

WINNING THE WEEK

How to Plan a Successful Week, Every Week

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The website for this book is at: www.WinningTheWeek.com.

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MAIN IDEA

The key to winning the week is to spend 30 minutes each week building a great plan, and then the rest of the week executing that plan. You might not be able to win every day, but you certainly can have consistent winning weeks with planning and effort.



Planning your week ahead of time is the driving force of the Winning The Week methodology. The key is to have a 30-minute planning session each week where you:



Plan your week. Work your plan. Win the week.

"The Winning the Week Method is a simple yet powerful framework for handling the strain of modern life with ease and without ever burning out. We've created an operating system for winning your week, every single week. This is something that anyone can implement right away to see transformative results but also forms the foundation upon which to build advanced productivity skills."

– Demir Bentley and Carey Bentley

The Winning The Week Method



Plan your week. Pages 2 - 6

Most people are aware planning is key to winning, yet less than 1 percent of people actually do it. Get into the habit of holding a regular 30-minute planning session where you map out and plan the week ahead. In that session, cover six key elements:



Work your plan Pages 7 - 8

Execute your plan by adjusting and replanning every day, by creating an environment that minimizes distractions, and by leveraging accountability to maximum effect.

- 1 STICK TO YOUR PLAN – work it
- 2 STOP DISTRACTING YOURSELF – each day
- 3 BLOCK EXTERNAL DISTRACTIONS – now
- 4 BUILD IN POWERFUL ACCOUNTABILITY
- 5 DEBUG YOUR MINDSET – and take control