**30.10.2024 - Video\_Transcription**

[Attendee 7] (0:12 - 0:45)

Hello, hello everyone. Hello, hello, yeah. Good, we'll just wait for the last few people to come in and then we will kick off.

How's everyone? Thumbs up, is it good? Amazing, amazing.

Hello everyone. Hi Ruben, hi Greg.

[Attendee 3] (0:46 - 0:59)

Hello guys, what I'm going to do is I have just parked, I will listen to it, I need to turn the camera off and we'll be driving but really excited to find out what you've got for us today. Chris?

[Chris Moss] (1:00 - 1:03)

Amazing, amazing. You're looking fresh Greg, you're looking fresh.

[Attendee 3] (1:04 - 1:14)

Thank you. New diet, new diet, that's for sure, yes. And well, it's going to be close to six months of no alcohol, which is absolutely life changing.

[Chris Moss] (1:15 - 1:19)

Amazing, is that, was that a Life by Design site thing?

[Attendee 3] (1:19 - 1:24)

Yes it is, yes, 100% yes. Amazing.

[Attendee 1] (1:24 - 1:27)

When you start drinking again Greg, you're going to be a cheap date.

[Attendee 4] (1:30 - 1:40)

I'm enjoying my Chris. Why don't you find another hobby to do when you're not? Well, not a hobby but actually find a hobby.

[Attendee 6] (1:40 - 1:51)

Hello Chris. Hello, hi Tina. Sorry, just to let you know that I'm in a tour bus going towards the ferry, so I may lose contact but I do want to be part of this.

[Attendee 7] (1:52 - 1:55)

No problem, nice to have you here.

[Attendee 12] (1:55 - 2:05)

Can I just add, I'm on a ferry as well and I'm struggling to hear you, so I've got my volume turned up so I'll see how I get on but I might just have to go into the recording, sorry.

[Attendee 7] (2:07 - 2:08)

No problem, no problem.

[Chris Moss] (2:10 - 13:19)

Right, we're going to, I think everyone that was in the waiting room is now in and there's a few on Facebook as well so we will, we'll kick, we'll kick off. So just as a quick overview for this session, so we're going to have around 15 minutes where I'm just going to share some insight, my insight into the topic and then we'll move on to a Q&A as well at the end. I'm just going to ask everyone to make sure they're muted, I have muted everyone but be careful you don't accidentally unmute please, that'd be great.

So I think most of you will know me from the Blueprint or if you're on advanced from the programme as well. So my name's Chris Moss, I've been on Property Entrepreneur for, this is my sixth year on Property Entrepreneur and I run a company called Oversubscribed which helps brands and property entrepreneurs in particular build a brand and raise their profile. So this session that we're going to go through today is the year of, as a show of hands it'd be interesting, who's enjoying the cave time process and just getting into the cave?

I know there's some returners here but everyone, yeah majority of you, awesome, awesome. I know for the first time that I did cave time and the first time I went around the Property Entrepreneur 12-month cycle it absolutely blew my mind in terms of the things that were coming out so hopefully you guys are all starting to get these things come through as well when you're in the journal. Any big breakthroughs, any big realisations that you've slowed down to speed up?

Anyone? Yeah a few, awesome, awesome. So this session is the long game and what we're going to be going through, I'm just going to share some top tips from my side of things and what I've seen work, hasn't worked and then give you some insight into a document that I create every year that I think would add huge, huge value.

The reality is most people don't slow down, they don't ever think about the long game, they don't ever stop to pause to actually think where are they going to go and as a result where they end up is just where they end up, sometimes good, sometimes not good, sometimes not where they want to be, in some cases where they want to be. But that's not what we want, we don't want to leave this to chance, we want to have this long game crafted where we know the direction of travel and we know where we want to go at the end and the reality is the next five years are going to pass whether or not you decide where you end up or not. So my thinking on this is that it's well worth the time to craft it, the reality is though it doesn't happen quickly and it doesn't happen easily and some of you might have been coming up against that already, where you're starting to think well what do I actually want in five years, what does that look like and I know for me going back six years that was definitely the case, I kind of had some clarity but there's equally areas that I had no idea where I wanted to be in five years. However, trust the process, enjoy the journey because without a doubt over the next three months you will get that clarity of where you want to go at the end but you do have to put the time into it.

So just a first sort of word of advice there is if you are hitting blank paper at the moment and you're not sure and it's something you're struggling with then give it the time, give it the space and stuff will start to emerge. In terms of how to approach this, has anyone done or looked at or got to yet the wheel of life? Has anyone started the wheel of life?

Oh fantastic, I think nearly all of you, fantastic, that's really promising. Normally the easier things are sort of ticked off the list, the more or less keep and those side of things and the wheel of life and that sort of long game can normally be the thing that takes a little bit longer to think through. Has anyone started to craft a five-year plan as to what they think it could look like?

Show of hands anyone? Okay cool, a few of these, a few of these, fantastic. Fantastic, so yeah in the same way it's usually, it's something that once you've done the more or less keep and a number of the other things that's when usually you start to get a bit more clarity on the long game.

In terms of how to approach it, what I would recommend is looking at that wheel of life and then thinking about where is that flat tyre or where are those flat tyres and things that you value. For me what that looked like, there was a number of sort of key topics and key areas that I thought would be of importance and then I sort of built from there. I'm going to share a few top tips that I've got in terms of how I went about approaching this and then I'll give you some insight into the sort of progress that that allowed me to sort of make.

So one of the biggest top tips is start with the end in mind, so don't necessarily think about year one, year two, year three. Start with year five and really think about where is it that you want to be, what do you want life to look like in five years time and then once we've got that it's a lot easier to work back on. And just start thinking at a very, very high level.

I think what can happen quite often is you go too detailed granularly and this is definitely the case for me and you start thinking about but yeah how could I do that, what does it look like. To start with don't worry about that, just think about year five, what does that look like, where do I want to be and the key to it is something that ideally you're looking at that end of the five years and it's something that excites you. If it doesn't excite you I'd sort of consider keep just reworking it and keep visiting it.

And if you're doing the long game and when you come to do it, if it's not perfect and you're not sure and you haven't got everything filled in, it doesn't matter. And just to remind you at the back of the workbook there's the template, so when I'm saying, oh sorry you're not going to be able to see it, I think we hopefully all know what I mean. Yeah if you're doing it and you're thinking I can't think of my year of for the next year or year after, at this point don't worry about that, the aim is just to get that direction of travel and at the end of five years what do you want this to, what do you want life to look like in those key areas that are important for where you're at.

So that's my first top tip is start with the fifth year and then work backwards. The next is when you're planning the five-year plan, avoid any conflicts ideally and especially for this first year around the Profit Entrepreneur track, it's just really avoid any conflicts and what I mean by that is if you've got your year of which might be slow down, take it easy, personally that might be your year of and then if your professional objectives and your business objectives are at a triple revenue or something along those lines, then the chances are the five-year plan and each year it'll be a lot harder to actually execute on it and so just making sure when you're planning that five-year plan that everything is as aligned as it possibly can be for it.

There was a couple of years for me or at least one that I remember very well where I had personal objectives to step back slightly from the businesses yet the business objectives really didn't align with that and as a result it meant one of them which happened to be the personal side of things for me that year, the plans I had there didn't work and so yeah I recommend just being very reasonable when you're looking at the five-year plan, you're looking at your year of, you're looking at your headline strategy just to make sure it all all aligns and then the second, the third sorry is when you're doing your five-year plan I would recommend doing it yourself, getting a clear understanding yourselves how you what you want that five years to possibly look like but then any stakeholders maybe probably partners and other halves that are going to be involved in this process, potentially children where your direction of travel is going to impact them, I would recommend bringing them into into the sort of process early on and starting to get their thoughts on it because the reality is if you want to scale a massive fast growth company if your family aren't on board with that it's probably going to cause you huge issues, likewise it could be the be the other way around but I highly recommend bringing bringing your families along for that sort of journey and just making sure that they're aligned. In the same way as we go through Promptly Entrepreneur around the Promptly Entrepreneur track there's certain things you'll do to buy bring your teams involved in the business so making sure that they're on the same page you'll ask them for feedback, SWOT analysis and various things and what that does is it creates buy-in from them so that when you launch the strategy in the business that is carried through and I think it's very important to do the same thing in real life as as well. Just got a message come through okay just as a quick show of hands can everyone hear me okay just check awesome cool and so yeah so so bringing your families on board or partners or anyone in your life that might be impacted by that long game I'd recommend bringing them them in on board with it. I'd also think about how you introduce that to them and if all of a sudden you just drop it on them it might it might not be effective so I think about how you sort of introduced it to them and to to make sure they're sort of brought into that that process as well.

I know there's been this isn't for me but I know for the Promptly Entrepreneur people on Promptly Entrepreneur there's been things thinking around things like what other family members are doing so Rachel shared her I think was her daughter was doing her GCSEs which would have an effect in terms of her time and what she could do so she had to make sure things like that were just those big things were in there as well so on mine I actually have my mom is very dear to me and I have her age on my long game so down the side where I've got my age I have my age but then I also have my mom's age and it just makes it very clear to me her age is is getting older so if I want to do things it needs to be in that long game so that's another sort of tip I'd recommend is bringing anyone else into into it that might be might be useful. So they're my three three biggest top tips. Before I push on to the next section I'm just going to share with you what this all looks like when we pull it together.

Has anyone got any questions? I want to keep this as interactive as as possible. Has anyone got any questions?

Feel free just to unmute yourself and and jump in because I can't see all of you on the on the screen.

[Attendee 8] (13:21 - 14:02)

Hi Chris yeah just a comment from me. I find this stuff really difficult to do. I'm a tempo genius you and I've found out over the last two or three weeks that people like people like me struggle with with this fairy fairy up in the clouds kind of stuff.

I tend to like evidence show me the evidence and then I'll buy the evidence and then that kind of keeps me going. So this is really really challenging for me but I'm picking away at it but it's it's it's not easy. Creative dreaming just is it's a bit of a bit of a difficult thing for me to do so that that kind of projection longer term is tricky.

[Chris Moss] (14:03 - 15:22)

Sure my thoughts on that I imagine there's lots of people in the same boat John so thanks very much for for sharing that and to a degree for myself I was very similar first year. It gets easier every year you get definitely get better at it but for sure what I would suggest is giving it your best shot if it's something you're struggling and just and just take a best a best guess as to where you'd like to be and just focus on key categories. So wealth is probably a is probably one that I'd recommend everyone here has a wealth target of some sort over the next five years and from a financial perspective where do you want to be.

A health target what do you want your health to look like and maybe that's body fat maybe it's flexibility whatever those things are for you and and then life by design how do you actually want to live life is it nine to five in an office is it working remotely is it working abroad and yeah that starts to get a little bit more potentially harder to envision but certainly wealth and health I think for most people it's quite easy to get a sense of that because it's normally wherever you're at but further on.

Oh sorry someone jumping in here.

[Attendee 3] (15:23 - 16:25)

Hi it's me Greg. Hi Chris if you don't mind if I can just just you know step in and interrupt you. John I'm a tempo dynamo and also from the the other one human design I'm a manifesting generator.

I found this super difficult at the very beginning and then I just let it out. I'm more than happy to pick up you know after the call later on in a week perhaps and I tell you how I come to it because when I did my original five-year plan I'm super amazed how things are coming together this year and when I'm looking at my last year five-year plan the things actually align and I'm not I was not planning I'm not following honestly I did my five-year plan forgot about it and on the last last month workshop I looked at it you know I just re-looked revisit and I was shocked how many things falling together so more than happy to pick you know to pick up and jump on a call and tell you how tempo dynamo does you know did it.

[Attendee 8] (16:26 - 16:28)

Yeah thanks mate that'll be great thank you.

[Attendee 3] (16:29 - 16:30)

Thank you sorry Chris.

[Chris Moss] (16:31 - 16:33)

Fantastic thanks Greg no appreciate that.

[Attendee 4] (16:34 - 17:43)

Am I right sorry it's a bit sorry but can I add something to kind of the end of that if that's okay? Of course. So I'm a I'm a dynamo so I struggle less with the up in the clouds style and more the nitty-gritty but for anyone who like really struggles with kind of really visualizing what their kind of five-year plan looks like and how that looks at the end game there's some really cool stuff you can do with AI like I know it sounds really silly and I'll share in the Facebook group if that's useful but once you've like figured this out you can literally like get it all into air or create a visual video of your ideal life so if anyone's like really struggling with the visualization side of this like I highly recommend like just plugging it in there and if you watch this video and you're like oh my god that's exciting like I really want that more than anything like you're in the right place and I because I'm quite a visual person I find it all on paper it looks great and like seeing it come to life as a space where I'm really like man yeah I want it or kind of like actually that doesn't look as great as I thought it did because obviously it gives you a bit of reality that you don't have if that's useful for anybody fantastic thank you for yeah

[Chris Moss] (17:43 - 18:20)

thank you for sharing that there is a I'll share mine in a second so one of the things that is very powerful which sounds very similar and I didn't use AI though sadly it wasn't as popular when I first did my one but is is any imagery that you can create that represents it without a doubt and I'll share my vision board in a sec and so you can see what that looks like but 100 once you've got this locked in and you've got an idea of it and even during the process start to visualize it with imagery yeah that definitely makes it a lot more real and tangible sorry quick question I saw you had your hand up there sorry sorry Neil one second um

[Attendee 1] (18:20 - 18:27)

Ruthen did you have a question or uh go on Neil go on you go first man it's a very quick question

[Attendee 9] (18:27 - 19:04)

obviously I'm very lucky and fortunate to be able to dedicate so much time to this at the moment because of um my situation um the second time around I'm assuming this first phase is a lot quicker because you effectively found a reason why etc you're taking a lot of that homework away I'm assuming I'm hoping um and so it's just really working on the are you still on aligning with your five-year targets and is the SWOT analysis still the same blah blah blah blah because you've probably improved over that year is that the case or am I yeah 100 percent and so it's almost like

[Chris Moss] (19:04 - 19:37)

building blocks is how uh is how I see it is that each year you're sort of like building onto the work that you've already done sometimes and there'll be areas that you will have done a really good job in and you just glanced at it and you're like yeah great five-year plan still exactly roughly where I want equally you might look at the five-year plan next year and go actually having explored this route I'm actually thinking a slight tweak in this area or that area and it can be more tweaking as opposed to fully uh sort of yeah going over it all so yeah absolutely uh Rupin I know you're full of wisdom

[Attendee 1] (19:40 - 20:09)

just to sort of echo what people are saying in the first year what Neil's saying and John was saying is it is a lot it is a lot hard because it's new and it's exciting but you do have that visualization I'm a blaze so I use a lot of pictures I love pictures and colors not too many words um and um and then work backwards so but what my question was um this is my like coming into the third year now are you rolling your five years or are you just going one

[Chris Moss] (20:09 - 21:51)

to five and then starting again Chris great question so I did my initial five-year plan and I've seen that out so this year is now the first year of my next five-year plan so yeah I I did the five years I didn't roll it only because I think it's good to get to the end of it and have that sort of what have I achieved how's it gone as opposed to if you roll it it's never ending um you'd never get that chance to sort of enjoy the view potentially um so yeah so I think that's the best way to to do it for sure equally just to add to that is what's happened with my five-year plan is that five-year plan I had is similar to the five-year plan what that I ended with at the end of year five but there were variations and tweaks along the way there was actually uh it was year two I was looking at the five years thinking how can I but this just isn't going to plan uh and then by the time I got to year three and four I was like actually this is it this is in sight and then last year uh sort of this year that we've done I was able to sort of it over the line and all of the key areas um were I was able to hit and achieve which was um yeah which was awesome but there were variations I've got a copy of every single year so I didn't sort of rewrite over it so I can look back at that first year and there's some of the targets that are slightly different but generally the direction of travel is that is the same um and the reality that you're going to craft a perfect five-year plan the very first time that you look at this is very very unlikely and there'll be a lot of unknowns a lot of data sort of that you don't have um but every year crafting it slightly and tweaking it definitely uh means you end up roughly

[Attendee 1] (21:51 - 22:05)

where you'd want to be excellent all right Chris I guess that sort of answered my second part which was I have got some gaps in the years I'm trying to visualize and get into a line and did you ever

[Chris Moss] (22:05 - 22:43)

change a five-year um yes yeah so every year I'd review the five-year plan uh it'd still be fixed at a five-year plan I wouldn't sort of add a year on so it was like five years four years three years two years one year but that very fifth year did slightly tweak in it um for sure but in terms of the areas of life they didn't change but what did change was um the wealth target I had that changed in terms of the amount that was on it um different different things like that um yeah all right thanks welcome see another uh hand up but I can't see by who

[Attendee 1] (22:44 - 22:52)

you got ad or you got tina there we go me yeah um I was going to say because we were

[Attendee 2] (22:52 - 24:22)

we were talking about visualizing I actually did something um instead of um instead of making imagery and that um how about uh trying to actually live that life for for a short period like a like a week um for me especially uh I my life looks completely different than what I want my life to look like in five years for instance so um because you know I I dream about freedom being able to travel and just work remotely like for two hours a day instructing my team you know have all my businesses completely systemized and outsourced etc and that's really hard to see when you're like grinding every day and you're spending most of your day just just working in a completely different environment that as opposed to what you really want and then um just a few weeks ago I um I took a trip to to Kenya and I actually kind of lived that kind of life that I want to for for a few weeks uh I have my office on on a beautiful beach I put my laptop there I was instructing my team I was working two hours a day and did everything the way the way I wanted my life to look like in the future and it made it so real and it actually you know now it's like I can feel it I can I know what it is and I know what it feels like so it just kind of like motivates me to to strive harder for it that

[Chris Moss] (24:22 - 31:27)

makes sense yeah but yeah fantastic it's um once you've got an idea of what it looks like so obviously the first part is slowing down crafting this deciding it but then 100% agreeing I've done lots of things very similar where it's touching what it is you want even if it's just for a very very small period of time just so that you can get as close to that as you can so it's easier to imagine visualize etc I'm a big fan big fan of that as as well and yeah it works for for sure I'm just going to share and then we'll loop back around to some final questions I'm going to share my um give some insight into sort of uh my five-year plan but also a document that I pulled together which I think will be hugely valuable for everyone and it's something that ideally uh this is something you can work towards by the end of the this season so I'm going to share some things here some of them will be way ahead of uh sort of where you're at at the moment if you've been getting a handful of cave sessions in so don't don't look at this and be uh wondering how you're going to get it just do the homework and it'll be easy to pull a document together at the end of it by this but what this document is it's a document that I pulled together it's a physical document that I actually print out um that's sort of uh I'll show you it on the screen but it's a physical document um and then it has everything that all my strategy my long game everything in so I can look at it every single day and just stay aligned with exactly where it is I'm going what I want to do and it's it's almost impossible to fall off track if if I if I do it and make sure I look at it so I'll just give you an insight into what that what that looks like so this this is what the document is and it is all of the property entrepreneur workings but all brought together into a single document this is just because I've got it blanked out from a previous session but this was my 2022 one this one here is 2024 um and then I have uh yeah every single year I have one of one of these and this is where you can build on it and build it out as as uh you go through the the years so it has the it's basically an overview document so it has the year of it has my professional objectives personal objectives the lessons learned from the year before uh why do it and sort of what what's the point and what does success look like what do my rewards look like what are my challenges adventures what are my values my handful of habits and who do I need to become in this coming year and if I want to achieve the things I want to my affirmations for that particular year and any financial sort of money movement type things where money's going to go obviously my five-year uh vision board as well some of the key things on my vision board which might be useful to share I know everyone's deciding on these sort of topics that they might like and you'll be able to go back and watch this recording as well because I'm pretty sure I'm going through this at speed but so year of uh what year it is um which what age I am and on my latest ones as I say I now include other sort of key people's uh ages as well um headline strategy for the two two businesses target outcomes for that uh for those businesses so that's very headline stuff in there so it might be team member hiring it might be um revenue that type very high level targets and outcomes for the business I then have the profit uh profit target and the actual so I can track them along the way I then have experiences in the middle the different different things that I want to experience the um the cash flow uh from the financial fortress um net wealth reward uh and then year of and then lifestyle slash bucket list type type stuff so that might be no meetings Monday to Friday as a as an example so that's uh some of uh yeah insight into the five-year plan from from my side and then I also write that down so this was three years left when this was done but for health wealth pleasure and then business what does that look like as well distribution of focus what I'm actually going to do with my time headline strategy and supporting objectives a lot of this you will cover over the next two two sessions so don't uh don't worry if you're looking at some of these things and not understanding what they are you will cover it I guess my sentiment with it is is if uh you make sure you're putting the time to get in the cave do the homework do the more or less keep the sessions you'll be able to pull a similar document together as this um key one numbers key targets and then the business model for for both the businesses as well which are blacked out there but hopefully you get the picture and and the aim really is that I can then have this level of clarity and hopefully you'll all uh agree if you go into the year with that level of clarity um and you review that and look at it on a regular basis it's very easy to stay on track or know you're on track or not um and also stay massively motivated which is the biggest reason I I have it is to keep myself motivated mainly that reasons why section uh on it as well so yeah hopefully hopefully that's uh useful to get an insight into I can share that document as well if anyone wants to see it just let me know um in the group and I and I'll I'll share it then the thing that I'd recommend putting together once you've got this level of clarity is a uh is is a vision board so this was I sort of went this about the third one I've done over over time and kind of went to town on it um in terms of the sort of quality of the imagery and size of it and stuff but I'd highly recommend once you've got this is is definitely getting it visual getting it somewhere that's uh yeah gonna gonna not be forgot about so yeah you can you can make these things these things happen I'm sure you've all heard of the stories as well where they get put uh and Greg actually shared his here just where just thinking about these things getting them visualized is is massively um is massively powerful even if you end up not looking at them you can review them later but I didn't realize I'd said it and it's just all because you've set that destination in the in the sat-nav that's uh the the sort of top tips and the bits that I wanted to share that hopefully has added some value and hopefully there's been a nugget or two in there for everyone depending on where you're where you're at um has anyone got any other questions if anyone's got to go feel free to uh excuse yourself um it was a 30 minute session but I'm going to be around for another 15 minutes um if anyone has any any questions please feel free to feel free to ask so anyone got any any questions on long game year of any other cave time topics

[Attendee 6] (31:27 - 31:38)

I think Tina does Tina I've got one hi anyone else

[Chris Moss] (31:40 - 31:46)

hello that's probably thanks go on Tina hello I wanted to say that I'm ablaze but I tend to be

[Attendee 6] (31:46 - 32:11)

writing loads down rather than actually getting a lot done and it's really frustrating because I'm not a writer at all so I'm writing so much down and all these ideas and thinking right I need to start them tomorrow and then tomorrow comes and then obviously I'm tied up with other stuff so would you recommend it sounds like a stupid question but would you recommend because obviously I'm going to start getting frustrated with that situation but I know about the plan

[Chris Moss] (32:12 - 34:08)

so just to clarify you're you're writing lots down as in you're just sort of brain dumping loads into your journal but you feel like you're not formalizing it into something that might be useful 100 yeah great problem to have great problems have and that's exactly where ideally everyone should potentially be at it's a good there's a really good place to be um there's nothing wrong with that that's that's how this exact process works um is that you brain dump you put as much stuff down as you possibly can and then you can start to formalize but at this point I wouldn't be I certainly wouldn't be getting stressed about that once you feel like you've brain dumped as much as you can and you're like cool I've got it all on paper now I've written loads then the process of reviewing it is where it where it happens uh because my blur on this screen it's going to work but I've basically got quite a similar these are my lessons learned there's one page two page three page four pages of lessons learned in the last 12 months and it's a brain dump for sure and then the review process that I will do on that is I'll go down all of those and I want 10 10 sort of top ones that I can take forward and actually remember because I can't remember them all I'll go down it and I'll star the ones that I'm like okay that one is definitely a good one that one's a good one and I might shortlist that list of like 50 or 60 into 20 and then I and then I'll go down again to 10 a little bit like if you were firing someone shortlisting in that way same with my more or less keep same with all of the the key homework topics I'll just brain dump I'll write them all down and then I'll the next step for you I think Tina is then going once you feel like you've got it all out is then going back through it and saying okay cool out of all of this which ones are the most important for me uh for where I'm going and then and then formalize it down from there it does take time though um and it's just going through that process and but we still got it'll go mega quick we've still got two months of of this this process does that help

[Attendee 6] (34:09 - 34:17)

yeah thank you very much yep I just felt a bit strained where I'm just feel like I'm trying to write everything down I'm thinking well I've already wasted a week because that's where I am

[Attendee 1] (34:17 - 34:59)

as a blaze you know like I'm probably the blaziest of blazes right so there's um just like brain dumping all that but what I found was doing that wheel of life going deep with that and really going like is this important where am I am being truthful with it really helps especially if I was going to talk to my first year again me and my first year goes really be truthful with that wheel of life and take yourself to maybe a dark place with it and be really truthful then all that's all that brain dumping and what Chris is saying with this star in excess does that align with what you want to achieve on your wheel of life so just use them two just then both them two techniques

[Chris Moss] (34:59 - 35:40)

together and that helped a lot thank you thanks yeah fantastic yeah yeah I think it's easy with this and especially if you're a blaze potentially creator as well to just want to get it done um there's definitely for me that's definitely something I sit there and I just want an answer I want to be able to tick it off want to be able to move on to the next thing um but sitting with it and actually really thinking about it as Ruben said go really deep on it is this actually what I want does this really align with where I want to be um is definitely the the outcomes are far greater that way for sure is there another any other questions feel free to unmute and jump in

[Attendee 5] (35:40 - 36:13)

if there is just going through this I just had a quick quick question when we're creating all the cave time and all these all these lists and you've just answered because I was talking about it my buddy uh Clark the other day we were like what do we do with all this information like yeah there's now it's down on the page you've just said about starring it and is that sort of it is that is that where it goes now it now feeds into these long games basically is that what yeah not missing

[Chris Moss] (36:13 - 37:20)

putting it anywhere or no so the more or less keep exercise all of the other homeworks apart in the long game the aim of them is to just is to be reviewing and thinking about where have you been what does it look like where do you want to go and it's just starting to get that clarity as to what that looks like once you've got that it's then using that information and that time you've spent to sort of slow down and really think about things to then think about okay where are we going in the future and that's the long game and that's where it goes into the long game the other the other part to all of this is in terms of putting it into a document is the strategy session the strategy presentations in January which is where you'll sort of say this is this is my plan for the year this is where I'm going and that'll be something that that is done in the room so all of this ties into that but at this point it's just going through the homework exercises following the process and then it all gets pulled together into that strategy document and then yeah and then and then you know where you're going does that does that make sense Craig?

[Attendee 5] (37:20 - 37:37)

It does it does but your document was so impressive there to there it's like anyway but look I'm sure it'll all become as clear as mud very very soon so we'll see the only reason

[Chris Moss] (37:37 - 38:01)

I wanted to share it because I just wanted to share where once you put the time into these exercises the clarity that it leads to that was my main reason I wanted to share it there's a chance I obviously confuse things and make it look quite complicated which which it's not the main sentiment is is going through the process putting the time into the CAVE sessions and then as a result you'll have that clarity and you can pull it all together uh guaranteed for sure it's good

[Attendee 5] (38:01 - 38:06)

to see where we're going it's definitely good yeah yeah that's super helpful thank you awesome

[Attendee 10] (38:07 - 38:36)

Danielle I can see a hand ah yes um bit of a technical question here I have struggled with putting together a vision board for years for the simple reason where how can you pull images together onto a document where where are you getting them from how are you shrinking them down small enough that you can fit them onto a page for example when you look at the long long game template there's like little boxes all with an image in and I'm like how are people doing it

[Chris Moss] (38:36 - 39:45)

that yeah so so the long game um is the the one that you saw that was in my document that was done on excel so it's just it's very very basic headlines on excel and then insert image over cell and it's putting it over it in terms of where to get that image from uh for me it's just pulling them off the internet um you gotta be careful because there's copyright infringements and stuff like that but it's for your personal use it's fine um yeah uh so so that's where it's quite a good place to start so for the long game 100 percent um there's also the templates that probably have shared so you can drop it in over onto those templates or you could uh sort of basically actually write out on there I do mine on excel uh it's it's it's easy it's editable etc and most people can use it in terms of the vision board that I shared the one with the picture of me holding the vision board that's done on canva.com and which is like a very basic design software uh that's very user-friendly again images are from the internet and dropped in there and they're sent to a printers to print okay got you thank you

[Attendee 7] (39:45 - 39:56)

very much you're welcome got any other questions just feel free to unmute and ask hi um i want to

[Attendee 11] (39:56 - 40:07)

ask are we trying to make like a document like your strategy document at the end of the winter is that is that what we're sort of working towards so what you're working towards is the

[Chris Moss] (40:07 - 40:28)

presentation day and the presentation day is uh it's in a different format to what i've shared there but essentially yeah so you'll have your presentation uh and in that it'll have your personal objectives professional your headline strategy your year of and all these other other elements and that pulls all of this together so yeah great great question that's what we're working

[Attendee 11] (40:28 - 40:35)

towards well they give us all the um headlines that we we're supposed to present on i mean

[Chris Moss] (40:35 - 40:50)

absolutely yeah yeah everything yeah at this stage it's doing those homeworks doing the doing this ones and then at the end it basically all gets pulled together into your presentation and every every month you'll get given exactly what you need for for that

[Attendee 4] (40:51 - 40:57)

thank you amazing are you creating a vision board for the whole five years or do you do it

[Chris Moss] (40:57 - 42:46)

year by year and then you change it so the the vision board i shared that's uh it's actually a lifetime vision board it's not uh it's not it's not even a five years there's some pretty uh sort of life things on there there's actually years at the right hand side of it you wouldn't have been able to see that goes right up to hopefully i'm lucky enough to to make it this far but up to 85 um so yeah there's there's that the vision board was a life one obviously the year of is that five year five year plan which is the best place to start for sure any other questions okay fantastic if anyone has anything feel free to drop it in the group um and tag me in it as i say i'll share the share the document so you can you can see that which is hopefully very yeah very useful and if there is anything else just just ask i think the final sort of sentiment just for me to sort of leave with you i think with this it's very easy and i'm talking myself here more than anyone is to get caught up sometimes in uh feeling like you have to do this stuff and i think uh a good mindset to go into this is rather than thinking i like i've got to do it is that you get to do it and this is like an absolute privilege that we get to sort of slow down think about these things and actually craft where we want those five years to to go and so yeah that that's the final sentiment i think it's a nice one for us all to finish on hopefully we all agree that it that it is a huge privilege so yeah have a have a great uh great rest of the week and yeah anyone if i can help support in any way please feel free just to drop it in the group and i i will do and i will be seeing you all soon i'm sure thank you take care bye bye thanks chris

[Attendee 5] (42:46 - 42:57)

thank you thanks chris thanks man see you soon thanks chris welcome

[Attendee 2] (42:59 - 43:01)

yeah thanks chris from us bye

[Attendee 7] (43:03 - 43:19)

thank you very much that's really good thanks chris appreciate it some great tips there thank you you're very welcome take care have a good day guys bye