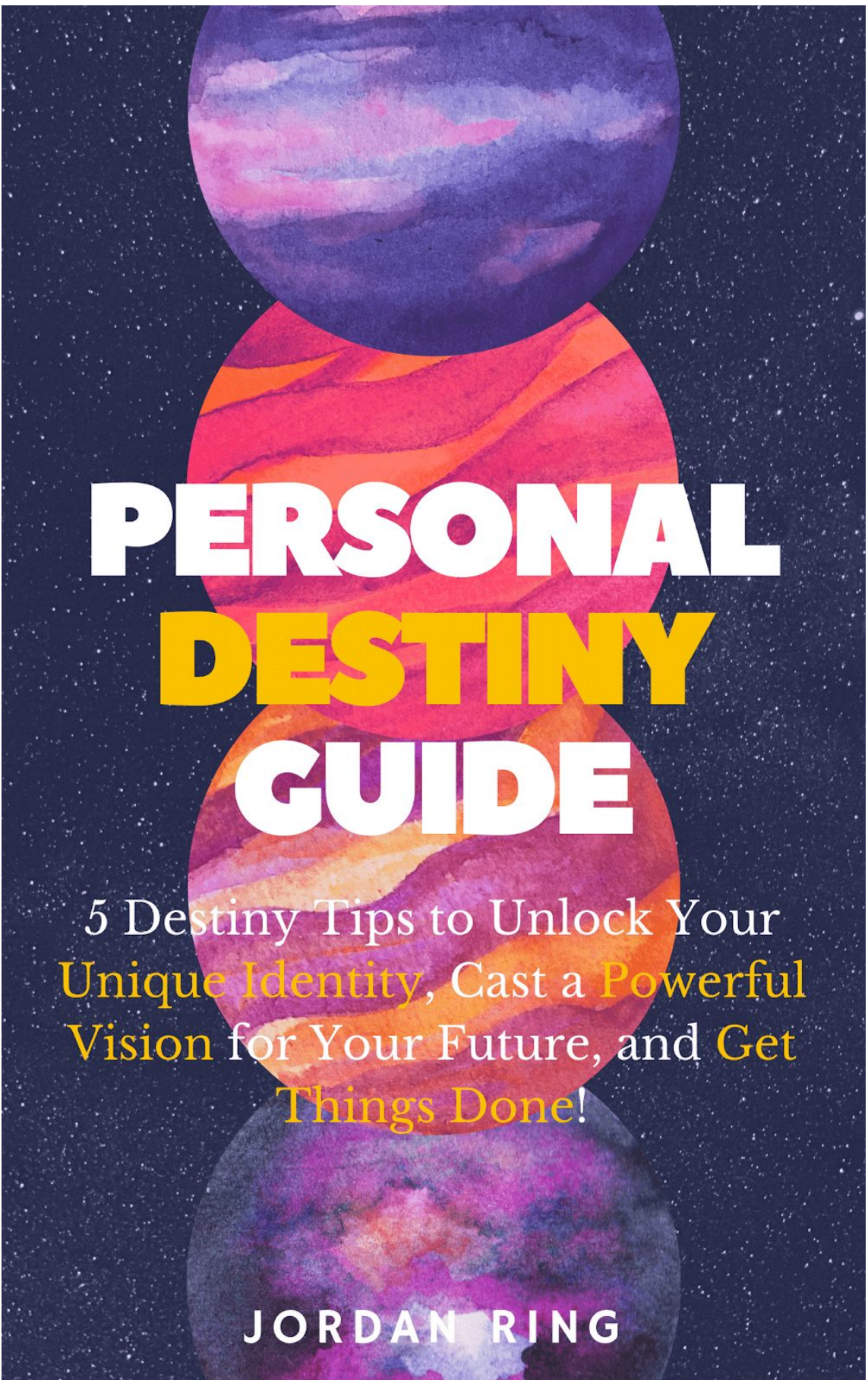


Personal Destiny Guide

5 Destiny Tips to Unlock Your Unique Identity, Cast a Powerful Vision
for Your Future, and Get Things Done!



PERSONAL DESTINY GUIDE

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Unique Identity, Cast a Powerful
Vision for Your Future, and Get
Things Done!

JORDAN RING

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Before you Get Started...

Check out the [School of You Mini Course](#) for all your personality and identity needs.

The School of You is a video course designed to give you insights into who you are, discover hidden talents and strengths, and it will help you take the next steps on your journey.

Included with the course:

- 👍 Insights into your personality.
- 👍 Your personal identity blueprint designed for you.
- 👍 Access to a free call with Jordan to discuss your findings.

Sign up here:

<https://www.jmring.com/school-of-you/>

Introduction: You, The Expert

What do I have to offer?

