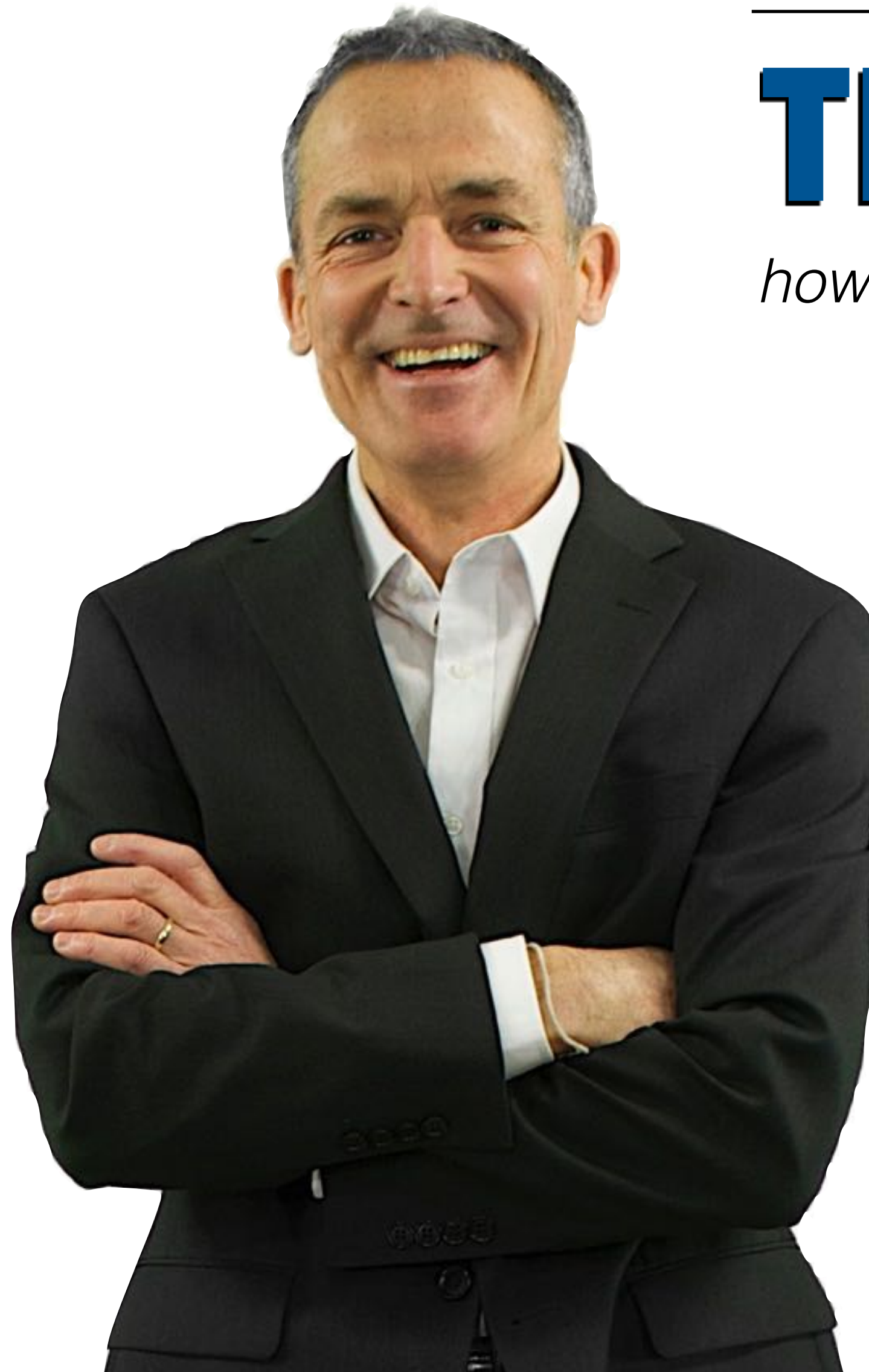




THINK, PLAN, ACT

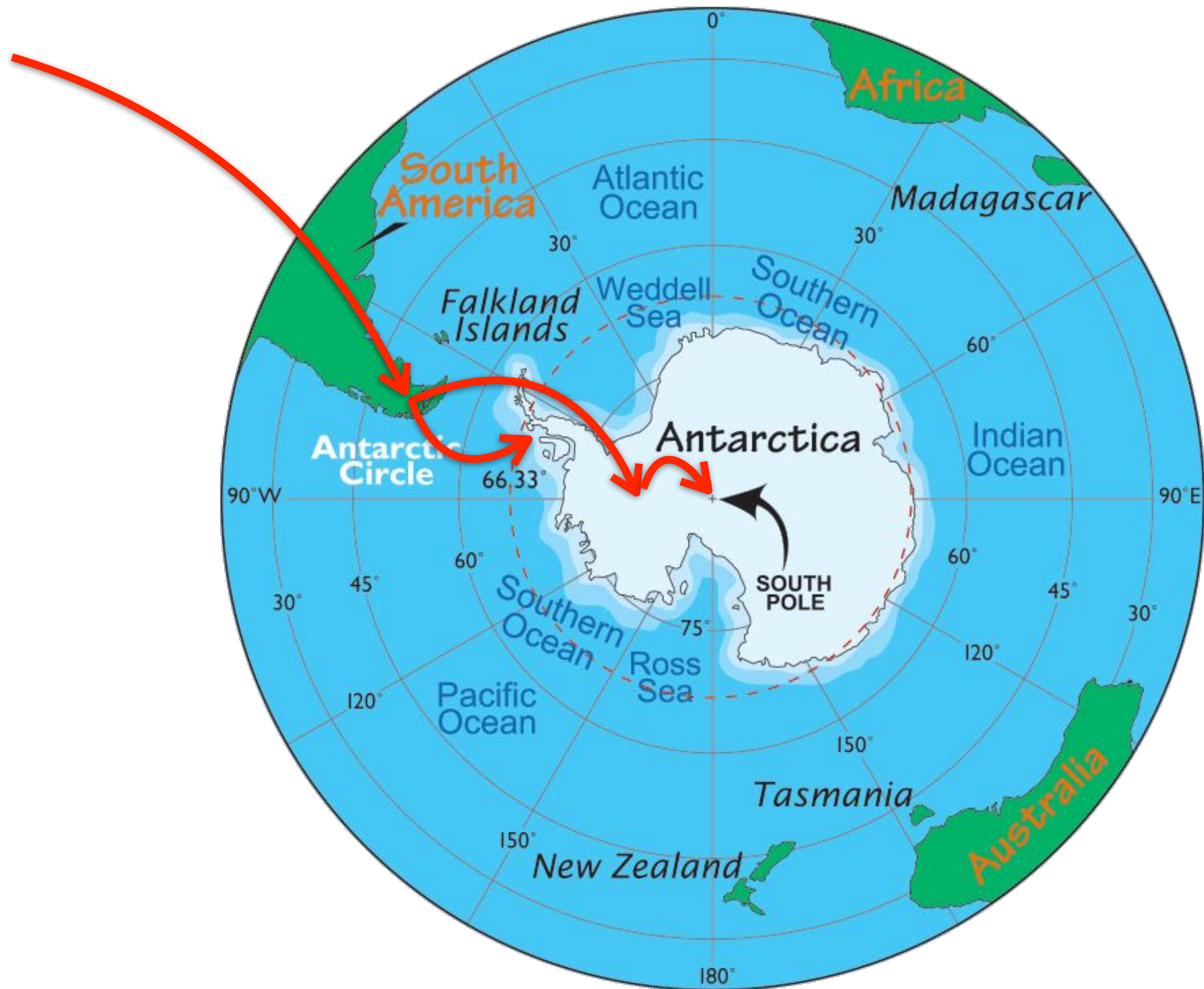
*how to have **extraordinary** results in **work** and **life***

