Making and Keeping annual goals

Ah, the dreaded new year’s resolutions.

Annual goals seem to go astray as the months of summer drag on.

Listen in as the gruesome twosome get everyone’s fires lit for ending the year with task, purpose and motivation.

If you have ideas for future episodes please send them to steve at philofaxy dot com

Show Notes (timings approximate)
00:00 - Introductions
01:15 - Do you get concerned about completing your goals
02:15 - The 80:20 rule
03:15 - Tim Ferriss “The 4-Hour Workweek"
04:15 - Goal Setting
05:00 - Master task list
07:00 - Working through an example project
10:30 - Track your progress
11:00 - Weekly Mini Goals
13:00 - Tackle some of your tasks
13:15 - Using an annual planner
14:00 - Setting Main and Sub Goals
16:00 - Colour coding your annual planner
18:00 - Breaking it down to Monthly, Weekly, Daily
20:00 - There is no end to the year, it is a rolling 12 months
21:00 - December!
23:00 - Allow for 'slack time' in your planning
24:30 - 'Firefighting'
26:00 - Put your main goal at the top of the page
28:00 - Routines
29:00 - To Do Tasks for this week