



TWELVE-WEEK BATTLE PLAN

VISION:

When you think about the man you want to become, how do you envision he shows up in his relationships, business, community, and every other facet of his life? Be as detailed, specific, and relevant as you can because every other step ties into this first step:

OBJECTIVES:

Over the next twelve weeks, what *specifically* do you want to accomplish in each of the 4 quadrants: Calibration (mental, spiritual, and emotional well-being), Connection (relationships), Condition (physical health), Calibration (becoming a man of value)

CALIBRATION -

CONNECTION -

CONDITION -

CONTRIBUTION -

TACTICS:

What 1-2 measurable tactics will you complete on a *daily* basis to work towards your twelve-week objectives that tie into your overall vision of your life?

CALIBRATION -

CONNECTION -

CONDITION -

CONTRIBUTION -



CHECKPOINTS:

Having checkpoints along the way will ensure you can adjust course as needed to maintain your progress towards your objectives. In the space below, write your 30 and 60-day checkpoints for each of the 4 quadrants:

CALIBRATION 30-DAY CHECKPOINT

CALIBRATION 60-DAY CHECKPOINT

CONNECTION 30-DAY CHECKPOINT

CONNECTION 60-DAY CHECKPOINT

CONDITION 30-DAY CHECKPOINT

CONDITION 60-DAY CHECKPOINT

CONTRIBUTION 30-DAY CHECKPOINT

CONTRIBUTION 60-DAY CHECKPOINT