Hugh Culver



THINK
better
PLAN
smarter
ACT
on what
matters







JOHN BISCOE



















**“We don’t rise to our
level of **expectations**,
we fall to our level of
training.”**



PLANNING

1 2 3 ④ 5

PRODUCTION

1 2 ③ 4 5

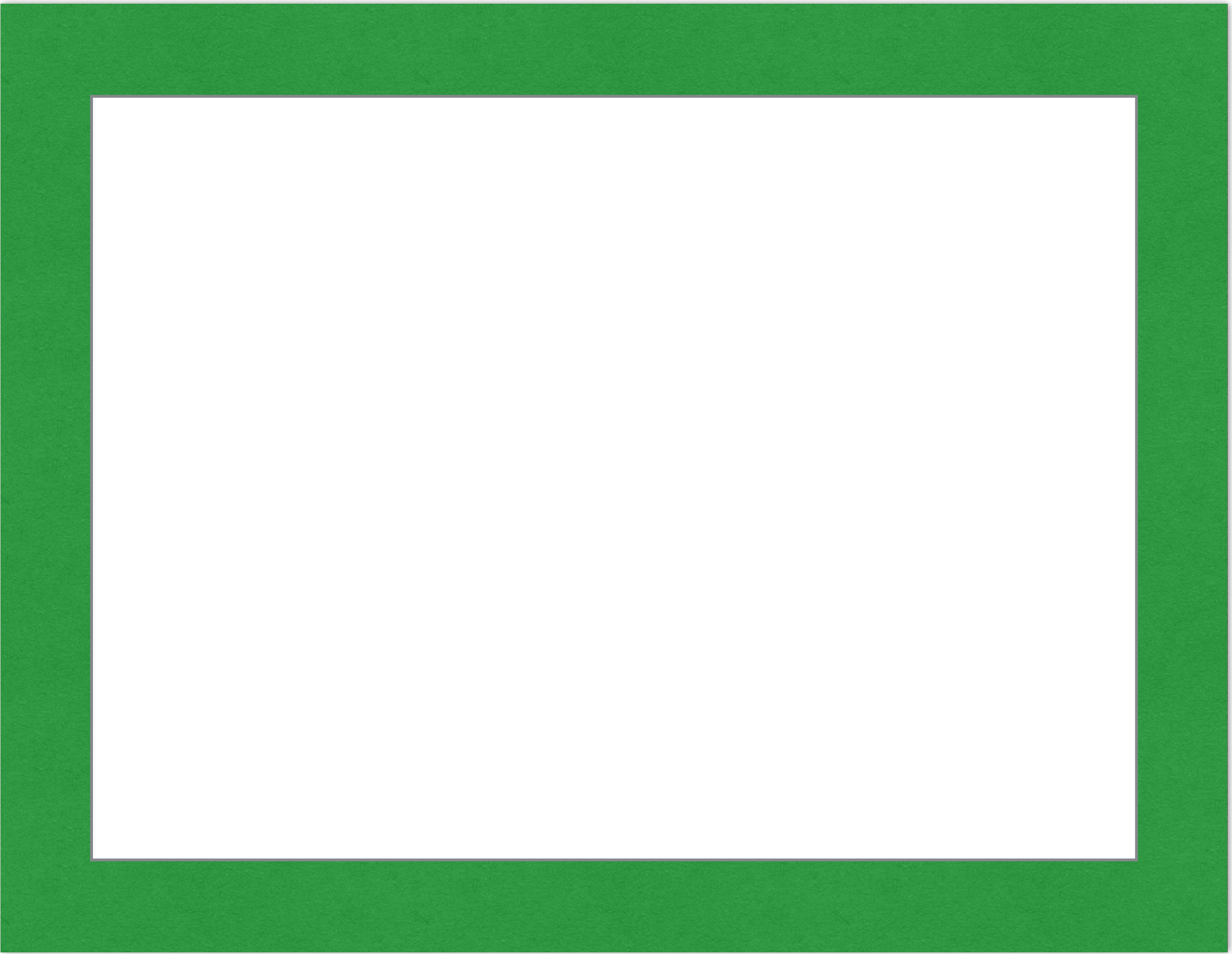
LEARNING

1 2 3 ④ 5

PERSONAL

1 ② 3 4 5





V

VI

VII

VIII

IX

SIX

WINDOWS ON THE WORLD



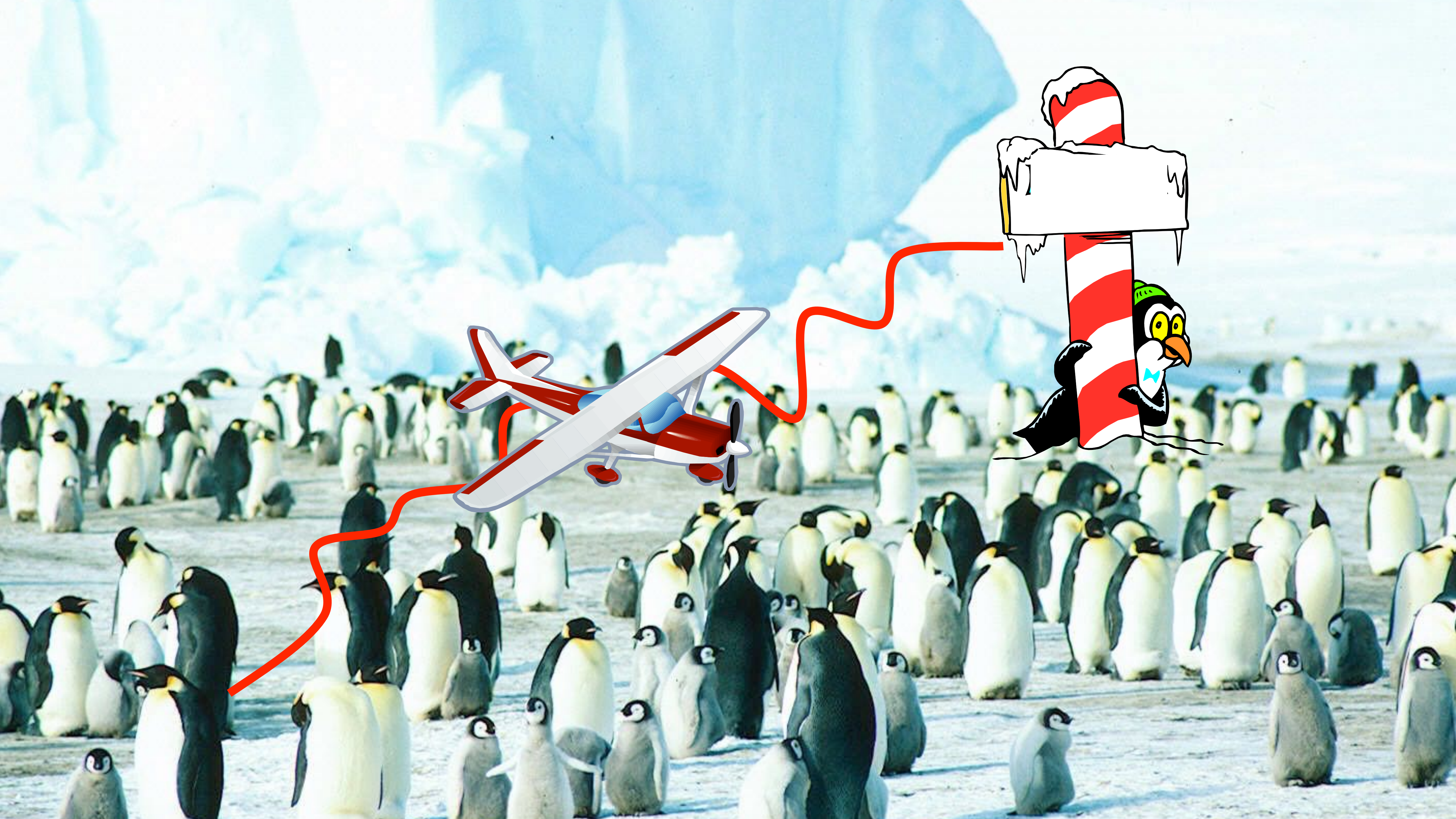
- 1. We our Windows
- 2. We we made them up
- 3. We look for to prove it's true.



OPEN YOUR WINDOWS

A perspective view of a two-lane asphalt road with a dashed yellow center line and solid white edge lines. The road stretches straight into the distance, flanked by green fields and some distant trees. The sky is bright blue with many white, fluffy clouds. The text is overlaid on the upper half of the image.

TO OPEN MY WINDOW I NEED TO...
ASK A BETTER QUESTION.



