DBF OS · DREAM. BUILD. LIVE.

DREAM BIG FAST

YEAR SNAPSHOT

DBF CYCLE _____

NAME	WORD OF THE YEAR	MANTRA OF THE YEAR

BIG 3 · YEAR NUMBERS

SET ONCE A CYCLE

#	BIG 3 GOAL	PILLAR	YEAR #	QUARTERLY	WEEKLY	DAILY
1						
2						
3						

MONTHLY MILESTONE MAP

ROUGH · REFINED EACH MONTH

BIG 3	MONTH 1	MONTH 2	MONTH 3	MONTH 4
1				
2				
3				

ACCOUNTABILITY STACK

STAKE · VERIFIER · CADENCE

#	STAKE	VERIFIER	CADENCE	CONSEQUENCE	CELEBRATION
1					
2					
3					

HABIT LAYER

DAILY BEHAVIORS – LEAD INDICATORS

#	HABIT	CADENCE	LINKED SYSTEM / GOAL	TARGET
1				
2				
3				

COMMITTED TO GOALS?

☐ HELL YES ☐ HELL NO

COMMITTED TO PLAN?

☐ HELL YES ☐ HELL NO

X _____

SIGNED & DATED