

THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business
and your leadership team.

THE PLAY OF THE WEEK

For over 16 years, I've been writing letters to my future self using [Futureme.org](https://futureme.org). This simple practice has created powerful clarity and accountability in my life.

The process works because it forces you to envision your future clearly and commit to specific actions that will move you toward that vision. When you receive these letters months later, you can see exactly how far you've come - or where you've fallen short.

I focus on three key categories: health, wealth, and relationships. These three areas encompass most of what matters in life and business.

What's particularly powerful is how this practice helps you identify not just what you want to achieve, but who you need to become to achieve it. Because all change happens when we change how we show up in the world.

GET ON THE ICE

1. Write down one specific goal for each area - health, wealth, and relationships - that you want to achieve by the end of this year.
2. For each goal, identify one daily routine that will move you closer to achievement. For health, it might be a morning walk. For wealth, perhaps calling one customer daily. For relationships, a weekly call to a loved one.
3. For each area, complete this sentence: "I'm the type of person who..." This identity shift is crucial for sustainable change.
4. For the next 21 days, track these routines daily.

QUOTE OF THE WEEK

"The best way to predict your future is to create it."

— Abraham Lincoln