PLAN LIKE A PILOT

2018

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

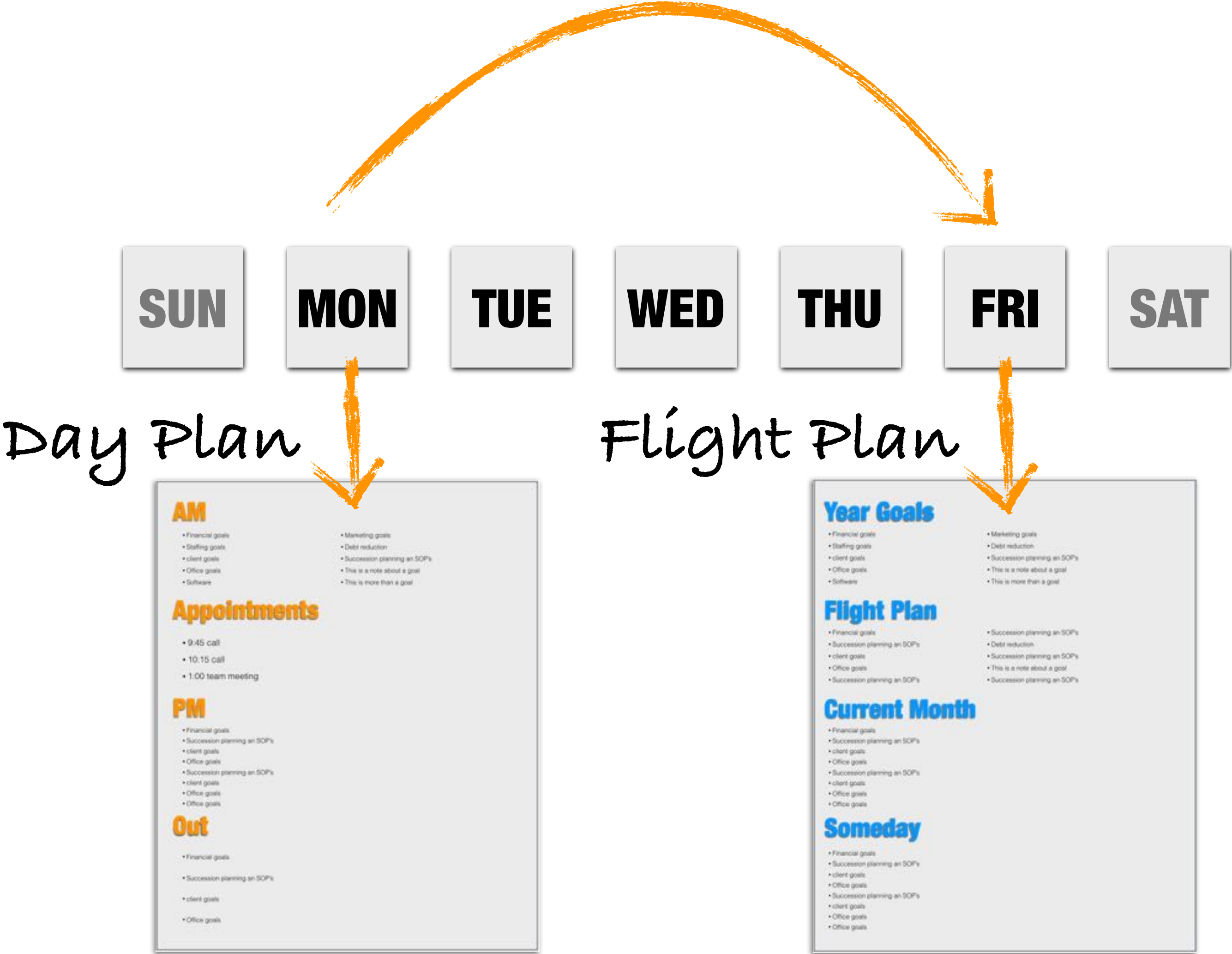
November

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

