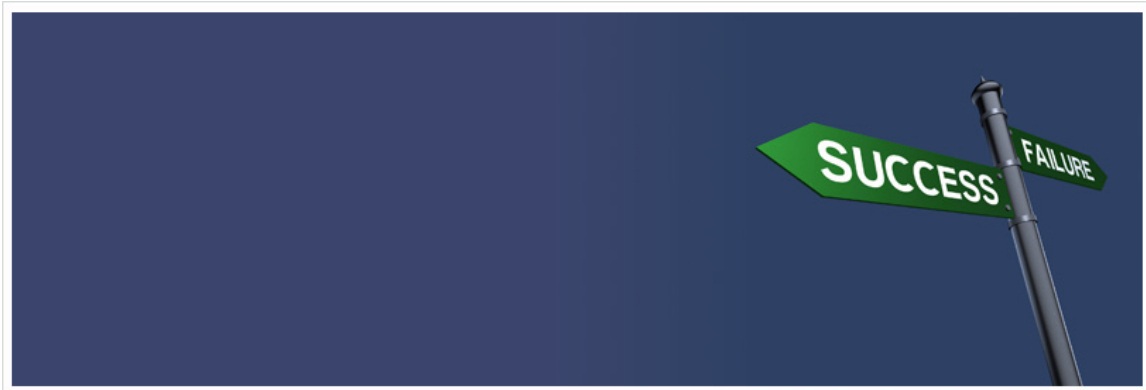


## WEEK 3. CREATING A PLAN FOR YOUR FINAL YEAR



Now I'm going to teach you some seriously powerful technology that I learned in the Men's Division. It's called CPR, and that stands for Context, Purpose, Results.

We use CPRs all the time on the men's teams and in real life. My wife and I write a CPR for each of ourselves every year (since 2003,) and we've done CPR work with groups and friends (both men and women) along the way too. It's awesomely powerful, and here's how it works:

Let's say, for example, you want to make a plan for The Final Year Of Your Life, so that you are sure to get the most out of the experience. The first thing you need to do is write down a list of the results you want to get. There are two kinds of results: Concrete, and Ethereal.

Concrete results are very precise, measurable, black and white. You know if you got the concrete result because it is very specific. Examples of concrete results are:

- I lost 25 lbs.
- I visited Paris for 1 week and Madrid for 10 days.
- I took a 3-week vacation at a tropical resort with my spouse.
- I bought myself a new hybrid vehicle.
- I wrote the first draft of my mystery novel.
- I went fishing once a month with my kids.

- I took a 45 minute walk every day.
- I ate three meals each day.
- I did completed the entire Last Year Of Your Life Program, including all the Exercises and Action Items.
- I participated in a real Native American sweat lodge.
- I set up a life insurance policy for my wife and boys.
- I saw one more great concert.

Results are always stated in the PAST TENSE, and you'll see why later.

With the Concrete Results you either got `em or you didn't, and you'll be able to check off the ones you got very easily.

Ethereal Results are more conceptual, not so easy to inspect, and harder to attain. Examples of Ethereal Results are:

- I developed a closer relationship with God.
- I did everything possible to improve my marriage.
- I was a loving, kind and supportive father.
- I developed a circle of trusting friends and mentors.
- I created a fulfilling, equal, honest, and elevating relationship with the future mother of my child.
- I mastered my job.
- I was a great example for my children.
- I created peace in my life.
- I helped my boys become the men they want to be.
- I took time whenever I could to smell the roses.

As you can see, there are some really amazing Ethereal Results you can set for yourself, but they are a lot harder to check off as "Accomplished."

I suggest creating a good mix of Concrete and Ethereal results for yourself. The more you have, the more you will accomplish during this Last Year Of Your Life.

You will be absolutely amazed at how your subconscious mind will go about accomplishing results for you without your even having to think about it.

On one of my annual CPR's I wrote "Achieved page 1 Google rank for 3 search terms" and got it! I didn't even say to myself, "Okay, this week I'm going to get those page 1 Google rankings." It just naturally happened as a course of normal business activities, and at the end of the year when I was reviewing my results I was surprised by that one.

If you write down enough Concrete Results, you will be amazed at what you accomplish too!

You can add to or delete results from your list as you progress through the year – it's The Last Year Of Your Life, after all.

REALISTIC vs. PIE IN THE SKY:

There is something to be said about shooting for the moon. One man on my team wrote the result "I viewed the Earth from Outer Space."

On the other hand, there's a lot to be said about knowing your own limitations and setting goals for yourself that you can actually achieve.

I like to accomplish what I set out to do. It feels a lot more satisfying than setting myself up for failure. What I like to do is write a list of results that seem just a little bit beyond my reach. Results which will definitely make me stretch and grow, but ones I can actually get, here on this planet, in this lifetime.

Okay, let's get right into the ACTION ITEM. Write down at least 10 Concrete Results and 10 Ethereal Results for yourself to achieve during this Last Year Of Your Life: (Imagine yourself in 11 ½ months having already accomplished these results over the course of this year.)

CONCRETE RESULTS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

ETHEREAL RESULTS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Good Job! Especially if you wrote more than 10 Concrete Results!

Now let's move on to CONTEXT. The Context is like a t-shirt that you wear which silently announces what you're all about to everyone you encounter – without your ever having to say a word.

The Context is also what will get you out of bed in the morning.

Now in our situation during this program, you and I have already agreed on The Context: "The Last Year of My Life" – therefore, I don't think we need to spend any more time on the concept of Context here and now. But if you want more information about this aspect of CPR technology, so you can use it in the rest of your every-day life, it's available for free at [www.TheLastYearOfYourLife.com/Context.html](http://www.TheLastYearOfYourLife.com/Context.html)

Lastly, let's examine the P in CPR, "Purpose". What is the purpose of your CPR for The Last Year Of Your Life? When you look back over the whole of the year, what do you want to be able to say about it? Here are some examples from The Men.

"To finally break free of limiting beliefs and live with a sense of personal joy and freedom."

"To become the man I have always wanted to be, self reliant, rich, kind, generous, understanding, beloved by myself & my loved ones."

"To live a full life, surrounded by love, so that I can fully embrace my death knowing that I have been pushed and constantly seeking to improve myself and grow."

"To live and enjoy life to the fullest capacity at all times so that I can give love and be in love every moment."

"To awaken the deepest gratitude for the life I've lived, so that those around me connect with the joy of each moment, and profoundly understand the perfection of both life and death."

"To live with love and service for myself and all people I meet."

"To create passion by sharing, loving and giving, for myself and all whom I contact."

**ACTION ITEM: What is the purpose of The Last Year Of Your Life?**

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Okay, you are almost done with this section, and all you have left is to consolidate and refine your CPR on the following page. This will be your plan for the Last Year Of Your Life. Do your best! And when you're done, sign your name on the bottom line.

Turn the page and get to it!

CONTEXT: *The Last Year Of My Life*

PURPOSE: \_\_\_\_\_  
\_\_\_\_\_

RESULTS: It is December 31, 2010, and I...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

\_\_\_\_\_