

How my four quadrants look

Although your four quadrants may look completely different to my own, I will put an example of how mine looks. I update it regularly based on my current goals and main priorities but here is a sample of how it looked in the past. I also go through a step-by-step break down on what it constitutes to hit a 9 or a 10 in that particular quadrant. You may have a different system or different questions but feel free to take my ones.

HEALTH:

What does health mean for me?

This is my physical appearance, how fit I feel and my overall mental health.

How is it broken up?

1. **Goal 1.** Physical appearance: stay at 10% body fat
2. **Goal 2.** Fitness: Run 50km every week this month.
3. **Goal 3.** Mental health: feel fulfilled and grateful for the things that I do have and don't focus on the things that I don't have.

What do I need to do to hit it?

Goal 1: Get to the gym four times a week and eat wholegrain foods, some meat or fish and lots of vegetables or nutrient dense food

Goal 2: Run 10km every evening during the week.

Goal 3: 'Digital Detox*' every night before bed.

*Don't use any social media, electronics or phones an hour or two before bed to help your mind to calm down.

What self-created story could hold me back?

Goal 1:

The story: "I don't have time today"

The problem: Work or family commitments could get in the way.

The solution: Get up before sunrise and do your gym session before you

REWIRE YOUR MINDSET - FOUR QUADRANTS

start work or your family is awake.

Goal 2:

The story: "its too cold or wet outside"

The problem: weather conditions could affect your run.

The solution: Do the runs on the gym treadmill if needed.

Goal 3:

The story: "I just need to finish this last piece for work"

The problem: the desire to keep working late into the night.

The solution: have a non negotiable 6pm cut off time. All computers, social media and phones get powered down at 6pm regardless of how much work is completed.

How do I know I've hit a 9 or 10?

Goal 1: at the end of the month, I've gone to gym four times every week and I've eaten high quality nutrient dense food 80-90% of the time. Allow yourself 10-20% of 'eat what you want' as this maintains discipline over the long term

Goal 2: At the end of the month, you have run a total of 200km.

Goal 3: At the end of the month, you are sleeping well and feel energised when you wake up *

*Note: this is a very personal metric for success. If my mental health is poor, my sleep gets affected and my energy levels drop. Using that as a gauge tells me how well I did the previous month.

WEALTH:

What does wealth mean for me?

Not having to worry about paying my mortgage or bills and having savings in my bank account in case something bad happens.

How is it broken up?

REWIRE YOUR MINDSET - FOUR QUADRANTS

1. **Goal 1.** Earn X amount this month to maintain your lifestyle
2. **Goal 2.** Put Y away amount this month to build on your savings.

What do I need to do to hit it?

Goal 1: continue to provide a great service for the people who pay for your products or services.

Goal 2: pay yourself first. Before you pay any bills, as soon as your monthly wages come, put Y amount into savings. You can live off the rest.

What self-created story could hold me back?

Goal 1:

The story: "I'm too tired today"

The problem: a poor night of sleep or a hectic schedule can make you less creative or efficient

The solution: focus on getting high quality sleep every night and manage your schedule better by regularly saying "no" to things that don't move any of the four quadrants forward in a meaningful way.

Goal 2:

The story: "I really want that holiday"

The problem: thinking that because you've saved in the past, that you can indulge now.

The solution: put your money into savings and then create another side pot as a holiday fund. Add to this each month until you have saved enough. It might mean you go to one less dinner that month or spend no money on supplements but that's fine.

How do I know I've hit a 9 or 10?

Goal 1: at the end of the month, I've served as many people as I could, provided extreme value to them and got paid well as a result.

Goal 2: At the end of the month, I have Y amount in my savings account.

REWIRE YOUR MINDSET - FOUR QUADRANTS

LOVE:

What does love mean for me?

Spending time with my mum, my daughter and my inner circle of friends and family.

How is it broken up?

1. **Goal 1.** Have a weekly daddy/daughter day with Holly
2. **Goal 2.** Meet me mum for lunch or coffee at least once a week.
3. **Goal 3.** Hang out and spend time with at least one person from inner circle at least once per week.

What do I need to do to hit it?

Goal 1: Prioritise one full day off work. No phone, no work. Just me and my daughter doing something that we both enjoy.

Goal 2: Get up early and get my most important tasks finished before 1pm so I can free up time to meet my mum.

Goal 3: Factor in one 'half day' from work and go for food or coffee with someone from my inner circle.

What self-created story could hold me back?

Goal 1, 2 and 3:

The story: "I have a deadline this week, I'll make it up next week"

The problem: I've overcommitted myself to too many things.

The solution: Say no to everything that doesn't move one of my quadrants forward in any meaningful way.

How do I know I've hit a 9 or 10?

Goal 1: at the end of the month, I have a better relationship with my daughter and continue to stay emotionally connected to her as she gets older.

