

# Implementation Quotient Grower

## Quarterly

Do this every three months. What you value may not change, but priorities and goals for the quarter will.

### What do I value most & what is most meaningful to me? 1

List in order of priority the things you value most and are most meaningful to you.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

### BHAG (“Big Hairy Audacious Goal” - from Jim Collins) 2

List your six most important goals for 10-25 years from now.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

### What are my goals for this quarter that will move me in the direction on my BHAG? 3

When you are finished, pick the most important of the six goals to focus on for the quarter and circle it.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

# Daily

Do this before leaving the office or before going to bed.

## What is my Attitude of Gratitude?

1

List three things you are grateful for today and three things you are excited about for tomorrow.

Today

Tomorrow

## What activities will drive my quarterly goals/priorities?

2

List your number one thing to accomplish for tomorrow, then list the six most important things to accomplish tomorrow in priority order.

Vital Goal

How Good  
1-10

How Excited  
1-10

Six Most Important Goals

How Good  
1-10

How Excited  
1-10



**CARSON**  
COACHING

Carson Group  
13321 California Street  
#100  
Omaha, Nebraska 68154

carsongroup.com  
800.514.9116  
coaching@carsongroup.com