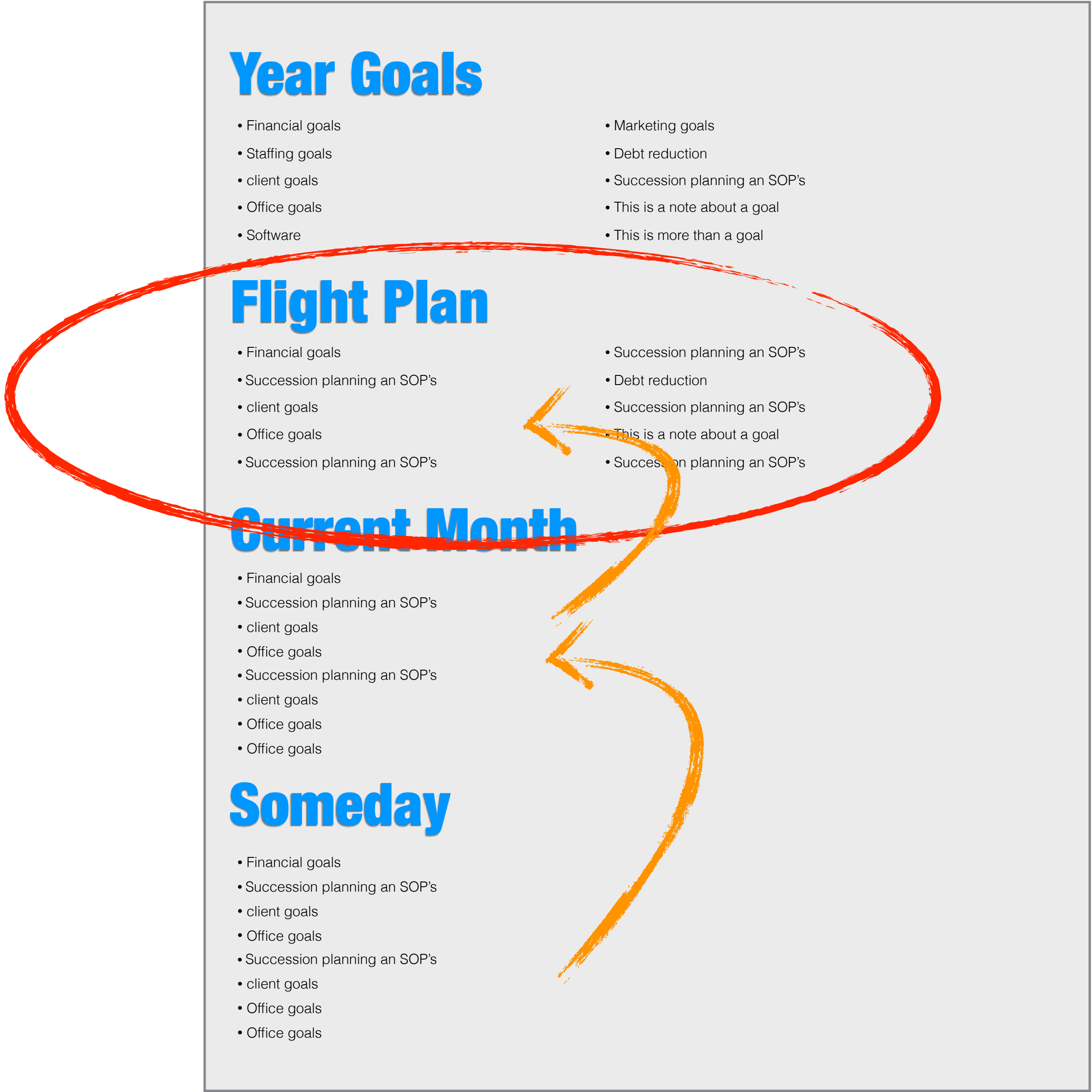
December

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

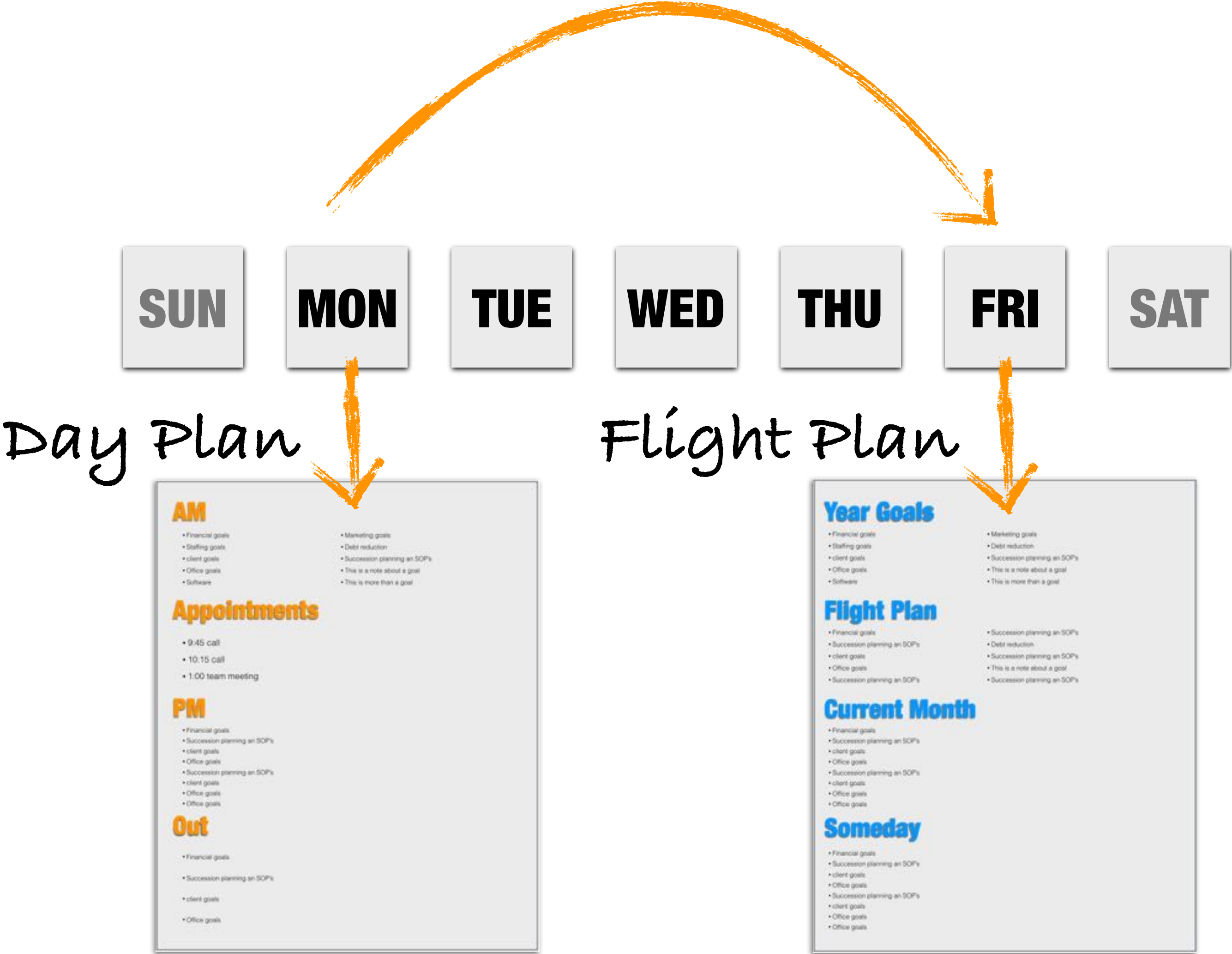
FLIGHT PLAN



