



OPERATOR EDGE



**MISSION PLANNING
BLUEPRINT**



1. Construct Your Personal Foundation Plan

This is a personal plan to get real clear about who you are and what you want to achieve. Think of this plan exactly like you would a business plan with a Vision, Mission and Core Values to live by and uphold.

The idea behind this plan is to build a solid foundation for which all your activities, tasks and energy are directed towards your end game or mission.

Take the time to write down and construct your Personal Foundation Plan and review it on a regular basis to ensure:

1. You are on track to mission success
2. You are operating in line with your Vision, Mission and Core Values
3. You still ACTUALLY want to act out your original plan

Personal Foundation Plan

Vision - How do I see my life turning out? How do I want it to turn out?

My Personal Vision is:

Mission - What do I want to achieve in my life overall?

My Personal Mission is:

My Core values - What do I stand for?

My Core Values are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



2. Identify Your Target

Everybody needs a plan, a goal or a mission. This is vital in developing mental toughness. By setting goals and achievable tasks you are instilling discipline. Discipline, which will be tested time and time again, which will by default, build your mental resilience.

What is your target? Pick a goal you want to achieve within the next 12 months, but break it down into 3-month blocks.

Strategic Outlook: Taking into account your vision, mission and core values plus your 'passion', determine where you want to take your life. What's your overall strategic outlook and vision for your future? (No time line required)

My strategic outlook is: _____

Taking into account your *Strategic Outlook*, what is a goal/s you want to achieve within the next 12 months that will ensure you are working towards your desired life outcomes?

My 12-month goal/s are: _____

Taking into account your 12-month goal/s, what is a goal you want/need to achieve in the next 3 months that will ensure you are on track to achieving your 12-month goal?

My 3-month goal is: _____

Taking into account your 3-month goal/s, what is a goal you want/need to achieve in the next month that will ensure you are on track to achieving your 3-month goal?

My 1-month goal is: _____

You can go even further by breaking your monthly goal down into weekly and daily tasks to achieve to ensure mission success.



3. Know Your 'Why'

Clearly identify the reason why you want the goal you have set yourself. Look deep down inside yourself, and be very clear and precise, as you'll need to draw on this reason time and time again when things get tough.

My 'why' is _____

4. Define Your Mission Statement

This is what you are going to set out to achieve. It should be a short statement that is clear, concise and direct. Include the 5 W's within this statement (Who, What, Where, When & Why).

My Mission Statement is _____

5. Execute And Bulletproof Your Mission

This is called the *Execution Phase* within your plan. How are you going to actually achieve your mission? What steps do you need to take? Think of any problems or roadblocks you may encounter along the way and create your 'actions on' to overcome those problems.

Step 1: _____

Goal/activity/target	Roadblock or problem	Action On
_____	=> _____	=> _____

Step 2: _____

Goal/activity/target	Roadblock or problem	Action On
_____	=> _____	=> _____

Step 3: _____



Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 4: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 5: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 6: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 7: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 8: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____



Step 9: _____

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

Step 10:

Goal/activity/target

Roadblock or problem

Action On

_____ => _____ => _____

6. Build Momentum Every Single Day

You build your mental toughness, by creating small wins each and every day (i.e. making your bed, cleaning your house, ironing your clothes, flossing). Making it a part of your daily routine until it becomes a habit. A habit that builds momentum and confidence.

Once you have built up that confidence, you can move onto applying your newfound strength and momentum to go after larger and more difficult challenges, such as a significant physical task, i.e. running a marathon, attempting Special Forces Selection, climbing Mt. Everest.

But, you can also use it in other, less physical ways, i.e. asking for that promotion or raise at work, starting a new project, or taking the leap into a completely new job for instance. With enough confidence and mental strength, you'll achieve whatever it is you set as your mission.

These all seem small and insignificant tasks, but trust me when I say they are setting patterns of success. They are creating small wins and building momentum. You will be gaining more and more confidence in your ability to complete any task simply by completing these small tasks. From there you can move into larger, more difficult tasks.

Begin to build your momentum as soon as you get out of bed each morning. Complete the following **small wins** schedule daily regardless of your emotional state at the time.

Wins achieved before breakfast

1. _____

2. _____

3. _____



Wins achieved before leaving for work

- 1. _____
- 2. _____
- 3. _____

Wins achieved before lunch

- 1. _____
- 2. _____
- 3. _____

Wins achieved after lunch

- 1. _____
- 2. _____
- 3. _____

Wins achieved before bed

- 4. _____
- 5. _____
- 6. _____

The 3 things I ABSOLUTELY MUST achieve tomorrow

- 1. _____
- 2. _____
- 3. _____



7. Celebrate Your Success

Consider it DONE!!!

How will you celebrate when you have accomplished each mission? Why wait? Experience the difference between achieving to be happy versus happily achieving. See it, Feel it, Hear it, KNOW it!

Target 1 celebration: _____

Target 2 celebration: _____



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