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Year Study Guide

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## **12 Week Year Study Guide**

Update your thinking and avoid complacency with the 12 week year. Are you ready to change your life? This hands-on template for implementing advice

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from the game-changing book *The 12 Week Year* is a study guide that makes it easy for anyone to apply the 12 week year to their own lives. Instead of getting bogged down in annualized thinking that produces pitfalls and saps productivity, follow along with this guide to redefine your “year” to be just 12 weeks long.

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## **The 12 Week Year Field Guide: Get More Done In 12 Weeks ...**

How Do I Get Started?

1. Achieve! Worksheet via Achieve As the first step in the 12 WY system, identifying your goals requires you to focus on... 2. Focus Planning Tool via X-Stand This template helps you accomplish your high-value goals. It looks complicated at... 3. Weekly Plan

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Vision via Tara ...

## **12-Week Year Templates: 7 Free PDFs to Plan Your Quarter**

The 12 Week Year product line has everything you need to solve your most challenging performance problems. Start getting more done in 12 weeks than others do in 12 months. No matter how busy you are, or how

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many times you may have failed in the past... This new approach is easy to learn, easy to implement, and easy to maintain.

## **The 12 Week Year**

I identified the following tactics:  
Weekly weigh in (Monday)  
Calorie intake diary (Daily)  
Water intake diary (Daily)  
Exercise on Tuesday, Thursday and

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Sunday

## **The 12 Week Year case study: Achieve Your Greatest Goals**

When all you have is 12 weeks, a week is just too much! So, do that: break down your ten-year goal into a more specific three-year objective. And split that up even further into a set of manageable 12-week chunks! Now, you can commit and focus to a



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plan which is neither short-sighted nor leaves you too much room for excuses and apologies.

## **The 12 Week Year PDF Summary - Brian P. Moran | 12min Blog**

Step 2: 12-Week Objectives • Write 1-5 goals for different areas of your life that you want to achieve over the next 12 weeks

- SMART: Simple,

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Measureable,  
Attainable, Realistic,  
Timely • Break goals  
out into different areas  
of your life - ONLINE  
BUSINESS: "Launch 1  
new product on  
Amazon and by April  
1st 2016"

## **12 Week Year Planning System - Amazon S3**

The 12 Week Year is a  
how-to book for both  
individuals and  
organizations that

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would like to accomplish more in the next 12 weeks than others will in the next 12 months. Join the thousands who are already experiencing the benefits of the 12 Week Year. Get this book and turn the idea of a year on its head, and speed your journey to success.

**The 12 Week Year:  
Get More Done in 12  
Weeks than Others**

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## **Do ...**

Perfect timing! Well then it is New Year... I have a note book in Evernote that I use every day. One of the notes is a 90 day (12 week) breakdown of action and metrics that keep me on track for reaching my goals. I like the "Performance Blocks" you mentioned in your notes. I don't have enough Breakout Blocks in my personal schedule.

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**"The 12 Week Year"  
- an awesome book!  
(here are my notes**

...

12WY Overview

Template To download this spreadsheet, go to the 'File' menu, and select 'Download As' (or "make a copy").

12 Week Year Plan: 4th January - 3rd April WK 1,WK 2,WK 3,WK 4,WK 5,WK 6,WK 7,WK 8,WK 9,WK 10,WK 11,WK 12,overflow 4 - 10

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Jan,11 - 17 Jan,18 - 24  
Jan,25 - 31 Jan,1 - 7  
Feb,8 -...

## **12 Week Year Planning Sheet - Google Sheets**

To create your best results you will need to track your 12 Week Year results daily, weekly, and monthly! To make The 12 Week Yearwork for you, you will need to measure both lead and lag indicators, Lag

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indicators are the end results, while lead indicators are the activities that produce the lag results.

## **the weekly routine - The 12 Week Year**

The 12 Week year Study Guide includes extremely useful exercises that will show you numerous new ways of becoming a successful person. The guide also includes templates and the

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'Game Plan' paper system that was developed by the experts and agents with decades of experience in this field. How Does It Work?

## **12 Week Year Study Guide Review | Goal AchievementHub.com**

15 years into the future. Be bold, be courageous; create a life vision that inspires you and fulfills your



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purpose. There are no right or wrong answers. This is the life you deeply desire. 3 YEAR VISION The Second step is to bring your vision more near term and craft your three-year vision Your three-year vision represents a stake in the ground ...

**Vision - achieve.12weekyear.com**

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**The 12 Week Year Study Guide -  
Joomlaxe.com**

This hands-on template

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for implementing  
advice from the game-  
changing book The 12  
Week Year is a study  
guide that makes it  
easy for anyone to  
apply the 12 week year  
to their own lives.

## **The 12 Week Year Field Guide [Book] - O'Reilly Media**

The 12 Week Year™  
1798 Holloway Dr. Ste.  
B Holt, MI 48842  
Phone: (517) 699-3570  
Fax: (517) 699-3588

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Email:

info@12weekyear.com

## **Log Into The 12 Week Year - The 12 Week Year**

This hands-on template for implementing advice from the game-changing book *The 12 Week Year* is a study guide that makes it easy for anyone to apply the 12 week year to their own lives. Instead of getting bogged down in

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annualized thinking that produces pitfalls and saps productivity, follow. The average follow-up was 2.8 years.

## **12 Week Year Study Guide Pdf - [blogstrategic.com](http://blogstrategic.com)**

The authors of The 12 Week Year encourage readers to write two visions: aspirational and three-year. Your aspirational vision describes how you

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want to live your life and what you ultimately want to achieve. This could include achieving financial independence, starting a healthy family, or living to the age of 125.

## **7 Key Takeaways From The 12 Week Year by Moran and Lennington**

The 12 Week Year: Get More Done in 12

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Weeks Than Others Do  
in 12 Months (12WY)  
by Brian P. Moran is a  
great book that  
teaches a simple  
system to help you  
take massive action on  
your goals in a short  
period of time. Once  
you get the hang of it,  
12WY allows you to  
increase your current  
results with less time  
and less stress.

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