FLIGHT PLAN



FLIGHT PLAN





HABITS

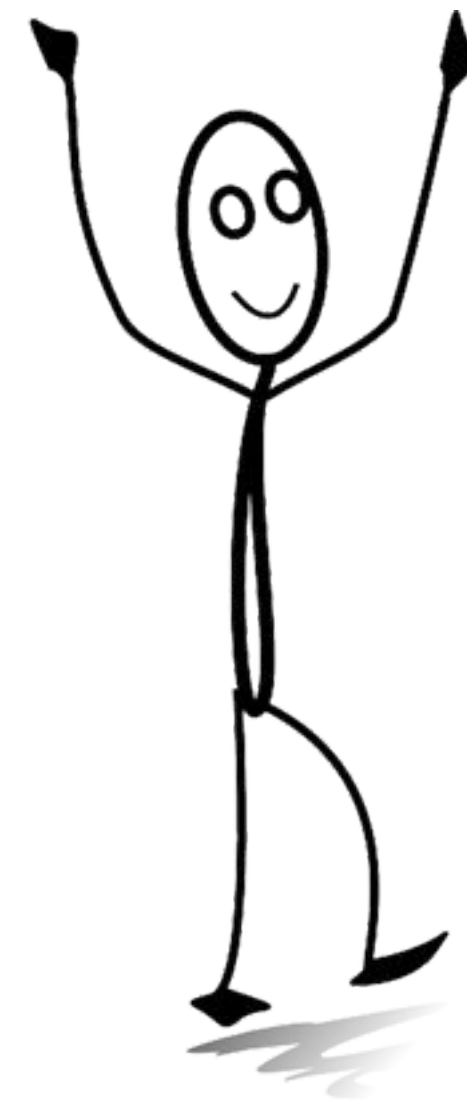
CUE



ROUTINE



REWARD

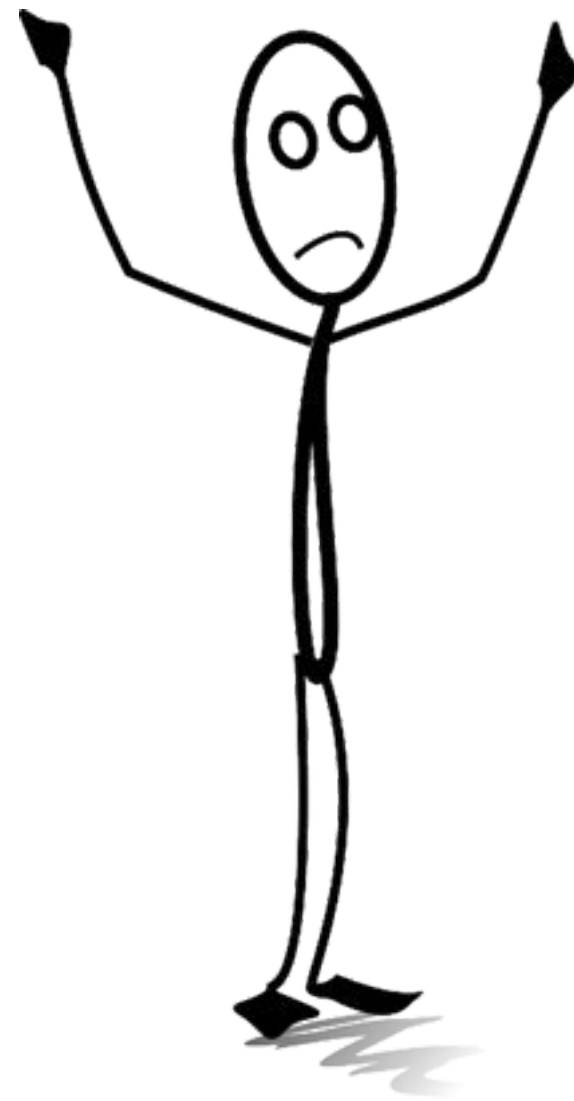


HABITS

CUE



ROUTINE



