence.

This is your theme for the year.

I put this vision and theme at the top of my journal so, every day when I write, I'm brought back to this vision of my future.

## CREATE A VISION OF THE FUTURE

### Andy's 2014 Vision

#### **Theme - The Year of Experiencing Pleasure, Adventure And Achievement... Effortlessly**

*In twelve months from now, I'll be looking back thinking... "Wow. What a ride. This was my favorite year yet."*

*I feel alive, energized by my work, connected deeply to my friends, grateful for all of the pleasure and love in my life, and I feel grounded consistently to Source energy.*

*I am more loving and gentle than ever with myself and with strangers. I rarely judge people and I welcome them exactly as they are. I am constantly looking for the genius inside of people and helping bring that out in them. I live passionately, fully expressing myself, my desires and being unapologetically myself in every moment.*

*I embrace conflict with love. I no longer run from tension... I welcome it. And I stay with it... fully experiencing it and not hitting the eject button or trying to escape or ignore it.*

*All of this created a year where I've had more fun than ever... I've had more adventures. I've experienced more pleasure. And I've accomplished more... AND it's been easy and effortless because I simply followed my bliss and allow everything else to happen naturally.*

*The Foundation product is systematized and getting 1-3 sales per day into the new platform. We generated over \$3M this year. Our team of 9 full time people funs all of it. They are alive and excited and loving what they do because it's their zone of genius. And they get to spend their time in it. The culture of our company is rad... focused on play, impact and growth. So we attract the best in the world. Our team is lean, loyal and loving. And we've finally figured out how to manage and build incredible teams virtually. Everyone is on the same page with what's happening and where the company is heading. We've moved to a new level of business where growth is slow, steady and smooth.*

*The software company has 100 paying customers. We've attracted some of the best marketers and educators in the world. And people are starting to notice. This company is starting to move fast, and we're just ready to hit the 'hockey stick' when it comes to growth. We've spent this year getting our initial customers on board, taking their feedback and building a killer product and we're on the verge of scaling... fast.*

*I feel so blessed and grateful and amazed knowing that this year, I worked half as hard and got twice the results because I focused on staying only in my zone of genius. Only in the activities that light me up and give me energy, like connecting with friends, brainstorming creative new ideas and helping people find their zone of genius. And I spent the rest of the time doing things I love. Traveling with libby. Snowboarding. Dirt biking. Dancing. Going to concerts. Having deep, intimate conversations with friends. And more. This year I amplified the love and pleasure in my life... a lot.*

## CREATE A VISION OF THE FUTURE

### Andy's 2014 Vision (continued)

*This year I've also mastered my time and my domain. Facebook and Gmail don't distract me anymore. I check them twice per day... max. And when I do, it's with intention. This has created a lot more space for me to be free and have fun and play, which was the reason I got into business in the first place.*

*The podcast leveled up, giving me access to even MORE powerful entrepreneurs who want to connect with me. Gary V. Russell Brand. Tony Robbins. And more. This has opened doors to new opportunities I couldn't even dream of a year ago.*

*This year Libby and I recreated a whole new relationship from the ground up. And our relationship focuses on loving each other deeply, actively looking the greatness in one another and amplifying the pleasure in all areas of our lives together. We are gentle and loving with one another. We've learned to balance our relationship so continue to have our individual truths and paths and come together to create something so remarkable... people constantly tell us, 'There's something special about you two being together.' They can never really say what... it's just an energy they feel. That energy is the depth of love we share together, our passion for experiencing everything in life and our gratitude for all of the joys and pleasures the universe has given us.*

*My friendships went deeper than ever this year. I stopped hiding this year. I stopped holding back and watering myself down and not living in my truth. I was blunt, honest and direct... from a loving space often with people. And I focused on cultivating deep relationships vs spreading wide and far with them. I spent less time at events and more time really connecting with people. This has created a whole new depth of people in my life who I believe in and who believes in me. I am extremely grateful for these relationships.*

*My life is incredible. I love it so much because it's intentionally designed for me to maximize the creative spark within me. I have a bomb EA who takes care of everything I don't enjoy in my life. Cooking. Cleaning. Errands. Finances. Travel plans. etc. allowing me to step even deeper into my zone of genius this year.*

*Money flows in faster than ever before. We work with the best in the world when it comes to managing our finances and investments, allowing us greater cashflow to reinvest in the business, in ourselves and to do more good in the world.*

*I have a whole new level of confidence in my ability to manifest anything that I desire in this world.*

*I constantly stay connected to presence, truth and love. It's my new way of being. People constantly tell me how calm and grounded I feel. And how they simply enjoy being around my energy. I focus on my connection with Source by meditating twice per day and always looking for the ways in which things are happening for me.*





I hope this process has brought you clarity and excitement for the year to come. I hope it's reconnected you to your power to CHOOSE exactly what you want in your life. And to consciously create the life of your dreams.

I would LOVE to know what your theme is for the year. Please email me personally at **andy@thefoundation.com** and let me know.

Much love,  
Andy