

Because
I can

PLANNER

WELCOME

Welcome to the "Because I Can" Life where you have now stepped into a movement where you get to create the life you want and live the dreams you've dreamed.

Leave the past behind and step into who you are about to become. Your future is waiting to give you a big fat hug for stepping into the unknown, the uncomfortable, and the unsure, to make your future yours.

I am here to cheer you on,

-Alison J

Guide to the Planner

Need a little help figuring out how this thing works? I'm gonna walk you through it! Just look for these little numbered circles.

1 Step One: The Manifesto

The very first thing you need to do is read our Manifesto (below). It's right here on the first page because it is at the heart of who we are and what we do in our *Because I Can* life. Read it, then SIGN and DATE it. That makes it YOUR manifesto too.

— BECAUSE I CAN —
DECIDE MY INCOME

— BECAUSE I CAN —
FIND THE POSITIVE IN EACH DAY

— BECAUSE I CAN —
KICK FEAR ^{IN} THE TEETH

— BECAUSE I CAN —
**ACCEPT THAT SUCCESS
DOESN'T HAPPEN OVERNIGHT**

— BECAUSE I CAN —
CHOOSE HAPPINESS

— BECAUSE I CAN —
CHANGE MY FINANCIAL FUTURE

— BECAUSE I CAN —
GIVE TO OTHERS

— BECAUSE I CAN —
FIND JOY ^{IN} THE UNKNOWN

— BECAUSE TOGETHER —
WE DON'T STOP

BECAUSE I CAN FOR LIFE

SIGN _____

DATE _____

2 Step Two: The Contract to You

Your “Because I Can” statements are waiting to be filled out below. This is the fun part where you get to think big. Go ahead and fill in those blanks. Here are some examples. Because I Can...teach my children how to be entrepreneurs,

or Because I Can...achieve financial security, or even Because I Can... take my kids to Disneyland.

You don't have to spend a lot of time on this section, but you get to make them aspirational on your *Becuase I Can Life* journey

What Are Your “**Because I Can**” Statements?

Because I Can...

Because I Can...

Because I Can...

3 Step Three: Time to Commit

Your commitment statement is next. As you can see, I have added prompts underneath each line you need to fill out. Along with your personal

“Because I Can” statements, this section helps you begin to envision your goals and start to work toward them.

COMMITMENT STATEMENT

I'm choosing to live the “Because I Can” life because I know I can...

(specific financial goal)

I know that I can accomplish this because...

(your biggest ‘WHY’)

I know that I can do this because I am...

_____ and _____
(positive affirmation) (positive affirmation)

I realize that I will feel...

_____ and _____
(negative feeling) (negative feeling)

along the journey and will learn to kick fear in the teeth. I know those feelings are only temporary and I will go back to focusing on my ultimate goal of...

(your biggest ‘WHY’)

I believe in myself because my future self wants me to achieve my goal, because I deserve it.

#BecauseICan

4 Step Four: Business Goal Map

Grab a timer for this next step because I want you to do some top-of-mind thinking and not dwell on those "I think I should" kind of thoughts. Nope, you're going to think fast and write as many as you can that pop in your head.

BUSINESS GOAL MAP

LIFETIME

In 60 seconds, I want you to write down the dreams and goals you have for your lifetime. Want to make enough so your spouse can quit? Would you like to be a keynote speaker? Do you want to retire when you are a certain age. Do you want to impact the world somehow? Would you like to retire a millionaire?
Ready --> Go

5 YEAR

Okay, here's another 60-second challenge for you. Write down what you'd like to do in the next 5 years. It could be to fund a scholarship, meet one of your business mentors, land your face on the cover of a business magazine, or have your book be a top seller.
Ready -->> Go

1 YEAR

Here we go again! Set the timer for 60 seconds and write down the goals you have for the next 12 months. Attend a business conference, get to 10k email subscribers, sell your first \$100k or even hit that million dollar mark.
Ready -->> Go

WHAT DO YOU WANT IN...

YOUR LIFETIME?

