

Dare to Love **ACADEMY**

EXCLUSIVE
TRAINING

CREATE YOUR UNIQUE GAMEPLAN FOR SUCCESS

TRANSFORM YOUR LIFE, YOUR FUTURE & YOUR IMPACT &
GET IN FULL ALIGNMENT WITH YOUR UNIQUE BLUEPRINT

PACHIMCLEOD.COM

MAKE YOUR GOALS INEVITABLE

"I get excited when I finish my goal process, because in my head, that goal is achieved. There's absolutely no doubt in my mind, that it won't happen.

It's just the semantics of going through the process, being flexible and knocking down obstacles!

TODD HERMAN
THE 90 DAY YEAR

WORK YOUR GAME PLAN

THE FIRST STEP TO TURNING THE INVISIBLE INTO VISIBLE

You've made it!!!! Welcome to your last module, my dear friend.

I am so excited to be right here with you. I know that if you've fully invested yourself to allow God to work in your heart, your dreams, your life and everything else... You're are beginning to see some incredible transformation.

This week is ALL about wrapping things up, by creating the plan you choose to follow for the next year. **At the beginning of the program I asked you, where do you see yourself a year from now?**

And throughout the program we began to work through the blocks, the fears and the lack of clarity that was keeping stuck... NOW is the time to create a plan to continue to make things happen!

REMEMBER TO START EACH WEEK WITH THE FOLLOWING:

1. **Overview of this week's module** (to determine how much time you'll need to invest in completing the exercises)
2. **Establish a plan for each week** (set specific time to complete the module), at the beginning of each week.
3. **Track and celebrate your progress.** For example; your calendar, schedule, and plans must be aligned with your priorities for the week. And your priority for the next week must be aligned with your priorities for the month, the year and so forth.
4. **Join the conversation and post your progress on the private Facebook group**, so we can ALL celebrate with you!
5. **Let me (and my team) know if you need anything!**

Set your priorities for the week and be laser focused! I am so proud of you. You've got this.

RADICAL FOCUS OF THE WEEK

STARTING EACH WEEK WITH THE RIGHT FOCUS

WHAT'S YOUR TOP PRIORITY FOR THIS WEEK?	
FUN ACTIVITY FOR THE WEEK	
SET TIME TO WORK ON D2L	

MAIN INTENTION FOR THE DAY

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

WEEK #7 CHALLENGE!

AS MUCH FUN AS YOU CAN HANDLE

1. Plan one fun activity to celebrate yourself! This can be done by yourself or with your family.

IMPORTANT: Remember, celebrating your success, fuels you to go for more! No matter how much or how little transformation, celebrate it and more will come.

RECOMMENDATIONS:

1. Choose the place early in the week, so that you can have enough time for planning and preparing.
2. If you'd like to invite others to join you, make sure that you give them enough notice to prepare.
3. Listen to your needs... What do you need? Time by yourself, a mini pedi or mani? A massage? A day at a local attraction? A 2-hour nap?
4. Let us celebrate you! Post your pic in the Facebook group!

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**SETTING GOALS
IS THE FIRST
STEP IN TURNING
THE INVISIBLE
INTO THE VISIBLE**

TONY ROBBINS

”

GOD USE ME: PAINT YOUR BLUE OCEAN

CREATING YOUR PLAN SHORT, MEDIUM AND LONG TERM

The purpose of this module is to help you bring it all together, as you commit to creating the life, the relationships and the kind of impact you truly desire to make, while you're in this planet Earth.

I am a big proponent of breaking things down into 90-day, 1 year and 3 year goals, instead of thinking about where you'll be 10 years from now. Here's why, life changes so much, so fast, that there's no way I could have known where I'd be today, 10 years ago. On the other hand, it was easier for me to move in 3 year intervals.

A big component of this program is helping you gain clarity on how to make massive impact in the world, as you share your gifts and talents with those you're meant to serve. So keep that in mind, as you move through this module.

The late Steve Jobs loved to say: "You should be so close to your customers (or those you're meant to serve) that you could tell them what they need long before they realize themselves".

- ✓ You have gifts!
- ✓ You're passionate about certain things.
- ✓ You've got what others need. You're the answer to other people's prayers.

I wanted you to see the BIG PICTURE and then bring you right here, the place where you realize that you've already been given what you need (the gifts, desires, passion) to make your unique contribution and impact in the world, to live out your ultimate calling (which includes your desires).

Here's the secret: the joy and happiness you desire can only be found in partnering with God and in living out your unique purpose to your fullness!

This doesn't mean that you're always giving. It means that you're not trying to be who others want you to be, but that you're always actually stepping into who you were created to be, every single day.

This encompasses every area of your life.