What could I possibly give back to the world?

And gulp... What is my purpose?

A younger Jordan never pondered these questions. He stumbled through life, up until he hit age 25, and didn't have a clue what he was doing.

"Jordan, you need to pick a major..." My college guidance counselor told me one rainy day in Late February. .

I had just walked into her office, confused, and more than a little worried about my future.

"I just don't know what I want to do..." I replied back to her.

"Nobody does." She said back to me. "But you can't stay undeclared. You need to pick a major."

I was a year and half into a private Christian college with no clue what I was doing with my life. Yes, private college. Expensive, brilliant, high-stakes college.

I had no major, no insights to my own personality, no true understanding of who I was and what I was supposed to be doing.

Ughh.

It's moments like these I wish someone had popped in and given me advice, handed me this guide, or been firm with me to not just make a decision for the sake of making a decision! How often before had I done something just because it's what people do...

I wouldn't have listened, but I can't help the desire to jump into a time machine, grab my younger self by the collar, and shake him until he promises to read a book, make a list, think about goals, ANYTHING to get on the right track.

It's my hope and prayer that this short guide finds you exactly when you need it most.

Three things I want to confirm before we dive in:

1. You are not your past self. You can become anything and anyone you want (within reason and with time, effort, and a ton of hustle).

2. Life is hard (duh). Nothing is ever as easy in the real world as it seems on the written page.
3. Your destiny is waiting for you to reach out, grab it, and get started. But let me know if you need help. Email me at Jordan@jmring.com.

The key to unlocking your personal destiny and discovering purpose is not a secret. It's you. There is only one you. One unique, powerful, and special you. Isn't it time you lived your best life?

Dr. Suess once put it perfectly:

"Today you are You, that is truer than true. There is no one alive who is Youer than You."

His words are as melodic as they are impactful. There never has, there isn't now, nor will there ever be another you. The sooner you come to grips with the fact that you are you, and not someone else, the sooner you'll move on from envy of others. I don't know you, but I know you are amazing. You're reading this guide and trying to grow. You're already ahead of most of the people in the rest of the world.

And there's more great news for you.

With the changing of the old guard and the old way of doing things, there is more room than ever to pave your own path and do what only YOU are capable of doing. Taylor Pearson, in his book [End of Jobs](#) has the following to say:

"More than half of America's recent college graduates are either unemployed or working in a job that doesn't require a bachelor's degree. In 2014, the overall employment rate for law school graduates fell for the sixth consecutive year. It would appear that knowledge is no longer the scarce resource it was one hundred years ago." -Page 76

How many people do you know use their college degree? Does it mean as much as it used to? The way forward is entrepreneurial and becoming an expert in you and your unique contribution, and figuring out how to reorganize your daily life to live out your purpose every single day.

What this means is that the barriers to entry are lower than ever. We have an open sea of possibilities in front of us to give back to the world, share our knowledge in person and online in particular, and create.

I don't know about you, but spending every single day living out my purpose sounds like a life well lived. Heck, it's the only way to live. And It's not only possible; we owe it to ourselves and the world to make it happen.

Me? An Expert? 😄

You are the expert at something very unique and specific to only you. Finding this little golden nugget is challenging, but a necessary step to clarify purpose. The five destiny tips contained in this short guide will get you there.

In this short guide you'll learn how to:

1. ☐ Break the ice with friends to get THEM to help YOU get to know yourself.
2. 🧐 Discover more about yourself with online tools: The MBTI, and CliftonStrengths and Enneagram.
3. 📖 Master the 80/20 principle.
4. 📅 Pick one word for the year.
5. ✅ Get it done with weekly reviews

"The world doesn't need another expert, it needs you."

We need only answer a few questions about ourselves to confirm our uniqueness among billions of people. There are probably only a handful of Jordan's out there who love the color green, wish dragons were real, love a specific book by the name of In a Pit with a Lion on a Snowy Day, and could walk everywhere and never get bored.

If someone does happen to match, I'm sure there are other facets of our personalities, background, and future hopes and dreams that are vastly different.

The point here is you are uniquely you. No one can be you other than you. You know this to your core, but with the noise of the world you may have forgotten it along the way.

You are NOT just another mom. You are the best mom to your children.

You are NOT just another retail worker. You are a strong performer who deserves to be paid much more.

You are NOT just another student. You have the potential to actualize your personality, skills, and abilities into a world changing effort.

No one else has the unique combination of talent, effort, skills, abilities, and life experiences. What YOU can teach someone else is 100% unique to you. You may not be the best at anything, but you are you and that's what matters most.

There are people out there only you can reach. The way you present information, share ideas, discuss challenges, and give advice is different than anybody else. This is the most important thing to confirm about yourself before you do anything else.