Goal 2: At the end of the month, I've seen my mum nearly every day.

REWIRE YOUR MINDSET - FOUR QUADRANTS

Goal 3: At the end of the month, I feel more emotionally fulfilled after spending time with people who help me grow as a person.

FULFILMENT:

What does fulfilment mean for me?

This is my 'jump out of bed every morning' feeling; working a job I love, connecting with amazing people

How is it broken up?

Goal 1. Write four chapters for the new book (the one you are currently reading)

Goal 2. Create amazing podcast with guests who inspire or educate me and my audience.

What do I need to do to hit it?

Goal 1: Prioritise 'writing time' every morning for the next month.

Goal 2: Keep an eye out for amazing guests that I can connect with for my podcast.

What self-created story could hold me back?

Goal 1:

The story: "I'll write that chapter another day, I can't get 'in the zone' today"

The problem: being lazy because writing doesn't come as easily to me as speaking.

The solution: sit down and write regardless of how I feel. Even if the work is below par for that day, sit down every single morning and just write. Sometimes you have to work your way into the zone.

Goal 2:

The story: "that person isn't right for my show"

The problem: not doing enough research on potential guests

The solution: spend at least sixty minutes researching potential guests and find the best fits for your show.

REWIRE YOUR MINDSET - FOUR QUADRANTS

How do I know I've hit a 9 or 10?

Goal 1: at the end of the month, I've completed four new chapters for the book.

Goal 2: At the end of the month, I've inspired and educated myself and others with the podcast guest I've connected with.

Again, these are just examples, yours may look completely different. It's worth noting that it can change regularly based on the time of year or what my current priorities are. If I'm working on a book deadline or have a lot of back-to-back talks in a single month, I might scale back my goals in another quadrant. For example, when writing this book – I cut 'goal 2' completely from my health quadrant. I didn't have any races coming up so I didn't need to prioritise an hour running each day. Instead I spent the time writing or editing a section of this book. That's why doing this every month is so important as your priorities change regularly.

After a while, you may not even need to write it out every single month, I don't any more; but it helps to do it in the beginning to get you started. I did it every single month for the first six months and now its automatic; it's just a habit.

Here's a blank one below that you can fill out.

HEALTH

What does health mean for me?

.....

How is it broken up?

Goal 1:

Goal 2:

Goal 3:

What do I need to do to hit it?

Goal 1:

Goal 2:

Goal 3:

What self-created story could hold me back?

Goal 1:

The story:

.....

The problem:

.....

The solution:

.....

Goal 2:

The story:

.....

The problem:

.....

The solution:

.....

REWIRE YOUR MINDSET - FOUR QUADRANTS

Goal 3:.....

The story:

.....

The problem:

.....

The solution:

.....

How do I know I've hit a 9 or 10?

Goal 1:.....

Goal 2:.....

Goal 3:.....

WEALTH

What does wealth mean for me?

How is it broken up?

Goal 1.....

Goal 2.....

Goal 3.....

What do I need to do to hit it?

Goal 1:.....

Goal 2:.....

Goal 3:.....

What self-created story could hold me back?

Goal 1:.....

The story:

.....

The problem:

.....

REWIRE YOUR MINDSET - FOUR QUADRANTS

The solution:
.....

Goal 2:.....

The story:
.....

The problem:
.....

The solution:
.....

Goal 3:.....

The story:
.....

The problem:
.....

The solution:
.....

How do I know I've hit a 9 or 10?

Goal 1:.....

Goal 2:.....

Goal 3:

LOVE

What does love mean for me?

.....

How is it broken up?

Goal 1.....

Goal 2.....

Goal 3.....

What do I need to do to hit it?

REWIRE YOUR MINDSET - FOUR QUADRANTS

Goal 1:.....

Goal 2:.....

Goal 3:.....

What self-created story could hold me back?

Goal 1:.....

The story:

.....

The problem:

.....

The solution:

.....

Goal 2:.....

The story:

.....

The problem:

.....

The solution:

.....

Goal 3:.....

The story:

.....

The problem:

.....

The solution:

.....

How do I know I've hit a 9 or 10?

Goal 1:.....

Goal 2:.....

Goal 3:

FULFILMENT

What does fulfilment mean for me?

.....

How is it broken up?

Goal 1.....

Goal 2.....

Goal 3.....

What do I need to do to hit it?

Goal 1:.....

Goal 2:.....

Goal 3:

What self-created story could hold me back?

Goal 1:.....

The story:

.....

The problem:

.....

The solution:

.....

Goal 2:.....

The story:

.....

The problem:

.....

The solution:

.....

Goal 3:.....

The story:

REWIRE YOUR MINDSET - FOUR QUADRANTS

.....
The problem:

.....
The solution:

.....

How do I know I've hit a 9 or 10?

Goal 1:.....

Goal 2:.....

Goal 3:.....