REWARD



**CHANGE YOUR
REWARD – CHANGE
YOUR ROUTINE**

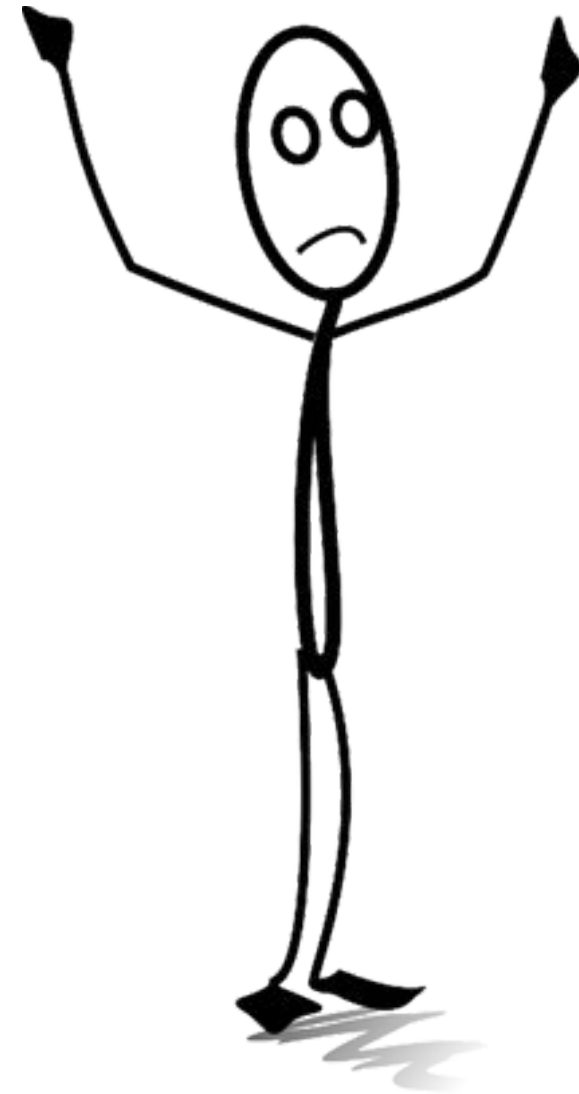


HABITS

CUE



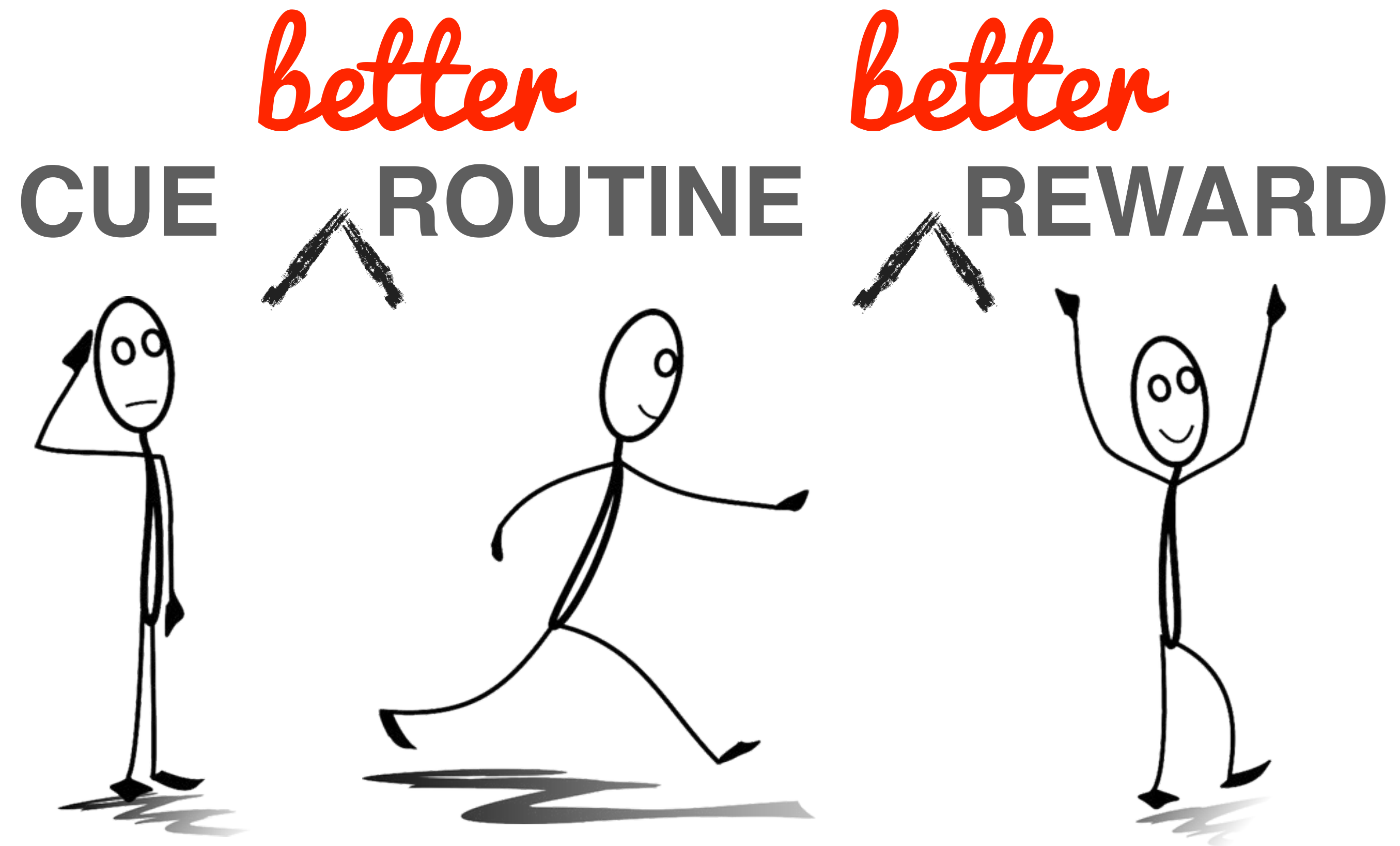
ROUTINE?



REWARD?