I don't know about you, but I get tired of reading guides, pouring over articles, and watching videos from so-called "experts." Sometimes it's largely helpful, but other times it's a spewing forth of things we want to hear, but not what we really need to hear.

Much better is authentic advice from someone who's either in the trenches or recently exited. You want to hear from those who overcame adversity to succeed. You want to read about real life wins, not another piece of advice from an expert or someone with a PHD.

Advice from experts is valuable, but it usually lacks insight into concrete and actionable problems we face day to day. And no one is infallible. Every "expert" has knowledge gaps, biases, and misunderstandings. The world is too complicated to fully understand, so beware those who proclaim it's their way or the highway. No one knows everything. Nothing is perfect (Except for Peet's Coffee, I miss it fiercely...).

This guide will be a breath of fresh air for some of you. You don't need another guide filled with theories you'll never use. You need a guide that will lead you to self discovery, right action, and a purpose filled life.

Who Am I Anyway?

What is identity? What do we mean when we say identity? Who am I anyway!?

Identity is a hugely complicated area, but some take it too far. There's no need to make it more difficult than it is. Our identity rests in understanding ourselves to a better degree. Identity is made up of unchangeable parts, characteristics and traits, and fluid life decisions. Your identity includes your expert status and a myriad of other facets.

Put simply, you are:

1. Who you **were**
2. Who you **are**
3. Who you **want to be**

Past. Present. Future. You can't have one without the other. The good thing is you can get answers to each introspection point if you're willing to do the hard work of self reflection and positive action.

You are not:

1. Destined to repeat mistakes
2. Who others say you are
3. Stuck in your current circumstance

No matter what you've done, no matter what life has thrown at you, no matter what limiting beliefs you need to escape from, your destiny is definable by you. You have the power to choose how you want to live for the rest of today, tomorrow, and the years to come.

You also don't share your identity with others. You may share parts of your identity, especially if you cheer for a sports team, read Harry Potter, or watch the Olympics and root for your home country. You and I might both be American Potterheads who cheer for the USA Swim team, but that doesn't mean we share an identity. There are millions of factors that go into making up who you are.

The struggle is real my friend, and the world needs to hear from you. It needs to see, hear, smell, touch, and taste your creative works. Don't fear "imposter syndrome." What you bring to the table is a valuable and indispensable contribution to the world.

Luckily, I'm not an expert in anything other than Jordan, Halo, and how to make the perfect poached egg. But my approach to personal growth and development is unique to me.

Heart first. Action second. Thoughts later. Reading always.

As you devour this guide in your favorite blue rocking chair I want you to:

1. Embrace the unique contribution you have to offer the world.
2. Form a lasting desire to live your purpose with intentionality and intensity.
3. Catalyze Your Destiny with positive and life changing action.

The moment you start living your life without regrets is the moment you unlock your Personal Destiny. I want this for you. Bad. Do you want it for you?

If you're ready to tap into your destiny, unlock your expert status, and pave the way to self-discovery, strap in and let's turn up the heat.

Action Step: Commit to doing the exercises in this guide by checking only one of the boxes below.

- ☐ ***I will catalyze my destiny with personal growth exercises, self-awareness activities, and by creating a 90-day action plan.***
- ☐ ***I'm not going to bother reading this guide.***

Destiny Tip #1: The Icebreaker: Ask Five Friends One Question ☐

Yes! My favorite way to get to know yourself and get started on your journey towards your destiny, Asking close friends for insights!

This step is perfect for you if you need a feel good quick win to keep moving forward.

Reach out to 5 of your closest friends and say something like:

“This is random, but a guide I’m reading prompted me to ask this of a friend. What do you see as my personal strengths? What is a trait or characteristic unique to me? All feedback is welcome. Thank you, I Appreciate your time.”

I used this exact message reaching out to a close friend, and it spawned a great conversation, where he not only sent me encouraging and positive feedback, I could do the same for him.

Jot down what people say below or in your journal.

I did this process, and it helped to define my strengths and set me on the right path.

You know a sad truth? We rarely get to tell people how we really feel... How regrettable is that?

Open up the doors using this guide as an excuse to talk to people at a deeper level. Blame me or even call it lame. I won’t be offended. The good that can come out of these types of conversations is astounding, and it will set you on the right path.

Record their answers here:

1)

2)

3)

4)

5)

Destiny Tip #2: Take the MBTI, and Clifton Strengths and Enneagram

These three tests are part of the [School of You Mini Course](#). In that course, I go over each of the tests more in depth, as well as share videos of how to take each one, along with tips on how to USE the knowledge for growth.

They aren't the end all be all of determining your destiny, but they're a great start and an important step.

MBTI

Take the MBTI test [here for free](#).

Record your type, along with 3 things that stood out to you:

Type:

1)

2)

3)

CliftonStrengths

The CliftonStrengths test is a paid test, but it's worth it to know more about what your strengths are. Feel free to skip this test, but CliftonStrengths have helped thousands of people determine what they are best at and destined for.

Take the test [here](#).

Record your top five signature themes below

1)

2)

3)

4)

5)

Enneagram

Take the [Enneagram test here](#).

Record your type and three takeaways below:

Type:

1)

2)

3)

Destiny Tip #3: Master the 80/20 100

What is the 80% of work taking up most of your time this week?

What is the 20% you are working on today?

What are the most important tasks we need to complete this week even if all else fails?

Such questions are often thrown around the Ring household. Yes, we are odd ducks! But we have seen the power of the 80/20 principle firsthand.

We've also seen the power of overwhelm, and how the 80% whirlwind can be so consuming that it leaves you feeling empty and not good enough. It can sap out every last bit of strength from your body, mind and soul. Mastering how to tackle the 80% is something to get right.

The 80/20 rule, or the "Pareto Principle," first coined by the Italian economist Vilfredo Pareto, way back in 1895,¹ says that 20% of people are divided into the "vital few" of society and the other 80% into the "trivial many."

It works the same way in churches and other organizations. 20% of the members end up doing 80% of the work.

Pareto purported that this very same principle carries over and applies directly to life and business. If you were to make a list of ten items on a to-do list, two of the items will bring about 80% of the results. The other eight items will only bring about 20% of the results.

Move this into a time-management/productivity realm and you'll see 80% of our results come from 20% of our efforts. Focus is key.

The battle rages between the 80% and 20%, in life and in business!

¹ Pareto, Vilfredo, Aldo Montesano, Alberto Zanni, and Luigino Bruni. *Manual of Political Economy: A Variorum Translation and Critical Edition*. Oxford: Oxford University Press, 2013.

For our purposes we will break down the 80% and 20% like this: The 20% is what you need to do to move the needle forward and push towards lifelong goals, and the 80% is the work you need to do to keep the lights on and the bills paid.

Each avenue is important and takes time, but the 80% is the gold-plated dragon of busyness that threatens to eat you. If you get eaten by the 80% dragon, you can't work on what's important. So sad, but at least you were a tasty snack... 🐉

Don't get eaten. Use the 80/20 principle to master your time and establish a set of priorities in your daily life.

Consider the importance of tackling the 80% and crushing that work, but leaving just enough time and energy to work on the important stuff. Let's face it friend, if you spend your time chasing your tail without a solid long-term goal and a way out, then what are you doing?

We need not stay stuck forever in whatever issue we face. We are never stuck. Maybe it's underpaying work, clients we don't love, or maybe we have other interests that we'd rather devote time to. There is always a way out of work we don't love.

Even if you love what you do, there exists a 20% task that will help you maintain the work you are doing. The 20% will give you the energy you need to get through the daily grind, knowing that you have a future-oriented task giving you long-term potential.

We are either moving forward or falling backwards; the 80% exists to keep us moving forward, while the 20% work is our path to the next level.

Not Getting Smacked Down by the 80%

The 80% is important. What you do with most of your time each day is of paramount importance to your success.

I was confused by this when I was a level-one entrepreneur. I knew I wanted to grow, so I spent most of my time working towards big future goals and eventually got sucked in.

My everyday life suffered for the massive amount of attention I spent on working toward these goals. I wasn't putting enough time and attention on my job, self-care, or my relationships.

I'm grateful Miranda planned fun events on the weekends with friends or else I would have spent those weekends alone in a coffee shop, typing away on my keyboard. I was acting as if normal life could be paused while I pursued my dreams.

Everyone has their 80%. It could be a busy job, raising a family, community responsibilities, health problems, or any number of things that demand your attention. You might be at a place where life isn't as busy and you have very few responsibilities outside yourself; even still, we all have to contend with some sort of "busyness" in our everyday lives. How we approach this makes all the difference in our journey to success.

The most challenging part of finding balance here is the mindset behind the whirlwind of life's everyday struggles and responsibilities. The 80% is this whirlwind we cannot ignore, but if we pay it too much heed it sucks us up. Often it involves tasks that we don't like doing or that feel painful to complete in a timely manner. It's important to stick with it, and know that once you finish, you can move on to bigger and better things.

I'll be honest here. I struggle with the 80% and the daily grind of life's tasks. As an INFJ with a top-level CliftonStrengths test of "Futuristic" I am quite content with working towards my goals. In fact, I am grateful for the way I see the world as it makes me especially adept at working towards long-term goals.

The problem? Dealing with the here-and-now, forming positive habits, and getting done what needs to get done regardless of my feelings towards it. This is painstakingly challenging. I constantly struggle with doing what I need to do now in order to be able to do what I want later on.