5 YEARS?

1 YEAR?

NARROW IT DOWN

Now, look back over them and circle one thing from each of the 3 sections. Yup, just one, and write that down below in the Top Three Goals section. You will be able to come back to this throughout the year and continually update this section, but today focus on one.

TOP THREE BUSINESS GOALS

1.

2.

3.

5 Step Five: Personal Goal Map

We are doing this again, but taking it to a personal level. This planner was designed not as a business growth planner, but one a busy parent, busy kid, busy family member could use to hit goals.

PERSONAL GOAL MAP

LIFETIME

Your 60 seconds is about to start. Write down your personal goals for your lifetime. It could include things like... going on a service mission, building a space for grandkids, going on a Disney cruise with the entire family...grandkids and all.

Ready -->> Go

5 YEAR

You know the drill. 60 seconds on the clock. What do you want to do in the next 5 years? Go to Ireland, pay off all your debt? Yup, all those things go in this section.

Ready -->> Go

1 YEAR

Last one. 60 seconds goes fast. What do you want to do in the next year? Maybe you want to lose 20 pounds, have weekly date nights with your spouse, or get a massage.

Ready -->> Go

NARROW IT DOWN

Now, look back over them and circle one thing from each of the 3 sections. Yup, just one, and write that down in the "Top Three Personal Goals" section. You will be able to come back to this throughout the year and continually update this section, but today focus on one..

WHAT DO YOU WANT IN...

YOUR LIFETIME?

5 YEARS?

1 YEAR?

TOP THREE PERSONAL GOALS

1.

2.

3.

Did you notice in this section that most of the things you wrote require money? Taking trips, paying off debt, getting a massage, etc.

Money is the tool we need to achieve what we want and I'm going to show you how to use this planner to organize your goals so that you can actually achieve them!

6 Step Six: The Boxes of DOING

Welcome to the doing boxes. This is where you'll discover what it takes to turn all those goals you just listed into your reality.

THE BOXES OF DOING

Looking at the top 3 business goals and your top 3 personal goals, write each one in a square below. Each of the boxes should have one goal listed inside.

Now set your timer for 60 seconds and list all of the things that you will need to do to get to that

goal. This is why it's called the box of doing. These are the things you have to do to achieve your goals.

Let's start off with business goals and move to the personal. Let's say you put "Sell \$100k this year" in box number one. In the first box you'd write something like: Grow an email list to 10K, put out 5 offers a week, contact 3 influencers a week, start an Instagram account, establish power hours, plan out weekly schedule using the *Because I Can Life* planner.

If your goal was to lose 20 pounds then that would be at the top and specific, actionable items like this would fill the box. Repeat the 60 seconds for each of the boxes to get as many ideas out on paper.

	1	2	3
BUSINESS			

	1	2	3
PERSONAL			

7 Step Seven: Example Month

Time to brush that confetti out of your hair and flip to the month in the planner where you are right now. So if you are getting started in May, flip to May. If your'e starting in September... well, you get it. Go ahead and fill out the calendar with the appropriate dates. You can use the reference calendar on the previous page to help you with that.

On these pages, which you'll fill out once a month, you get to look at where you've been and celebrate all the good things you've accomplished.

You'll see a "Reflection" section on the left side. This is to be addressed at **the end of the month**. Don't forget to do this. It will become vital to your success to know year after year of what worked and what didn't.

MONTH:

REFLECTION

	SUN	MON	TUE
What worked well:	☐	☐	☐
What didn't work well:	☐	☐	☐
What I'm grateful for:	☐	☐	☐
Where I won:	☐	☐	☐
How I'm celebrating:	☐	☐	☐
How I'm taking care of me:	☐	☐	☐

TOP 3 BUSINESS GOALS THIS MONTH

TOP 3 PERSONAL GOALS THIS MONTH

BUSINESS STATS

PERSONAL STATS

NOTES

This is a handy-dandy box for emptying your thoughts. This is a great place to jot down the things that come to your mind relating to both work and personal life so that you don't forget them.

Take just one idea from each of the "boxes of doing" and write them in your goals section at the bottom.

Once they are added to the lines then schedule a date for them during the month. When is the due date? That's up to you and I know you'll stick to it *because you can!*

See these stat boxes?

