

# The Non-Planners Business Plan

## #4 Chunk it down

1. What are the top five things (or top five questions, from the last exercise, if you're unsure) that need to happen to achieve your one big goal?
2. Write each of these five things at the top of their own piece of paper.
3. Now look at each of these five pieces of paper and come up with at least five further tasks that need to happen to achieve each of these things. You should now have at least 25 tasks across five pieces of paper.
4. Give each of these tasks a deadline. If you're naturally inclined to push yourself and have high expectations for yourself, be a bit more lenient than your first impulse for setting a date. If you're inclined to take it easy and good at postponing things, bring these deadlines closer in than you want to.

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### – Notes –

Are you still with me? You can do this! Don't check out on me now because you're feeling overwhelmed, confused or unmotivated. By chunking your big goal down, we're making thing easier, not harder, so keep going. Don't stop until you've got (at least) 25 tasks written. These all should relate to that one big goal, even if they feel like you're moving further away. They don't have to be tasks – you can stay with your questions that need answering if you're unsure how to go about something.

One of the most unhelpful beliefs prevalent in our society is that we can 'have it all'. This sets expectations sky high and leads to inevitable disappointment and unhappiness. There's nothing wrong with being ambitious and wanting a lot out of life, but it's impossible to do everything and have everything at the same time. Each thing has its season.

Every good idea you have doesn't need to be implemented immediately. If you find your imagination firing in different directions away from your number one goal, simply jot down your quick ideas and return back to this task. Keep your eyes on the questions you've posed. Stay focused. You can do it. You've got this.