The 80% kicks my butt. Each moment I spend taking out the trash, doing taxes, or getting the car an oil change is time wasted. I don't have time for these tasks. I do them, but I don't like it.

This has uniquely positioned me to be able to write and provide insight into the struggle you have either faced or will face.

Can you relate? Do you have such great passion and focus for what you deem to be the most important life tasks, but struggle with the day-to-day? Take caution that the 20% doesn't become all-consuming and detrimental to your current situation and real-life needs.

Here are some ways to stay focused on the 80% even when you'd rather be doing anything else:

- Remember that each life stage and trial has a story you can share with the world. Focus on the here-and-now to get done what you need to get done.
- Set aside specific times and days in which you'll do the 20% (work during your best hours) so that the rest of your time is spent either taking a break or working on keeping the whirlwind at bay.
- Check email once or twice per day. Skip checking email on weekends. Respond in a timely manner and don't feel bad if it sometimes takes a few days to get back to someone. Some industries won't allow for a multiple-day email response time, but if you can follow this, your busy life will become much easier.
- Be social. As an introvert AND someone who is future-focused AND an online entrepreneur I have to focus on being social. If I'm not intentional about spending time out of my Batcave I'd never see anybody. People give us energy and help us grow. Don't neglect relationships, as they are critical to surviving in this crazy world.

- Boost your productivity. Get more done in less time by reading productivity books or taking courses. Our most valuable asset, time, can be utilized to a greater extent than we know. Spend time thinking about and learning how to do what you do more efficiently with the same level of success.
- Know that your current circumstances will change, whether for good or bad. When I found myself at a day job vacuuming for hours, working as the dishwasher when he didn't show up, or giving a tour while simultaneously trying to answer the phone, I'd be stressed and frustrated. I was spending time NOT doing what I wanted to do most. But circumstances change. Eventually, you'll find yourself spending more and more of your time doing what you love the most. Just remember it probably won't happen overnight. Take the hits as they come and work toward your dream.
- Get help: Hire help in the form of VAs or other employees to take the burden off of you and free up time for important tasks. Be willing to let go and build your business around good people. Learn to delegate and build a team around you to let you do what you do best.

Master Your 20%

In order to master the 20% and spend time reaching towards your biggest life goals, consider getting into the habit of doing this work first.

Brian Tracy, a world-renowned self-help expert, recommends “Eating the Frog First.”² He shares that doing the most important task first helps us to move the needle forward while also giving us daily momentum to have a productive workday. This is particularly helpful when learning to give the 20% the attention it deserves.

² Tracy, Brian. “The 80 20 Rule Explained (a.k.a. Pareto Principle) | Brian Tracy.” Brian Tracy’s Self Improvement & Professional Development Blog. November 28, 2018. Accessed June 08, 2019. <https://www.briantracy.com/blog/personal-success/how-to-use-the-80-20-rule-pareto-principle/>.

The 20% involves tasks which move your long-term goals forward, yet can be hard to find time and energy to accomplish. These goals and tasks include:

- Reading the latest book about your number-one passion.
- Journaling every day.
- Choosing to eat a healthy dinner and get a good workout.
- Spending time brainstorming what your purpose in life is (or at least your direction).
- Blocking out time every day for non-urgent tasks.

If you find yourself sucked up by the whirlwind of life, and unable to work towards your higher purpose and destiny, build margins into your life so you can grow in this area. Get up earlier, say no to TV, or sell the boat to free up Sunday afternoons. Everyone can create margins in their lives, however small, to focus on what's truly important. We are never too busy for our top priorities.

I've been a long-time advocate of *The Four Disciplines of Execution*³ as outlined in the book of the same name in which the authors discuss the whirlwind of work and how we lost focus by doing demanding tasks first. They share that we miss the push to do the deeper, more meaningful work that will actually move our goals forward. The whirlwind will bring us crashing down unless we focus on the wildly important.

“Avoiding the danger of the whirlwind” and “doing the important work first” are two more phrases tossed around regularly in the Ring household. My wife and I are convinced that the needle of our Destiny Goals (our most important and impactful life goals) won't move forward unless we focus on the important tasks first.

It's hard to focus on the wildly important; being successful with an 80/20 strategy involves an intentionality with your time. It starts with having weekly meetings with an accountability partner (more about this in tip #5), a close-knit group of friends or

³ McChesney, Chris, Sean Covey, and Jim Huling. *The 4 Disciplines of Execution: Achieving Your Wildly Important Goals*. New York: Free Press, 2016.

business partners, or even a regular Skype call with your entrepreneur friend who lives in Bali.