"When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates" - Monson

This is included for you to add your measures. Whether it's the number of sales or the number of workouts for the month. Start tracking for acceleration to happen.

8 Step Eight: Example Week

“Not having a plan for the day is like going to the grocery store without a list... you waste time, you spend more, and you forget what you wanted in the first place.” -Unknown

Get ready to move faster than you thought possible as you start planning out your weeks and

days because you will be focused on the tasks at hand and accomplish what you set out to do in your day. The best part is that it doesn't take long to make this happen.

There are two parts to this weekly calendar. The weekly plan (left) and the daily plan (right). I recommend looking at the week's plan on Sunday or first thing Monday morning.

WEEK 1

Because I can... quit my job one day

3 Things I'm grateful for

2 Daily affirmations (I am...)

How I can make today better

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

Bonus Time:
When you end the day, get a head start on the next day and plan out your schedule. Going into a day that's already planned out is like pushing the pedal to the metal in your car! You'll get where you are going even faster.

1. On the left side, fill in what your main focus is for the week. If it's something you scheduled from your "boxes of doing," add it in. Then decide what items will help you accomplish that goal and add those to your personal and/or business to-do list(s). It can be as simple as getting gas in the car to take you to the bank to set up your business bank account

2. When your to do lists are complete, look over the week and decide what is absolutely necessary and start blocking time out. It can include doctor appointments, Power hours, meal prep, working out, hair appointments, kids performances, etc. Write them in pen so they can not be moved. You've committed to these because they are in ink. Then fill in other things with pencil that could possibly be moved around a bit if needed. Examples could include social media batching, reaching out to influencers, dinner, or naptime (because sometimes adults still need those). Your skeleton of a week is complete

3. As each day happens complete the daily column. Fill out the first section with three things you are grateful for. Then, two "Because I Can" statements (*Because I can stay organized, Because I can pay off debt, Because I can eat 2 cookies instead of 12*). And finally, list one way to make the day better (Calling Grandpa, Texting a love note to the spouse, breathing deeply).

9 Step Nine: *Because I Can* Thoughts

You'll find this page at the end of each month. It is simply a place for you to record any random thoughts and ideas that may pop up.

BECAUSE I CAN
THOUGHTS

The Wrap Up

We all know that time is our most valuable resource, right? That's why your *Because I Can Life* Planner has been designed for you to spend less time figuring out what to do and far more time getting things done.

That's:

- 5 minutes a day getting into a positive mindset and focusing on specific tasks;
- 10 minutes a week planning the week ahead; and
- 15 minutes a month reflecting on your accomplishments and setting new goals.

I CAN
I CAN
I CAN
I CAN
I CAN
I CAN
I CAN
I CAN
I DID!

MONTH:

REFLECTION

	SUN	MON	TUE
What worked well:			
What didn't work well:			
What I'm grateful for:			
Where I won:			
How I'm celebrating:			
How I'm taking care of me:			

TOP 3 BUSINESS GOALS THIS MONTH	
TOP 3 PERSONAL GOALS THIS MONTH	

BUSINESS STATS
PERSONAL STATS

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NOTES

WEEK 1

Because I can...
quit my job one day

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

3 Things I'm grateful for

2 Daily affirmations
(I am...)

How I can
make today
better

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WEEK 2

*Because I can...
live a life without
limitations*

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

3 Things I'm grateful for

2 Daily affirmations (I am...)

How I can make today better

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WEEK 3

Because I can...
go to dance class and
make money while
I'm there

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

3 Things I'm grateful for

2 Daily affirmations
(I am...)

How I can
make today
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WEEK 4

Because I can...
teach and show my
children a better way
of living

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

3 Things I'm grateful for

2 Daily affirmations
(I am...)

How I can
make today
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WEEK 5

*Because I can...
be fierce*

THIS WEEK'S FOCUS

BUSINESS TO-DO

PERSONAL TO-DO

3 Things I'm grateful for

2 Daily affirmations (I am...)

How I can make today better

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BECAUSE I CAN
THOUGHTS



alisonjprince.com