

# Trackme

**B Lingard**

**TrackME!** Lars Lofstrand, Andre Nell, 2012-02-10 If you feel that your life lacks substance, that you are just existing from day to day, the TrackME! Workbook will help you to start living a Life That Matters. The TrackME! Workbook is the 3rd part of the 4 part TrackME! Planning System. The TrackME! Workbook is designed to simplify the process of measuring your progress towards Living Like It Matters. Integrity is critical in developing your sense of self worth. What you experience in life is directly attributable to your self-worth and therefore, doing what you say you will do is critical to realizing your ambitions. The TrackME! Workbook provides just that - A process for holding yourself accountable. The TrackME! Workbook is very easy to use and will help you identify if you are keeping the commitments you make. By tracking this it empowers you to adjust your commitments to yourself and others so that you keep your word more often. The TrackME! Workbook is designed to help you DO LESS, not more. It ensures that you are doing the things that matter as opposed to doing the busy being busy stuff that makes you feel empty. If you don't like what you are getting, change what you do! Lars Lofstrand Make a change for good in your life TODAY with the TrackME! Workbook. The TrackME Planning System includes the following parts: 1. PlanME! Workbook 2. ImplementME! Tracker (planner) 3. TrackME! Workbook 4. AdjustME! Workbook

**TrackME! Planner** Lars Lofstrand, Andre Nell, 2019-03-15 Any achievement is the result of iteration, or more simply stated, the process of doing something again and again, tweaking it each time to improve it. We call this the P.I.T.A. Process. The TrackMePlanner is developed around the P.I.T.A. Process. It facilitates the process of creating your strategy for approaching life, so you live life on purpose, so you can Live Like It Matters. THE 4 STAGES TO PLANNING ARE: 1. Plan-Take a Snap Shot of Your Life- Clarify Your Purpose- Identify Your Values- Develop Your Life Plan 2. Implement- Create a Master Task List- Manage a Weekly Task List- Track the Basics- Week View Planner 3. Track- Each day, easily update if you did what you said you would do in terms of the basics in each area of life.- Each day, update the status of the tasks on your Weekly Task List.- At least once each month, update the status of the tasks on your Master Task List.- Each week, track how often you did what you said you would do. Easily create a graph so that you can see where you are succeeding, and where you need to pay additional attention. 4. Adjust - Once a Quarter, based on the feedback, make adjustments to your plan.- Redo a Snap Shot of Your Life- Adjust Your Purpose- Adjust your alignment with your Values- Adjust Your Life Plan THE BENEFITS OF USING THE TRACKME! PLANNER ARE: LIVE STRATEGICALLY In life, you are either playing to your own tune, or to the tune of someone or something else. Playing your own tune provides a deep sense of achievement and value whereas playing to someone else's tune results in hollow victories. The TrackME! Planner will aid you in defining what your own tune is. MAKE BETTER DECISIONS The number of choices available can be paralyzing. When you have a clear vision for your life, and are clear about your purpose in life, as well as the Values you hold dear, decision making becomes simpler. It is easier to say not to distractions when you know where you are headed. DO WHAT MATTERS MOST The reason most people's dreams remain dreams is because they do not translate that dream to what must be done today. Like the navigation app on your smartphone, it doesn't matter where you are at, or if you took a wrong turn, as long as you 'recalculate' and translate your dreams to where you are at, and what you can do today. The TrackME! Planner guides you in doing this. GROW EMOTIONALLY SO YOU CAN ENJOY LIFE Emotional growth or Confidence, is the result of 2 things. Doing what you say you will do, and doing what is right for you. Both of these are requirements for growing confidence. This is why tracking commitments is so important in a planner. The TrackME! Planner makes it simpler to track if you are keeping those commitments, especially the commitments you make with yourself.

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web jan 1 1998 the mouse and the motorcycle runaway ralph written by beverly cleary ralph s mouse runs away and everything goes downhill from there literally he meets many colorful characters but knows eventually he must find his way home

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