Your 20% is going to be unique to you and your situation. Right now, my 20% is writing, blogging, and spending time marketing my own books. I know I want to eventually be a full-time author, but for now I spend roughly 20% of my time working towards this goal. Eventually, the wildly important will become my main point of focus, and this is where the magic happens. As I build toward this future, I can spend more of my time on what I deem to be the most important, while not ignoring real-world responsibilities.

Figure out what you want your 20% to be and go for it! Your 20% will change over time (mine surely has!), so don't wait for the perfect next step in order to take the more important first step.

Ask yourself:

- 1) Do I know what my wildly important tasks are as they relate to my goals?
- 2) If not, what can I do to find out? (Read, ask a friend, brainstorm).
- 3) If yes, am I consistently following through and completing my weekly goals?
- 4) Do I have an accountability partner to help keep track of my progress?
- 5) What is keeping me from spending time in the realm of the 20%? What life busyness is keeping me from doing what I know I need to do?

Even though I've known the power of the above for years, I still fall into the trap of busyness. Avoiding the pressures and demands of life might seem impossible, but I've developed a few strategies for conquering those issues and getting done what I need to get done:

- The most important step here is knowing what your 20% is. What do you want to accomplish in life? Where do you see yourself in five years? What are you most passionate about right now? Such questions should bring clarity to your 20% tasks.

- Do your best work at your best time of day. Some gurus say to do your most important work in the morning. This is bad advice if you don't do well in the mornings. I'm not a morning guy and I know at least a few of you reading this will relate. Pick the time of day that you are most "with it" and do your 20% tasks then.
- Pick a day and avoid as much of the 80% as you can. Don't forget to pick up the kids from school or eat breakfast, but if you can take a day to focus up and get important work done, then do it.
- As you go through your week, take note of the tasks you'd love to get done. Don't feel pressured to do them right away, but having a special 20% to-do list can be helpful when you get to work.
- Know there will be days and potentially even weeks at a time that get bogged down with life. Things happen. People get sick. Life gets hard. Pick yourself up when the dust clears and get back to it.

Once you start to find time for the 20%, a curious thing usually happens. More and more time is put toward these activities and the 80% starts to suffer. Such is life. The delicate balance an entrepreneur strikes is crucial for long-term health and wellbeing. Thus we have to tackle both areas.

Use this 80/20 metric as a guideline. You might choose to spend more time on the wildly important 20%, but don't neglect the 80%. Focus each day on the important goals, put out any big fires that occur, and build a future you will be happy living in.

You know the importance of working on long-term goals and of getting out of the rat race to pursue your own endeavors, goals, and the wildest longings of your heart.

Be wary of the pull away from what needs to get done; spend an appropriate amount of time working on your most important items; and never forget to pivot along the way if needed.

***This tip was borrowed from my book [The Balance Point](#).**

Destiny Tip #4: Pick One Word for the Year



“You don’t have to see the whole staircase, just take the first step.”

-Martin Luther King Jr.

I am sure you have heard the saying “*less is more*,” but what does it actually mean? It turns out having less (less clutter, less distractions, even less goals) can make all the difference in your journey to goal completion.

If we learn to work less and instead focus on the most important activities, we can get more done by doing the right things. We need to say goodbye to 60 hour workweeks (which studies show⁴ don’t increase productivity anyway) and learn to work smarter.

Working less generally provides a greater level of results by increasing our focus and our ability to do the task at hand.

The same need for less work goes for New Year’s resolutions and goal setting in general. If we want to accomplish A, B, C, and D in a year, we will never get all of it done.

What we need is a focus, a point of origin for all of our thoughts for the upcoming year. Whether it’s the beginning of the year or the middle of summer when you are reading this guide, you must pick a singular focus for growth to occur.

Even the middle of summer isn’t too late to imagine a singular upwards focus and direction in which your volcano of growth can burst forth.

One way to do this is to choose one word for the year to hone in on what you need to work on. You may have heard of this technique, and I highly recommend giving it a try.

⁴ “Calculating Loss of Productivity Due to OT Using Charts - Nov 2001 | Overtime | Workweek And Weekend.”

<https://www.scribd.com/document/75599238/Calculating-Loss-of-Productivity-Due-to-OT-Using-Charts-Nov-2001>.

Having one word to focus on for the year is one of the best ways to guarantee success and commitment to who you want to become.

Here are just a few examples of words you could use (feel free to use one of these!):

- Brave
- Focus
- Engaged
- Intentional
- Mighty
- Growth
- Fortitude
- Joy
- Pivot
- Contentment

The word you choose is entirely up to you, but the idea is that through careful consideration, you will choose a word that represents how you want the year to go. Pick the word that best represents where you want to grow and what you want to do this year.

