



*A special gift for you from Team Tripura
Multinational and Global Coaching Lab!*

Preparing for 2019 is as easy as

A

B

C

ASPIRATION



Aspiration is all about challenging yourself.

What will I grow 3x and 10x in 2019?

It is all about building a multiplier mindset.
Allow me to share a few ideas around how you
could become a Multiplier:



1. MANAGE YOUR ENERGY, NOT YOUR TIME

Are you doing your proactive and important tasks, when you are at your intellectual best?

If not, this is the time for you to become selfish with your calendar. Block those periods when you are at your best.



■ Spend one portion of those best periods with yourself - reflecting, planning and preparing.

■ Spend the balance of those best hours with your team - ideating, challenging and executing.



By now, you would have realized that you have only 20% left - it is best to run with a 80% full calendar, so that you have the time and space to react to the urgent.

SOS!

If you set aside some time for reflection, you would have noticed that only 20% of your activities get you 80% of your results. Identify these activities and focus on these.

2.

INVEST IN 80/20 ACTIVITIES

Block out another 20% to spend time with people better than you.

Block out another 20% for learning - without consciously learning every week, you run the risk of becoming irrelevant.

Set aside another 20% of your time to satisfy your Multiplier mindset.



Another powerful 80/20 activity is to create an Emotional Bank Account with someone every day - make someone great every day, and the universe will conspire to make you greater. No time guarantees, but it will happen :-)



3.

INVEST IN VISUALIZATION

There is a saying:

*"Success is created twice - once in the head,
and the second in reality".*

If you want 2019 to be a multiplier of 2018,
visualize powerfully on how you would feel, as
if you have actually achieved that goal. Become
one with that feeling, and let that power be
your motivator for your achievement.

Breakthroughs are "break-with"s - therefore,
think about what you would stop doing for you
to achieve more.

Let your visualization become your North Star
to power you to become who you could be.



Balance is all about getting the two pivots of balance right in our lives - the pivot between physical and spiritual balance and the pivot between mental and emotional balance. The first pivot is intrapersonal, while the second is interpersonal.

1. PIVOT BETWEEN THE PHYSICAL AND SPIRITUAL BALANCE



These two are intertwined - in fact, we have learnt that it is best to meditate first thing in the morning and then engage in balanced exercises that stress the 5 components of fitness - *strength, endurance, flexibility, balance and breath*. The rest of the day can then unfold.



fully charged!



Think about meditation and exercise as two oxygen tanks that you will fill up in the morning, akin to the mobile phones we charge through the night. Those oxygen tanks, once filled properly will stay with you right through the day and into late evening, when you could spend meaningful time with family and loved ones. Without those oxygen tanks, your day rapidly deteriorates into presenteeism and neglect.

2. PIVOT BETWEEN THE MENTAL AND EMOTIONAL BALANCE



This is the dance between IQ and EQ and it is played out in the minds of the people we interact with. They assess our intent and where we lead from. As leaders, you would certainly be aware that EQ trumps IQ. It is all about connecting with humility, speaking with authenticity and building synchronicity in how we communicate. Those who get this balance right are rewarded with rich, meaningful relationships and a network that works for them.

CONTENTMENT

Contentment is all about looking back at 2018 with gratitude and acknowledging all the people who have made a difference. It is also about reflecting on the year past and capturing all your learnings.



Specific questions you may want to ask yourself maybe:

- What can I not afford to forget in 2018?
- What was my biggest mistake and what is my learning from this mistake?
- Who are the 3 - 5 people whom I have learnt to respect in 2018?
- How have I exercised my right brain in 2018?
- Who have been my force multipliers in 2018?