




DREAMING.BIGGER.FASTER.


QUARTER SNAPSHOT

DBF Quarter Snapshot


 Year: _____

 DBF Y: 1 2 3 Q: 1 2 3 4

 Start Date: _____ End Date: _____

 DBF Year Word: _____

 DBF Year Mantra: _____

 DBF Quarter Intention: _____

 Quarter Top Goals (Big 3 Goals for this Quarter)

1. _____

2. _____

3. _____

◆ Other Goals (Optional, Up to 5)

- _____

- _____

- _____

- _____

- _____

 Quarter Top Metrics (Turn Goals into Numbers and Track Progress)

Metric	Quantity
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- _____	____ / ____
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- _____	____ / ____
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- _____	____ / ____
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 Quarter Top Habits (Daily and Weekly Consistency Tracker)

Habit	# of Days
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- _____	____ / ____
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- _____	____ / ____
---------	-------------

- _____	____ / ____
---------	-------------

- _____	____ / ____
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- _____	____ / ____
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Quarter Top Plans (Key Scheduled Events and Major Action Steps)

1. _____
2. _____
3. _____

Quarter Obstacles and Overcoming Plans (Anticipate and Solve Challenges in Advance)

Big #1: _____

Potential Speedbump: _____

Plan to Overcome: _____

Big #2: _____

Potential Speedbump: _____

Plan to Overcome: _____

Big #3: _____

Potential Speedbump: _____

Plan to Overcome: _____

Quarter Commitment Statement

Write a statement committing to execution and follow-through this quarter.

✓ "I commit to executing my plans, staying consistent with my habits, and holding myself accountable because my dream life depends on it. No excuses."

✶ Signed: x _____

How to Use Your DBF Quarter Snapshot

- ✓ Keep this snapshot visible – print it, put it in your planner, or post it where you'll see it daily.
- ✓ Use it for accountability – snap a picture and share it with your DBF Mastermind group or accountability partners.
- ✓ Review it weekly – track progress and make real-time adjustments.
- ✓ Reflect at the end of the quarter – celebrate wins, learn from challenges, and adjust for the next quarter.

Final Thought

Your DBF Quarter Snapshot is your **one-page game plan** for the next 4 months. If you focus on these **Goals, Metrics, Habits, and Plans**, success will become inevitable. **Now go execute.** 🔥