Contentment as a focus word is great, as you can filter every major decision with the question “Will this bring me closer to contentment?” Growth is another great choice because you can ask “Will I achieve growth through this?”

If you want to spend more time with family, your one word might be “family.” It’s simple, but can you imagine the mind blowing results of this focus if every major decision for a year is filtered through this lense?

You will find yourself nurturing your closest relationships and spending more time with family, plain and simple. Way to go.

My word for 2018 was steadfast and pushed me to stop chasing shiny objects and focus on what I already knew to be working. In 2019, I chose augmentation and it became a filter for

all new activities, to ensure I was only adding new projects that served my ultimate goal. In 2020, my word was beyond and I am to blame for everything bad that happened in 2020... Just kidding. In reality, I picked “beyond” because we were moving well beyond our comfort zone by selling everything we owned and embracing the digital nomad lifestyle.

To start the thought process about your one word or point of focus for the year, ask yourself:

1. What do I want to accomplish in the upcoming year?
2. What kind of person do I want to become?
3. What do I want my focus to be as I move forward?

Answer these three questions and you’ll start to have an idea of what your word should be. Get all of your ideas out on paper and pick one word. Even if you happen to be reading this in April or August, pick a word for the rest of the calendar year and then start fresh in January.

The myth about new year's resolutions is that we will feel like doing the work tomorrow or later. The reality is that you don’t get to do it tomorrow, you will always have to complete your goal today in the present moment. Don’t wait to pick a word for a better time. There is never a better time than right now.

Now that you have your word, make sure it is visible for you every day by using it as your computer password, putting it on your bathroom mirror, or making a poster out of it. You can also use outside help to remind you of your word.

***We cover the One Word strategy in depth in the [School of You Mini Course](#) (along with 15 other self discovery tools).**

Destiny Tip #5 Get it Done with Weekly Reviews ✓

Weekly Reviews— Wait, what?!

This is one of those pieces of advice that when I share with people, heads almost always turn.

“Umm, you guys do what now?”

Yes friend, I am not ashamed to admit that my wife and I have weekly check-ins in which we discuss our budget, schedule, and goals. We have done this for the past year, and it has been one of the best changes we’ve ever made. It’s one of the most effective strategies for reaching goals that we’ve implemented, and I love it. Weekly reviews have taken our goal getting momentum to the next level.

I’m lucky enough to have a partner whose investment is right there with me.

But if you don't? No problem. You can just as easily have weekly reviews all by your onesie (as my friend Captain Jack Sparrow would say).

I know it sounds about as fun as mixing tuna salad, but don’t knock it until you try it. Weekly check-ins take a little bit of discipline to get right, but the gains cannot be matched by any other strategy.

We currently meet every week to discuss our goals. We actually look forward to this time. The check-ins are a great chance for us to reset by discussing what went well and what didn’t over the last week.

It’s just one way to take our dreams and desires to the next level, and it’s working wonders for us so far. We suggest it to anyone reaching for just a little bit more.

Will Weekly check-ins Work for Me?

The effectiveness of weekly check-ins depends on many factors, but here are some of the benefits you can expect to receive if you decide to start having a weekly review process. The check-ins will:

- Clarify your vision for what you need to accomplish in the upcoming week. After your weekly check-in, you'll know exactly how to move the needle.
- Give you a chance to dissect how things went the previous week. Did you accomplish your tasks? If not, why not?
- Allow you the chance to get back on track quickly when life happens. You can choose to either not pursue the task that you're failing to accomplish, or work out why it's not going well and what you can do to fix it going forward.
- Be a fun time that you look forward to. Really! Because you know your week will be filled with tasks that clearly get you closer to accomplishing your goals.

Weekly check-in Format

Step #1: Find an accountability partner

To get the most out of this process, find a solid accountability partner.

The “who” is flexible as long as they are committed. That being said, a spouse or partner works best, because they are often the one you spend the most time with, and your goals will often be very similar.

Talking about ideas and plans out loud makes it that much easier to follow through and actually do what you said you would do.

Step #2: Pick a Time

Decide on a time to have the review. Set aside thirty minutes to an hour depending on the subject matter you decide on for your check-ins. For us, Sunday afternoons work best, because this time is generally free of other plans and we usually chat about the

upcoming week on Sundays anyway. It's a great way to start the new week and be intentional in your plans.

Sundays are often a good time for families to reset and take a breather, so if you have a half hour to spare, then go for it.

Whatever time you choose, check in consistently at that time. You can move it around if needed as things are bound to come up. For example, sometimes Miranda and I meet Saturday night to get ahead of the game and reserve Sunday afternoon for other activities (especially during football season).

Step #3: Prepare

Prepare for your weekly check-ins by getting a notebook or by printing out the workbook linked to below. This will enable you to keep track of your goals and see real progress.