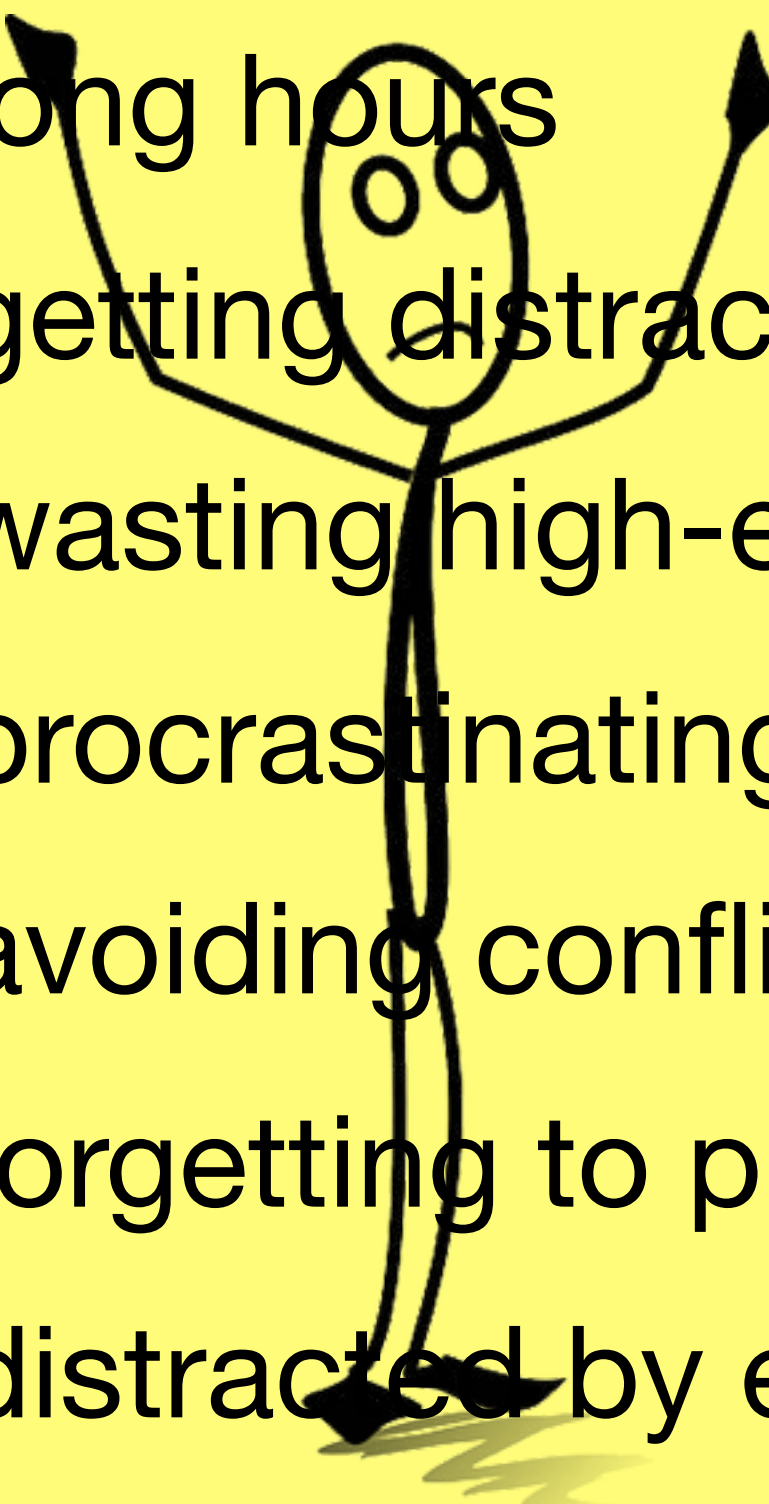
HABITS



HABITS TO KEEP?

- 
1. planning ahead
 2. exercise in AM
 3. keeping promises
 4. afternoon breaks
 5. planning meetings
 6. zero clutter
 7. speak the truth
 8. working from plans.

HABITS TO CHANGE?

- 
1. long hours
 2. getting distracted
 3. wasting high-energy periods
 4. procrastinating on calls
 5. avoiding conflict
 6. forgetting to praise
 7. distracted by email
 8. allowing clutter.

BUILD HERO HABITS

PLANNING

1

2

3

4

5

PRODUCTION

1

2

3

4

5

LEARNING

1

2

3

4

5

PERSONAL

1

2

3

4

5

I COMMIT -







ADVENTURE  NETWORK
INTERNATIONAL

WELCOMES YOU TO 80° SOUTH

PATRIOT HILLS RUNWAY

ANTARCTICA



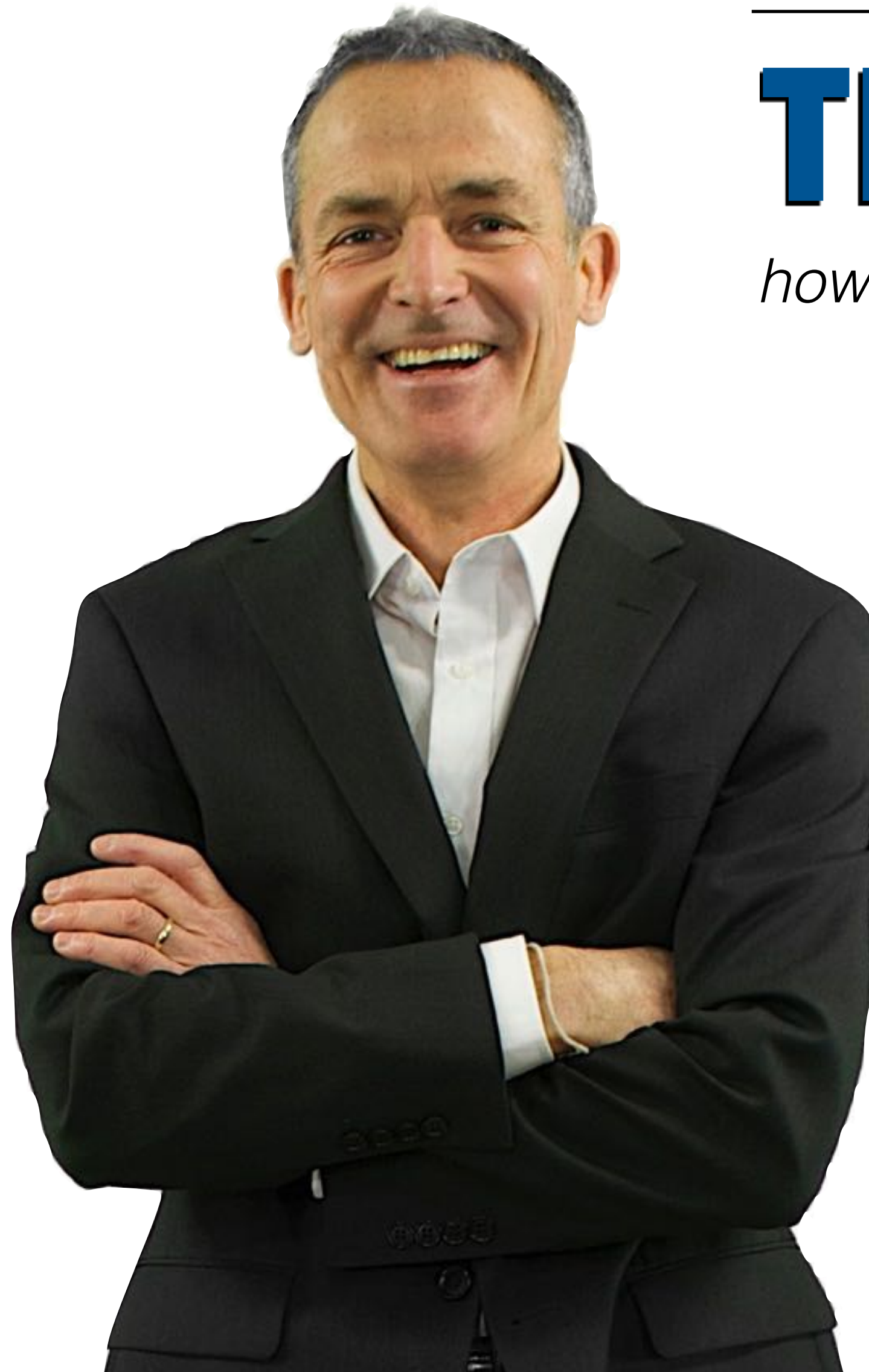




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