



Octagon of Life Plan

Welcome to your new life of Irrefutable Success!

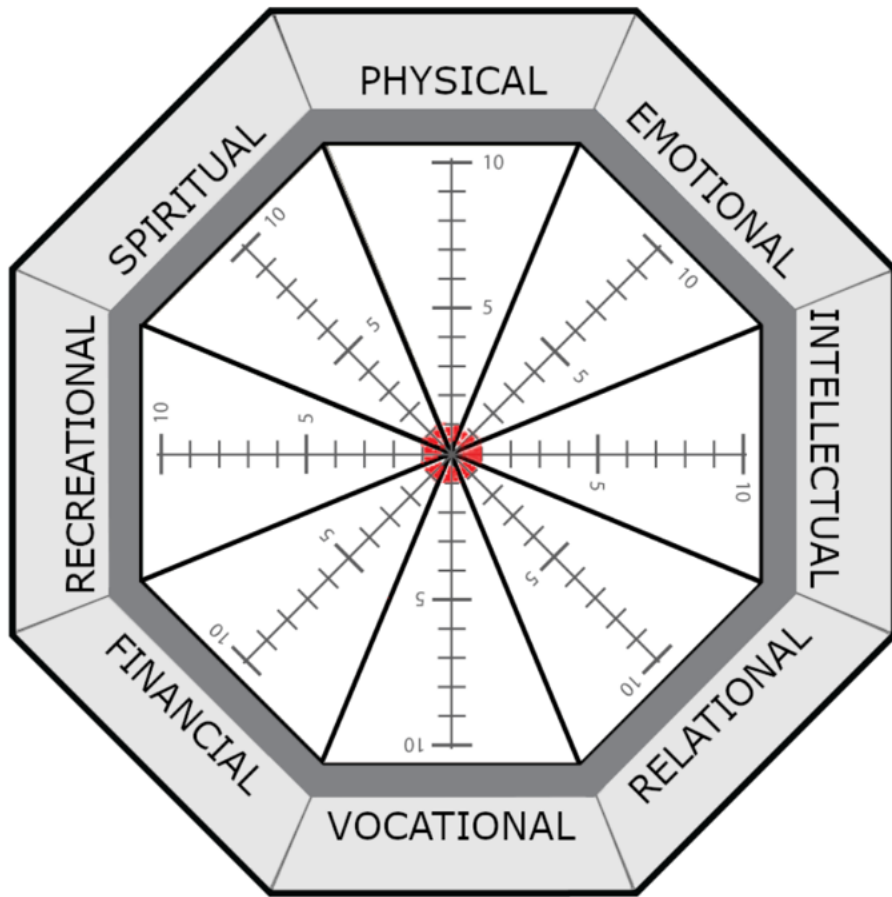
You are about to begin a process most people never consider. If this is your first time, don't worry, this step-by-step thought and work process is simple and will help you develop a plan for your life that can change everything. In fact, everything you see, feel, or do, started with a thought. Each step in the process will prompt you to think about your life, your goals, and how you will achieve your goals and live a life full of Irrefutable Success®. If this is not your first time creating a life plan, this plan just might draw you in to thinking and living differently than you have before. Either way, let's get started...

Your investment of this time is an investment in yourself. Not only is it an investment in yourself, but it is also an investment in others. You see, when your life is better, the life of everyone around you can be better. A better version of yourself allows for everyone around you to experience a better version of themselves. It's Win / Win... it is Irrefutable Success®! So, here we go. The first thing to consider is the eight areas of the Octagon of Life®.

Following is an outline for what you are about to do concerning each area...

- 1) Consider what you really want, and why you want it... then vividly describe it.*
- 2) Document where you currently are concerning that area.*
- 3) Consider the gap between what you want and where you are.*
- 4) Determine what you need to Keep – Start – Stop – and Prevent doing to move the needle and help you achieve what you really want in this area.*
- 5) Determine how you will measure and track your success going forward.*
- 6) Determine how you will be held accountable to doing what you need to do in order to achieve what you really want to achieve in this area.*
- 7) After completing Steps 1-6 for each of the eight areas, determine how you can “pay it forward” by helping someone else. (There's something in it for you if you do!)*

Octagon of Life



7 Steps for Each Area

1) Describe what it would be like to be living your life at the level of 10 in this Area. This doesn't mean perfect; it just means that it's at the highest level of satisfaction for now. How would living at that level be good for you? How could it be good for others? Be specific and vivid. Don't hold back. State what you really want in this area. Dream big!

2) What is your current reality in this area? Be specific and vivid. Don't hold back. Document how things really are in terms of the good, the bad, and the ugly. What are your feelings about your current reality in this area?

3) Describe the gap between your answers in 1 and 2. What is causing the gap? How much control do you have? How much influence do you have? Is there anything you need to adapt?

4) In order for things to move in a positive direction in this area, what do you need to Keep, Start, and Stop doing? What do you need to do now?

5) How will you measure and track your success in this area? We recommend rescoring at least every 90 days.

6) My Accountability Partner in this area is:

7) How will you "pay it forward" and help someone else experience irrefutable success in this area?

The Eight Areas

Physical Area

Your body is the only vehicle you have to move from place to place and perform certain actions necessary to sustain and progress in life. This can range from the base of having the ability to perform daily activities without issues to being a world-class athlete. Only you can define where you want to be on that spectrum. A 10 for you may be making it through the day without physical issues, or it could be consistently breaking world records in strength, endurance, etc. The generally accepted major areas of physical health include Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, and Body Fat %. While we have seen lists with as many as 12 areas of physical health, focusing on these five is always important. In this area, it's best to focus on proper physical exercise, proper nutrition, and proper rest.

Emotional Area

According to psychologist, Daniel Goleman (who literally wrote the book on Emotional Intelligence) concerning the emotional side of life, there are five areas to consider: 1) Self Awareness - the ability to recognize and understand your moods, emotions, and what drives you, as well as their effect on others, 2) Self-Regulation - the ability to control or redirect disruptive impulses and moods... the propensity to suspend judgment - to think before acting, 3) Motivation - a passion to work for reasons that go beyond money or status (which are external) ... an internally driven propensity to pursue goals with energy and persistence, 4) Social Awareness / Empathy - the ability to understand the emotional makeup of other people... skill in treating people according to their emotional reactions, and 5) Social Skills - proficiency in managing relationships and building networks... an ability to find common ground and build rapport. While in the past, IQ (Intelligence Quotient: a person's ability to use information and logic to answer questions or make predictions) was used as THE predictor of success, it has been discovered that within most fields of work, EQ (Emotional Quotient) is an even greater predictor of success in that field.

Intellectual Area

For this tool, intellectual is not a measurement of your IQ. The classic measure of IQ was derived from the score of a standardized intelligence test. IQ was calculated by dividing the scored mental age of the test taker by their chronological age and then multiplying that number by 100. Today, the individual score from most IQ tests is compared to average scores of other people in the same age group. This raises a lot of questions.... Who made the standardized test? Who is in the group from which the average is taken? However, the Intellectual area is critical in your Octagon of Life®. So, here's what we consider to be vital in this area... Critical Thinking (analyzing facts to form a judgment), Lifelong Learning (self-initiated education and knowledge acquisition), Formal Education, Creativity (which has been defined as the ability to generate, create, or discover new ideas, solutions, and possibilities).

Relational Area

By definition, relational refers to the way in which two or more people or things are connected. These connections can be strong or weak, healthy, or unhealthy. They can build up, or tear down. These connections can be near or distant. Here are some things to consider: Are the connections you have with other people healthy or weak? Do these connections build you and/or them up, or tear you and/or them down? Are your connections near or distant? In other words, do you let others into your world (within reason, of course), or do you keep other people at a distance? Do you allow certain people to get too close? Are most, or all, of your relationships healthy?

