

## 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