

NAME

DATE

MY WORKSHOP FOCUS

Looking back over the last 12-months, what are you most proud of achieving?

Blank space for writing responses to the first question.

What challenges or obstacles are impacting my growth right now?

Blank space for writing responses to the second question.

What would make this workshop a 5-star experience for me?

Blank space for writing responses to the third question.



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RUCKUS MAKER 8-STEP GOAL SETTING TOOL™

NAME: _____

DATE: _____

STEP 1: WHAT IS MY GOAL?

STEP 5: WHO IS IN MY NETWORK THAT CAN HELP ME ACCOMPLISH THIS GOAL?

STEP 2: WHAT'S IN IT FOR ME? WHY IS THIS GOAL IMPORTANT?

STEP 6: WHAT DO I NEED TO KNOW TO ACCOMPLISH THIS GOAL?

STEP 3: WHAT WILL ACHIEVING THIS GOAL ALLOW ME TO DO NEXT?

STEP 7: WHAT IS MY PLAN OF ACTION?

STEP 4: WHAT POTENTIAL OBSTACLES ARE IN MY WAY?

STEP 8: WHEN WILL I ACCOMPLISH THIS GOAL BY?



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RUCKUS MAKER MINDSET TOOL™

FOCUS ON ALL FIVE AREAS TO OPTIMIZE YOUR PERFORMANCE

NAME: _____

DATE: _____



EATING

NOW					NEXT				
1	2	3	4	5	1	2	3	4	5

SLEEPING

NOW					NEXT				
1	2	3	4	5	1	2	3	4	5

MEDITATING

NOW					NEXT				
1	2	3	4	5	1	2	3	4	5

UNPLUGGING

NOW					NEXT				
1	2	3	4	5	1	2	3	4	5

MOVING

NOW					NEXT				
1	2	3	4	5	1	2	3	4	5



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Click file and make a copy or download this tool to type into it, I haven't had my fancy designers make it special yet :)

Name: _____ Date: _____

The purpose of this tool is to help you **make a handful of decisions today that will save you time making thousands of decisions in the future.**

This tool is inspired by Nic Peterson's 31 page manifesto – Bumpers – and the GREATEST question of all time created by Gary Keller and Jay Papasan ...

“What is the ONE THING I can do today that makes everything else EASIER or UNNECESSARY?”

But before you get into making your very own Ruckus Maker Rules™, I want you to consider the “perfect” day. Does such a day exist? Maybe.

But it does benefit you to at least consider what a perfect day would look like. If you don't, one thing is for sure ...

You will NEVER experience it without a plan.

So what would you add to an ideal day?

Here's what my “perfect” day looks like:

- » Meditate
- » Coffee/Journal
- » Read/Think
- » Creative Work
- » Work Out
- » Lunch
- » Coach / Relationship Calls / Business Development
- » Admin / Email
- » Sign Off From Work
- » Time With Family
- » House Projects
- » Time to “Play”
- » Wind Down / Sleep

NOW WRITE YOUR LIST OF A PERFECT DAY

Now that you have identified your IDEAL DAY I want you to consider how you KNOW when you are SUCCESSFUL. These might be things you FEEL or things you EXPERIENCE.

Here is how I answered the question, “How do I know when I’m successful?”

- » Self-awareness (What can I note in my body?)
 - » *My jaw is relaxed*
 - » *My hands are relaxed*
 - » *I am breathing deeply*
 - » *And so on ...*
- » I am patient and kind
- » I act with LOVE
- » I move my body
- » I laugh – a lot!
- » I am present
- » I eat healthy
- » I honor rest and breaks
- » I create RESULTS for leaders I support



SO ... HOW DO YOU KNOW WHEN YOU ARE SUCCESSFUL? WRITE THAT BELOW.

Now that you have your IDEAL DAY mapped out and created a list of how you know when you are successful, it's time to create our Ruckus Maker Rules™. You have two options ...

OPTION 1: WHAT CAN YOU COMMIT TO?

(how I wrote my Ruckus Maker Rules™)

1. If it's not a HELL YES, it's a HELL NO (only do things that give me energy)
2. Honor my health and relationships each day
3. Only work with clients that demonstrate a bias for action

OPTION 2: WHAT DO YOU REFUSE TO DO?

(how Nic Preston, author of Bumpers, wrote his rules)

From Now On, I Refuse To:

1. Negotiate with myself. If I make a plan, I'm following through. So be careful making plans.
2. Start something I am not willing to do forever.
3. Judge people or try to be right /win an argument.
4. Accept my way as the only possible/effective way.



Now it's your turn to write your Ruckus Maker Rules™.

Remember ... LESS is MORE ...

Aim for 5 or less Rules that you can easily memorize (and honor).