It might be old school to take check-in "minutes," but it's also kind of fun and makes the check-in feel more official. Taking notes creates a record of your goals to look back at and see how far you have come.

Before each check-in, make sure you personally brainstorm what your next week's goals will look like. You don't have to have it all laid out, but make sure you have a general idea.

Step #4: First check-in

Spend the first check-in talking about the structure of your check-ins. Ask yourself:

- What do I want the focus of the check-in to be?
- How long should I dedicate to this?
- How are these check-ins going to help me focus on our most important goals, and keep up the momentum to finish strong?

For us, the primary focus of our check-ins is the budget, closely followed by weekly scheduling, and then goals. You can focus on other subjects if that's what you need, but don't steer far from the main focus which is a check in on your most important goal.

Spend time brainstorming ideas for how you want things to go for the next week. If you need to add in rewards or punishments you can do so, but only if necessary.

Step #5: The Right Types of Goals (Actionable Tasks)

The goals you make for the week should be action steps you can realistically take that week to get one step closer to completing the goal. The idea isn't to write down that you will definitely lose five pounds over the next week. A much better goal would be to write *how* you are going to do that.

For example, you could make it a goal (task) for the next week to go to the gym four times. This action is directly in your control. Barring unforeseen circumstances, it is likely that you can go to the gym four times this week. Losing five pounds is dependent upon a variety of circumstances and is not directly influenceable.

An easy way to fail is to set weekly goals that you might not reach, or that are not dependent upon your actions.

That being said, definitely challenge yourself! Just make sure the weekly goal is contingent upon things that are in your control.

It's a subtle difference but an important one. I can do things to sell books, but I can't sell books directly, so weekly goals should be actionable items in nature and things within your control. I can spend an hour on book marketing, but I can't make someone purchase.

Step #6: Be Consistent

Check-in every week, no matter what. Make time for this weekly check-in and don't quit.

If things get busy and you “forget?” Timeout! I call BS. Make time for it. It’s a facade that we are too busy. We are only shifting our priorities. Never believe that you are too busy for something that will help you to move forward in your goals.

Go at your own pace, but make sure you check-in every week.

If this still sounds utterly depressing, here are some ways you can make this a fun activity:

- 1) Attach the new habit to a habit you already do well, like date night or working out together. Do the check-in before or after these activities to create the habit.
- 2) If you end up going on a long car ride with your partner you can discuss things in the car instead of listening to music. Miranda and I have done this several times and it works out well.
- 3) If it helps, make a special meal or snack to celebrate.
- 4) Go for a walk or maybe even start up the check-in with a dance party. Whatever it is, attach something fun and unique to your check-ins in order to make the habit stick.

There you have it. This is the next step to reaching your dreams and unlocking your ultimate potential.

***If you need a template for tracking your reviews, see the [printable google doc here](#).**

****This tip was borrowed from my book [Volcanic Momentum](#).**

Launch into Your Future: Personality Course and Further Resources

Hungry for more? Check out the [School of You Mini Course](#) for all your personality and identity needs.

The School of You is a video course designed to give you insights into who you are, discover hidden talents and strengths, and it will help you take the next steps on your journey.

Included with the course:

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In the following list, you'll find books that I've written, the best resources on my site, and links to other tools to make sure you keep moving forward now that you've learned more about your destiny:

1. [The Balance Point](#): Master the Work-Life Balance, Love What You Do, and Become an Unstoppable Entrepreneur
2. [Volcanic Momentum](#): Get Things Done by Setting Destiny Goals, Mastering the Energy Code, and Never Losing Steam
3. [How to Get Super Powers](#): 101 Ways to Become Majestical
4. [Skip the 9-5](#): Eight Options When "i Hate Working" Is Your Life Mantra
5. [Rome Wasn't Built in a Day](#), Neither Did it Fall: the Easy Way to Guarantee Success
6. [Work Life Balance Solved](#): Stop Missing Out on Your Best
7. [My Personal List of the Must Read](#) Books.
8. [How to Amplify Your Personality](#) With the 16 Myers-Briggs Personalities

PS: One final note: Feel free to send this guide out to a friend, your network, or anyone you like. No need to ask for permission. :)

About the Author

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Jordan Ring might seem like an intergalactic task-ninja, but he's an authorpreneur at heart. As good as he is with words, his primary goal is to help people live a life of less talk and more action. When he isn't busy writing, blogging, or podcasting, Jordan is also a freelance copywriter, writing coach, consultant—and anything else he can do to keep the lights on and coffee comin'.

His hobbies include playing on Trello boards, watching Marvel movies, drinking iced coffee, and hanging out with his amazing wife, Miranda. You can see what all he's up to on his site at www.jmring.com.