



When was the last time
you surprised yourself?

Insights for Personal Achievement 👉



12-Week Cycle

*"Whether you think you can,
or you think you can't – you're right"
- Henry Ford*

Shift from an annual mindset to a 12-week one. One cycle might not take you from zero-to-hero but it is enough to create a snowball-effect.



Strategic Goal Setting:

Embrace small and continuous steps.
Define clear, attainable objectives for
each 12-week period.

- After 12 weeks {achievement}
- To get there I need to weekly {achieve}
- To get there I need to daily {achieve}



Progress Tracking:

Consider a plan as a mentor guiding you towards your achievement. This involves regular monitoring, realignment, and adjustments to ensure you stay on course.



Cultivate Accountability:

Holding yourself accountable isn't about self-punishment; it's about allowing yourself to become the great person you know you are. No one cares unless you do, and no one knows how great that idea is but you. Don't tell them show them.

The 12 Week Year resembles the agile work method, but it places a greater emphasis on personal goal setting. For this approach to be effective, your goals must hold significant value to you, and a structured plan will make you believe in your ability to achieve them. The authors also mention the tip of collaborating with others can offer support and comfort during setbacks.

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