ANSWERING THE BASIC QUESTIONS

5 QUESTIONS THAT COULD CHANGE YOUR LIFE

Based on the goals you've set out to accomplish and where you desired to be in the next 12 months... answer the following questions

(These questions are based on my mentor's Todd Herman's Feedback Loop Framework for [The 90 Day Year Program](#))

1) What should I stop doing?

2) What should I do less?

3) What should I continue doing?

4) What do you need to shift around (start doing)?

5) What should I do more?

A YEAR FROM NOW

SEE IT BEFORE IT MANIFEST RIGHT BEFORE YOUR EYES

I truly want you to get crystal clear on what you desire to invest and commit yourself to for the next 12 months. So, imagine if you got a chance to speak with your future self (your future self from 12 months from today).

What would she/he say?

What advices would she/he give you?

What encouragement would she/he share with you?

How does she/he looks like?

What is she/he doing?

Think about all the details and truly immerse yourself in this experience. Now, from that point... do the following exercise.

ACTION STEP:

Write a letter to yourself, as your future self would talk to you today, to help you embark on this journey. You can see things about yourself, that others cannot see. Speak directly to those fears, doubts and blocks that you're facing today, but that you will have overcome 12 months from now.

UNCOVERING YOUR SWEET POT

THE BEST WAY FOR YOU TO GET THINGS DONE

Now that you've reviewed your own goals and desires, that you wrote down in module 1. You've also kick your own butt; through the letter you just wrote to yourself... It's time to put things down in paper, so that you can create a Game Plan that will work for you.

Here's what I recommend:

- 1) Choose one area to focus (1 at a time) and complete this exercise, for each area you'd like to work on or transform
- 2) Set a clear goal for where you'd like to be a year from now, in that area
- 3) Now breakdown the goal into 90 day milestones
- 4) Narrow down your focus to 30-day intervals, to create more momentum within these areas

Ok. Now let me break it down for you!

Example:

Step #1) Area of Focus: Physical/Health

Step #2) My goal (what and your why): I will lose 30 pounds and increase my body flexibility, so I can get down to my pre-pregnancy weight and have my rocking-body back, within the next 12 months.

Step #3) 90-Day Milestones (how):

1st 90-day cycle:

I'll hire _____ as my health coach and participate in his/her 90day coaching program

2nd 90-day cycle:

Here you'll evaluate your progress from previous cycle and determine what your next steps will be

3rd 90-day cycle:

Here you'll evaluate your progress from previous cycle and determine what your next steps will be

4th 90-day cycle:

Here you'll evaluate your progress from previous cycle and determine what your next steps will be

Step #4) 30-Day Milestones (rubber meets the road/logistics):

MONTH	GOAL OR FOCUS	STRATEGY
Example: Month 1	I will start "The 90 day Life Revolution" with the goal of losing my first 10 pounds	<i>Here you'll write your strategies to follow for the next 30 days. (Like, what you'll eat and how many times you'll workout each week)</i>

A YEAR OF MASSIVE SHIFTS AND MIRACLES

ALLOW GOD TO TAKE YOU ON THIS JOURNEY OF TURNING YOUR DREAMS INTO REALITY

YOUR MAIN GOAL IN THE AREA OF _____ FOR THE NEXT 12 MONTHS	
WRITE OUT WHAT YOU DESIRE TO COMMIT TO FOR EACH 90 DAY MILESTONE AND MONTHLY INTERVAL	
1 st 90 DAY MILESTONE	Month 1:
	Month 2:
	Month 3:
2 nd 90 DAY MILESTONE	Month 4:
	Month 5:
	Month 6:
3 rd 90 DAY MILESTONE	Month 7:
	Month 8:
	Month 9:
4 th 90 DAY MILESTONE	Month 10:
	Month 11:
	Month 12:

Notes:

A YEAR OF MASSIVE SHIFTS AND MIRACLES

ALLOW GOD TO TAKE YOU ON THIS JOURNEY OF TURNING YOUR DREAMS INTO REALITY

Your year of miracles is ALL about partnering with God and following His guidance for you, so that you can be where you're meant to be.

To close here, I want you to follow the 7 steps we've been talking about, for each one of your goals.

I've included the 7 steps, below.

7 STEPS TO GETTING YOUR BREAKTHROUGH

1. Gain clarity about your true goals and desires
2. Identify your obstacles and your limiting beliefs
3. SURRENDER
4. Ask for divine guidance
5. Shift your mindset (new beliefs) Believe it until you become it! (choose faith over fear)
6. Take consistent inspired action
7. Make time for gratitude (a thankful heart makes way for miracles)

You're so on your way, my love! Remember that God is more interested that you, on you living out your best life and fully stepping into your greatness.

Don't try to do it on your own. Trust HIM and follow the guidance. You're not alone! I love you! Remember, I am just a click away. Come see me at www.pachimcleod.com or on Facebook at www.facebook.com/groups/pachimcleod

Notes:

