

Launch 2018



Make 2018 Your Most
Productive

January 10, 2018 Annual Planning & Strategizing Meeting

Welcome to Launch 2018



You are here! What an amazing place and time to be!

The start of a new year and a fresh beginning. A chance to decide who, where, what, how you want to be. To reflect at on the time that has been and envision what is to come. January is truly a gift.

I am so thankful for the opportunity to create this experience with you, to be a guide on your journey, and to help you see and create possibilities.

This morning is about you thinking BIG about the life and business you desire. Then creating a plan to make it happen. Remove the clutter and the noise and find the clear path forward. You can do this.

Today is your launch pad. The foundation, not to build on brick by brick but to rocket you into the new year. You will identify your vision that will fuel your launch and what is worth doing anything to achieve.

But all of this is not enough unless you have a plan to keep going. You don't want to take off just to burn out in the atmosphere. You need a plan to take you all the way to the moon and beyond.

You need systems that are repeatable to conserve energy and create consistent results to sustain you for the long haul.

Your life amongst the stars is waiting.

Let's get started!

Nettie

Program and Helpful Information

Schedule

8:00-8:30 am	Registration and welcome
8:30-10:00 am	Reflection, Vision & Creation
10:00-10:15 am	Break
10:15-11:55 am	Your Plan, Productivity & Tools
11:55-12:00 pm	Closing
12:15-12:30 pm	Networking
12:30-2:00 pm	VIP Lunch for Accountability Group Members

Refreshments

Please free to bring and enjoy your favorite beverage. Water and sparkling water are provided.

Lunch

Lunch is provided at 12:30pm for current and new Sappari Accountability Group members catered by Laurrapin Grill. Look for these members, marked on their name badges, and be sure to ask about their experience in the program.

Restrooms

Through the main lobby an on the right hand side.

Cell Phones

As a courtesy to yourself and others, please silence your digital devices. You will be more fully present and will gain more from your experience.

Recording

A recording will be provided to you of today's session. You may share photos of your experience and Tweets or Facebook postings with the hashtag #Sappari.

Introduction

30 seconds to share:

- Your Name
- What you do? (Your work or your mission)
- How you feel about being here today

Intention

What will you receive today? What needs to happen in order that today be a success for you?

Reflection

What did you accomplish? What did you do? What worked?	How did you do it?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

What did you learn?

What are your activities?

Activity 1:

What is the value ?

Activity 2:

What is the value ?

Activity 3:

What is the value ?

Activity 4:

What is the value ?

Activity 5:

What is the value ?

Activity 6:

What is the value ?

Activity 7:

What is the value ?

Activity 8:

What is the value ?

Activity 9:

What is the value ?

Activity 10:

What is the value ?

Your Metaphor

Draw, write, share how you see yourself/your role in completing your BIG goals.

Where do you see yourself?

September 30, 2018

June 30, 2018

March 30, 2018

What will you do this month?

Focus Area	Steps to take
1	
2	
3	
4	

Productivity & How it Works

Sign up for the Productivity Blog <http://www.sappariconsulting.com/blog>

Deep Work

Busy vs. Productive

When will you 'block time' to focus deeply on thinking activities. How will you protect this time?

Morning Routines

Your key to a successful day!

What activities will you complete every morning to set yourself up for success?

Systems

Think of systems as automation.

What can you put on 'auto-pilot'? What can you document so that you do not 'reinvent the wheel' every time you complete an activity?

Auto-pilot	Document

Organization

Think of organization as decision-making.

There are three steps to organization:

1. Group items together
2. Let go of the excess
3. Assign a home to what remains

Where could you use organization to streamline your life and work?

Productive Rest

Recharge your brain.

Your prefrontal cortex, specifically your executive functions, control your ability to pull all the pieces together including organization, working memory, decision making, goal setting and inhibition.

This part of the brain requires the most energy to function and is most susceptible to environmental and developmental impacts.

Your primal brain, the part that controls when you are hungry, tired, fight or flight requires the least energy to function and will work when other areas do not.

What's this mean?

- 1 – Your thinking/planning brain is the first to go offline.
- 2 – When it does, your primal brain will kick in to “protect” you.

Imagine your executive functions have a little man or woman sitting in your pre-frontal cortex, directing your brain. We'll call her The Conductor.

To keep her conducting you need to focus on 4 specific areas:

Sleep 8 hours every night

Water 8 glasses or 64 oz a day

Food A diet high in fresh fruits and vegetables with minimal dairy, meat, oil and salt

Exercise 30 minutes daily or more when you are stressed or feeling in-attentive

When you are busy, stressed, tired, overwhelmed, pushing deadlines, hungry, thirsty, fatigued or just not functioning at your best; your brain needs a break!

What can you do to refresh your brain, gain focus and put your Conductor back in charge?

- Drink water
- Go for a brisk walk
- Stand up and stretch
- Take three deep breaths, raising your hands over your head as you do
- Go outside
- Talk to a friend/co-worker
- View an image of nature or anything green
- Eat an apple
- Laugh
- Meditate
- Gratitude Rampage
-
-
-

What will you do TODAY?

Daily Action & Visioning Worksheet

Success looks like (smells, tastes, feels like...)

30 Day Focus Areas

Focus 1:

What do I need to do today to ensure this happens?

Focus 2:

What do I need to do today to ensure this happens?

Focus 3:

What do I need to do today to ensure this happens?

Focus 4:

What do I need to do today to ensure this happens?

What will keep you from success?

Teacher	Lesson

Panel Discussion, Ah-Ha's and Take Aways to Remember

What is your new "normal"?

Sappari Strategic Partners

Helping Business Owners Get More Done



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Helping Entrepreneurs Heal

Join the 5-Day Master Manifestor Challenge

January 22-26, 2018 10am EST Daily

<http://victoriawhitfield.com/master-manifestor-5-day-challenge/>



Amber Dugger

Website: <http://amberdugger.com/>

Join Sweet Life, Purposeful Money

Empower, Motivate, Inspire

<https://www.facebook.com/groups/sweetlifepurposefulmoney/>

Budget Alchemy Challenge Coming Soon!

Notes: