**TBP 283 Set Forget Edited\_Transcription**

[Daniel Hill] (0:05 - 12:58)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I use to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. We are now some way away from those ambitious first few weeks of the year, you know, January gym club, new records, new targets, new challenges, and by now it's quite possible you've completely given up the weight cut, you've stopped going to the gym, your brand new trainers have never been worn, and actually you need a bit of a reset. Well, this is what I'm going to do in this podcast.

I'm going to take you through the set and forget blueprint. So new year, new you, how do you actually get the results? When you look at people you know and you see they set a challenge, they set a target, and they always execute, what are they actually doing that you're not that could enable you to move to the next level?

I want you to learn this set and forget blueprint to enable you to take your results to the next level. And I guarantee if you know what you want, you put this set and forget blueprint in place, the results will happen without you ever having to think about it. New year, new you, this is the set and forget blueprint to take your results for 2025 to the next level.

So 2025 New Year's resolutions are probably long gone over and forgotten by now. You had these great ideas. You've probably even forgotten what they were.

And now we're into March and you haven't actually achieved what you wanted to. Well, this is both an opportunity for you to reset the bar and go out there and actually achieve the things you wanted to do. And two, to start again, if you've slipped off, you've fallen, you had a bit of a win, but now it's actually gone backwards.

This is how we're going to reset the bar. And what we're going to look at here is how do you take a target? So you said there's things you want to do in your life and in your business.

How do you take a target? And then once you know what it is, set it into place, and then enable you to actually forget about it, and the results are just delivered. Now that might sound too good to be true.

But trust me, this is absolutely going to work. And not only is it going to work for you, it can also work for your business and your team. What we're going to do is figure out a way that when you know what your target is, you can set it into place so you never have to think about it again.

This is what we call the set and forget blueprint. I teach it on the board. We teach it on advanced.

And this is the way to level up your results in 2025. So what we do is we take our targets. And I'm going to take, for those of you that listened to my strategy day presentation, if you haven't already, go back and listen to it.

That is what I'm going to achieve this year. I'm going to give you a few examples here of how we do this. And these are the things I want to achieve this year.

But I've got lots of things going on. You know, I like having my own time. I like having a clear diary.

I like doing a bit of work. I like going to the gym. I like playing squash.

I like playing snooker. I don't have time to sit around and think, right, what were my targets? What do I need to do today?

How's that going to work? I don't want to think like that. But the good thing about that is I don't have to because I've used the set and forget blueprint.

And the set and forget blueprint is every single one. And those of you that are watching on YouTube, you'll see me looking at my screen now. Every single one of my targets that I set this year has a set and forget in it.

And what I'm going to do is I'm going to take you through those to give you an example. And what you'll see is what I've done is I've taken that target. So just have a think about what yours is.

For the year ahead, do you want to achieve X? Whatever it is. You want to achieve X.

And in order for you to get X, you need to do Y. So you need to do certain things, the certain things you need to do. And what we're going to do is we want to then put that into practice, lock it into the calendar, our lives, our processes, our business.

So we never have to think about it again. And once it's set, you just genuinely never have to think about it again. And the easiest way for me to explain this is to take you through it.

So my first one as an example is my personal objective this year was fit for 40. So my plan is to, the first thing you need to have is what we call tangible targets. What are your tangible targets?

Well, my tangible targets are a metabolic age of 28, sleep seven hours plus per night, rest and heart rate of less than 55, weight of less than 65 kilograms, body fat of less than 12%, gym three times a week, 12,000 steps, et cetera, et cetera, et cetera. So I want to be fit for 40. What does that mean?

Well, these are the tangible targets I think I need to achieve. And then how do I actually lock that in, all that stuff I've just talked about, how do I lock it in so I never have to think about it again? Well, let's have a look.

Jumping in with a request, if I could, please. Through the last 12 months of 2024, it cost us £132,707 plus a lot of time, work, effort, and energy to be able to deliver our content to you completely free of charge. Now, if you genuinely enjoy these podcasts that get delivered weekly, enjoy our daily posts on social media, all of this, we aim to make maximum value for you at absolutely zero cost.

And if you appreciate that, you get value from it. Would you please take a moment now to rate this podcast or leave me a review, hit the subscribe, follow on whichever platform you're on, just to show us your support, enable us to increase the reach. It would be hugely, hugely appreciated.

It really will enable us to continue to invest in the channel over the year ahead to give you maximum value at zero cost through the next year of 2025. Please press pause now. Do it before you forget and just show your support.

We would really, really appreciate it. Back to the podcast. So my steps.

So how do I get my steps? Well, I've put my steps, my daily walk into my calendar as a repeat task seven days a week. And what that means is it's in my calendar.

It's a non-negotiable. It happens. And when I do my Sunday sanity on a Sunday, if I'm not going to be able to do it on that day, I don't forget to do it.

I move it. So then it's already locked in place. I need to make sure my resting heart rate stays below 55.

Well, how do I do that? On Friday in my calendar, I have a link and it says track targets. And on a Friday, I have to record all my stats, my average sleep for the week, my average steps, my weight, my resting heart rate, et cetera, et cetera.

So I'm tracking it every Friday and it reminds me to put it in there. So I put it in there. I see, you know, I see what's going on.

Weighing myself, you know, I need to stay below 65 kilograms. Well, how do I remember to weigh myself every day? Well, next to my kettle in my kitchen, I have the property entrepreneur 28 day challenge whiteboard.

And on that whiteboard every single day, I tick whether I did my steps in my gym the day before and I write my weight in the bottom right hand corner. So it reminds me if I get all the way downstairs, all the way to boil in the kettle and I haven't weighed myself. Of course, I then reminded I walk back up the stairs and I do it.

Obviously, after a while, these rules become habits. And now, you know, I walk through the bedroom, through the dressing room, into the ensuite, into the bathroom and the scales are basically there. It's part of my getting up process now.

It just happens. But you have to set these things to enable you to forget them. So that's it.

It's all put in my gym. How do I make sure I go to the gym three times a week? Well, it's booked in my calendar.

It's the same time every week. I have a PT who I pay for. Yes, he's there to drive me and make me lift the weights.

But he's also there to make sure that I actually walk through the door and do my workout. So that's one example. They're set.

Never have to think about it. I just have to turn up. Next one, make a house a home.

So make a house a home is that all I'm going to continue to develop the whole this year continues to refurbish it. Well, how do I make sure that actually happens? Well, what I did was I created a project schedule for the next three months of right.

These are the rooms we're going to do. This is the plan for the next three months. And these are the tasks that need to be done every day.

And that's then right. Well, this is what I need to do for the next three months. That shows exactly what needs to be done.

How do I make sure it is done? Well, in my calendar every day, the top of my to do list is house project, which links off to the sheet. And every day I have to say, have I gone in there and done at least one thing to make sure I'm up to date with the schedule to keep it moving forward?

And then in the evenings before we have dinner, my partner and I sit down, we regroup where we are, wherever we are, and we look at the schedule and we order wallpaper. We book trades in, we review plans, furniture, etc. We set it and we forget it.

It's in the calendar. It's in the diary. It needs to be done every day.

And it's ticked off. You know, you can set it and you can forget it. And then perfect partners, you know, part of my perfect partners, perfect parents is how do we make sure that we're intentionally invested in our relationship?

We are spending quality time together. We are trying to be the best parents and partners we can be. Well, on a Wednesday in the calendar, every week for the rest of the year, we have our date night and during our date night, we do a check in.

And on our check in, we have a set list, a list of agenda points that we discuss. And then the next day after that, I actually take that and add it to my own list to remind myself what I need to be doing and what I want to be doing to be the best partner and be the best parent. So it's set.

Date night is booked. We play squash and then we have dinner. Our agenda is set and it's tracked on a notes in my phone.

We sit down, we have dinner and we go through it. The next day, I then review it and I remind myself the things I need to do to be the best partner, to be the best parent. I've set it and I forget it.

Hopefully that gives you a good idea. That is what set and forget is, is take everything you want to do and book it in. And it's the same with your team.

So for example, if you want your team to level up this year and you want to level up the business, you say, right, well, let's do 12 a year. And then in your monthly meeting, you put a link to a sheet which says 12 level ups. And on there, you agree what level ups you're going to do this month and next month.

And you have a running list and you audit it every month. You have your monthly meeting. It's agenda point three.

It's set. It's there. You load it up.

You talk about it. You've agreed what it is. You've set it.

You hold them accountable because you check in on it in the next month. If you do weekly one-to-ones, you can add it to your agenda there. Everything you want to achieve.

How can you take it, set it into a process, a place, a calendar, a spreadsheet, a project. But it's then in your calendar. It's in your agendas.

It's in your to-do lists. So you can't forget it. This is the set and forget blueprint.

And this is the difference between getting to the end of the year and achieving all your personal goals, your professional goals, smashing all your targets. It achieves that rather than being another January gym clubber who buys the gym gear, signs up. I think there's something crazy like 70% of gym memberships that start in January haven't been attended by the time they get to February or cancel by the time you get to February.

You don't want to fall into that category. These are the things you do. Set it, forget it, and the outcome's inevitable.

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You get the full blueprint start to finish. You've got nothing to lose, everything to gain. Go and take action now.

The link's in the show notes. And I'll see you on the next episode. I hope you enjoyed this blueprint podcast episode.

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