



Think – Plan – Do – Repeat™

Solve problems. Achieve goals.

easy – fast – fun - free

Quick Start Guide

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ThinkPlanDoRepeat.com

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Whatever you can do, or dream you can... Begin it.
For Boldness has Genius, Power and Magic in it.
Begin it Now!

(Goethe)

Introduction

Imagine: a powerful System to solve problems and achieve goals...

Any goal, as long as it's legal and positive.

Free.

Unlimited use. Achieve as many goals as you want.

Quick. Click here for the [Quick Start](#) guide.

Easy. Utterly simple, intuitive, personalized.

Effective. Uses Leverage and other Universal Laws for maximum results.

Self-optimizing. The more you use it, the better it gets.

Support. Online community of users.

Step 1: Think

- A. **Get comfortable.** Find a Quiet Place where you will be comfortable, preferably in a natural place, with fresh air. Sit, or stretch out in a hammock, or on the floor. Remove shoes. Loosen belt.
- B. **Breathe.** Slow, focused, rhythmic breathing.
- C. **Close your eyes, and Imagine** yourself, *smiling*, as you know you could be, without problems, in good health, living in peace and comfort, relationships all good, Your good work rewards you by providing all your worldly needs, and then some. You share your good fortune with others who can learn from your experiences. **Continue to Enjoy** the Experience of breathing and imagining your ideal self. Keep it up for 10-20 minutes, if possible.
- D. **Write** a few words about your experience. You might write the words “healthy body” or “mortgage paid off” or “Ferrari”... Whatever strong impressions you had while Imagining, these are the words you write down. Save these words for the Plan step (next page).
- E. **Repeat** the Think step twice per day, once in the morning and once at night, before sleeping. If you fall asleep during a Think step, that’s ok, the words will come back to you again. You can do this. There is every reason for you to try this, you have nothing to lose and everything to gain. All you have to do is to find quiet, get comfortable, breathe, and Imagine yourself as you would like to be. What could be more enjoyable?
- F. **Go to the next step.** At some point, it may be as little as a day, it may take a week or more, but at some point you will want to Do something about creating that life you are imagining yourself living. You are on your way... Turn the page.

Step 2: Plan

A. Summarize. Write the words from your Think and Do steps down on one fresh piece of paper. Circle duplicate words to show emphasis. Consider what these words are telling you. Think deeply about what you really want in your Life. What Goals are worthy of your attention? What problems need to be solved?

B. Write your Goals, in positive terms. Be guided by the notes from your Think steps. Use positive words, eliminate negative words. State problems as achievable Goals. Show the **Target Date** when each Goal will be achieved.

C. Write Action Items which will deliver your Goals. **Prioritize** the list. ([Click for example.](#))

- i. Your Plan's effectiveness will improve as you use a wide **variety of resources** and Activities, including friends, associates, communities, research, study, mental training, meditation, visualization, affirmations, exercise, nutrition, etc. If your Goal is important to you, then you should use every tool at your disposal. The more resources you bring to bear on your Goal, the more surely, and the sooner you will achieve it.
- ii. Add at least one Action item which will **help other people** in some way. Random acts of kindness, helping someone less fortunate. Pay It Forward. Expect nothing in return. One suggestion: Tell a friend. When The System works for you, share your good fortune and tell a friend who could use some help along the way.
- iii. **Focus.** Keep the lists relatively short, with just enough to Do to last until your next iteration through the cycle.

D. Schedule the Repeat element. Review your Plan, make corrections and improvements and when you feel good about your Plan, then decide how frequently you will **Repeat** the 3-step process of Think*Plan*Do. See the page on **Repeat** for more information.

E. Commit to Doing it.

F. Go to the next step. Turn the page.

Step 3: Do

A. Review your Plan of Action. Each day in the morning, and again before sleep, review your Plans and your Actions during the day.

- i. **Think** about how your Actions and/or your Plan might be improved, but stay with your current Plan.
- ii. **Write** a few notes on your Plan. You will use these notes again in the next iteration of the Plan step.

B. Do it. You must execute your Plan. **Persist** in the Do step and know that it is only by physical Action in the real world that we achieve our Goals. Our deeds are the motive force which builds our Future. Execute your plan with Enthusiasm for you are a person who is on the Path to achieving your goals. What could be more fun, more energizing than to be actually Do-ing the things which are creating you to be the person you Imagine yourself to be, at your best? What could be more confidence building than to know your actions are according to your best Think-ing, and according to your best Plan?

C. After an extended period of Doing, you will reach the time to Repeat. See Repeat, next page.

Repeat

- A. Repeat.** You Must Repeat. All things take time. Patience is essential. If you quit, the odds of winning are no longer in your favor. **Persist until you succeed.** Do not stop the process. If the process is *paused*, restart at the Think step. The System is a continuous process. The 3 easy steps of Think – Plan – Do are to be done *in sequence*, and repeated in that sequence, over the period of time needed for the results to be achieved
- B. Power is added** to Repeat when it is done with a cyclical **Rhythm** (daily, weekly, monthly, quarterly, annually). Cyclical use forms a good Habit. **Power is added** by **Scheduling**. For example: work-related Plans might Repeat every Monday morning at 8AM, or even Sunday night before sleep. **Power is added** in proportion to **Frequency** of Repeat, because the more frequent the cycle is repeated, the better the Plan of Action becomes.
- C. Go to Step 1.**