HPG

HIGH PERFORMANCE GENTLEMAN

AN AS ABOVE TECHNOLOGIES ASSET

THE QUAD

FIELD AID / 01

DATE _____

Define the goal. Assign the hours. Follow through.

TODAY'S OBJECTIVE _____

QUADRANT I — 4 HRS

PRIMARY DESIRE / OUTCOME:

_____

FROM _____ TO _____

01 _____

02 _____

03 _____

04 _____

QUADRANT II — 4 HRS

PRIMARY DESIRE / OUTCOME:

_____

FROM _____ TO _____

01 _____

02 _____

03 _____

04 _____

QUADRANT III — 4 HRS

PRIMARY DESIRE / OUTCOME:

_____

FROM _____ TO _____

01 _____

02 _____

03 _____

04 _____

QUADRANT IV — 4 HRS

PRIMARY DESIRE / OUTCOME:

_____

FROM _____ TO _____

01 _____

02 _____

03 _____

04 _____

REFERENCE KEY

Daily baseline: 24 hours - 8 for sleep = 16 waking hours.
Four quadrants of 4 hours. Name a primary desire in each.
Each numbered line = one hour of action toward that desire.
Repeat a desire across quadrants. Your priorities, your terms.