Vocational Area

When thinking about your vocation and especially when considering your satisfaction in this area, we want you to look beyond simply your occupation. While your occupation is certainly important, your vocation will be something that can and often will transcend the work you do to bring home a paycheck. Begin thinking about your vocation as something that drives you to action. You can think of it as a calling or think of it as your purpose. Either way, your vocation is that “thing” that you have a strong compulsion to complete or work toward during your time on earth. There are many people who have a sense of calling that aligns itself with their understood purpose such as teachers, pastors, nurses, and social workers. There are others who may not necessarily feel that their current occupation is aligned with their purpose per se, but they are capable to fulfil their purpose while still drawing a paycheck from their occupation. As with every other area of the Octagon, your satisfaction in this will be purely subject to you. What do you want? Do you feel fulfilled or satisfied in the direction of your life as it pertains to your purpose? Are you moving closer to or further away from fulfilling your purpose? For more information about discovering your purpose, please see our Discovering Your Purpose tool in Lesson 1 of Month 1 of Irrefutable Success University.

Financial Area

There is an undeniable truth, that is an inconvenience. The world runs on money. We’re not saying that money should be the most important thing in your life, but what we are saying is that money is probably the most powerful amoral agent in our world today. There can be incredible amounts of good or evil that can be committed or prevented purely by the readily available access to money. With this understanding, it is objectively better for you to be in control of your money rather than for you to be subservient to it. In this area of the Octagon, you will be looking specifically into what you want most from the financial side of your life. When considering what your 10 is in this area, think about where you want to be financially in three to five years. Your level of satisfaction will be purely subjective based on what you value and your readily available access to what you value. Your 10 is, and probably should be, different from mine, your best friend’s, your neighbor’s, or your coworker’s. However, regardless of how you define financial satisfaction, the one thing that will be common among everyone is the fact that money, if spent, is a resource that goes away. If invested, it can increase. In order to achieve or maintain financial satisfaction, you must work to either reach and /or keep that satisfaction.

Recreational Area

This is the area where we typically get the most pushback, and understandably so. However, this area of your Octagon is crucial, and we believe it's by design. You are made in such a way that requires rest. We're not necessarily talking about rest in physical sense, though there can certainly be some overlap with that area of your Octagon. We are talking about giving your entire self an occasional rest. While your physical, vocational, emotional etc. self is producing value, and while every other area of your Octagon can't really be "turned off", we are suggesting that to perform at a high level of efficiency in those areas, you will need the recreational area of your Octagon to be in a healthy place. Your recreational side is that place where you are able to just do what you want. It's your scheduled playtime. Whether that's a vacation where you travel to another country, a beach trip with your family, a hike in the woods with a loved one, a game night with some friends, working on your hobby, sitting and reading your favorite genre of book, or just binge-watching a series on your preferred streaming service, your ability to disconnect from the day-to-day activities will actually increase your productivity in the other areas of your Octagon of Life. While there is an obvious danger to indulging too much in this area, we invite you to consider what you want from this side of your life. What would a 10 in satisfaction look like for you? What do you need to disconnect from and enjoy something comparatively lighthearted? Some people push back and say, "I don't have time to be recreational." To which we reply, "If you want to reach a higher level of effectiveness in your other seven areas, you don't have time to not be." This is the fun part, so make it fun!

Spiritual Area

We recognize that this area is very personal and can be very private. We also recognize that there will be a plethora of different approaches to this topic. In this area we are asking you this simple question. If you believe that there is more to this world, and more importantly, more to your life than what can be currently seen in the physical world, do you believe that your life is aligning itself to that belief and all implications that come along with it? Are you satisfied in the direction that you are going in the spiritual side of your life? Do you feel that something is off balance or is missing? What is it that you want most from this area of your Octagon?