

NERD ZEST

**THE SIMPLE SYSTEM  
TO LIVE WITH NERD ZEST**

**IMPROVE YOUR LIFE, ENJOY THE SUCCESS**

**THENERDZEST.COM**

CHOOSE YOUR PATH, OR SOMEONE WILL FOR YOU.

DON'T LET THIS HAPPEN TO YOU! BE THE ONE WHO MAKES YOUR OWN DECISIONS FOR WHERE YOU GO IN LIFE. MAKE THE COMMITMENT TO YOUR FUTURE SELF, FAMILY, AND FRIENDS TO WORK HARD, BETTER YOURSELF, AND CONTINUOUSLY IMPROVE

LIFE IS COMPLICATED AND GETTING MORE SO ALL THE TIME. IF YOU ARE NOT WORKING TO IMPROVE YOURSELF, YOU ARE FALLING BEHIND.

CHANGE IS HAPPENING FASTER DUE TO TECHNOLOGY, SCIENTIFIC ADVANCES, NEW DISCOVERIES, AND INFORMATION FLOW. NOW IS THE BEST TIME TO DO SOMETHING DIFFERENT.

YOU NEED TO HAVE A SYSTEM IN PLACE TO KEEP YOUR LIFE MOVING FORWARD. IF NOT, YOU WILL HAVE WASTED YEARS OR EVEN DECADES, WITH NOT MUCH OF A LIFE TO SHOW FOR IT.

IMPLEMENT THIS SIMPLE SYSTEM TO GET YOU OFF THE HAMSTER WHEEL OF LIFE AND START TO CLIMB THE MOUNTAIN OF ACHIEVEMENT AND SUCCESS.

THE SIMPLE SYSTEM CONSISTS OF 3 EASY STEPS:

- 1) KNOW YOURSELF, DEFINE YOUR FUTURE
- 2) CREATE A DESIGN FOR YOUR FUTURE
- 3) IMPLEMENT YOUR DESIGN

THIS SYSTEM WILL GET YOU STARTED ON THE PATH TO SUCCESS. IT WILL NOT BE EASY, BUT WELL WORTH IT. THE HARDEST PART IS MAKING THE COMMITMENT TO START.

READY? GO!

## KNOW YOURSELF, CREATE YOUR FUTURE

THE GOAL: SEE YOUR CURRENT SITUATION, DETERMINE WHERE YOU WANT TO GO.

THE PATH TO IMPROVEMENT, BEGINS WITH WHERE YOU ARE NOW.

THE FOLLOWING 2 EXERCISES WILL HELP YOU DETERMINE YOUR NOW.

1) KNOW YOUR MONEY. HOW MUCH DO YOU EARN, HOW MUCH YOU SPEND?

2) KNOW YOUR WHY. ACHIEVEING SUCCESS MUST HAVE AN UNDERLYING REASON. KNOW YOURS.

### EXERCISE #1 – REALITIES AND DREAMS

DOWNLOAD THE REALITIES AND DREAMS SHEETS.

FILL OUT BOTH SHEETS

EXAMINE THE INCOME/SPENDING RATIO

UNDERSTAND YOUR INCOME SOURCES AND SPENDING HABITS

CREATE A DREAM SHEET WITH AN INCOME OF \$80,000

### EXERCISE #2 – FIND YOUR WHY

KNOW YOUR WHY SO THE WHAT AND THE HOW ARE EASIER TO UNDERSTAND AND IMPLEMENT.

SIMON SINEK –

OUTPUTS –

REALITY AND DREAM SHEETS – SETS THE NOW AND THE FUTURE

YOUR WHY – GIVES YOU THE UNDERLYING PURPOSE BEHIND YOUR CHANGE.

MEASURES – YEARLY INCOME

## DESIGNING YOUR FUTURE

GOAL: CREATE A PLAN TO GET YOU FROM NOW TO YOUR FUTURE

YOU KNOW WHERE YOU WANT TO GO, DEVELOP THE STEPS TO GET YOU THERE

3 EXERCISES TO HELP DEVELOP THE PATH.

- 1) FIND YOUR STRENGTHS
- 2) RESEARCH JOBS THAT UTILIZE YOUR STRENGTHS
- 3) COMMIT TO GETTING A JOB IN THAT FIELD

### EXERCISE #1 – FIND YOUR STRENGTHS

STRENGTHSFINDER 2.0 IS A GREAT RESOURCE FOR UNDERSTANDING PERSONAL STRENGTHS. BUY THE BOOK AND TAKE THE TEST. YOU REALLY ONLY NEED TO READ THE FIRST CHAPTER, THE REAL VALUE IS THE TEST.

DOWNLOAD AND FILL OUT THE HEDGEHOG SHEET.

UNDERSTAND YOUR NATURAL ABILITIES AND WHO WILL PAY FOR THEM.

### EXERCISE #2 – JOB RESEARCH FOR YOUR STRENGTHS

UTILIZE JOB SEARCH SITES TO IDENTIFY HIGH POTENTIAL, HIGH PAYING JOBS, THAT WILL INCORPORATE YOUR STRENGTHS.

IDENTIFY SUCCESSFUL COMPANIES WITH GROWTH AND ADVANCEMENT POTENTIAL.

### EXERCISE #3 – GET THE JOB AND PLAN TO ADVANCE

SCRIPTS TO FOLLOW TO GET A NEW JOB, SWITCH JOBS, SWITCH INDUSTRIES, GROW WITHIN A JOB, PURSUE ADVANCEMENT.

OUTPUTS – STRENGTHS, HEDGEHOG, TARGET JOBS, PLAN TO ADVANCE

## EXECUTE THE PLAN

**GOAL: START IMPLEMENTING THE PLAN. CREATE GOALS TO HELP GUIDE THE EXECUTION OF THE PLAN. BUILD ON SMALL SUCCESSES AND CREATE MOMENTUM.**

### **3 EXERCISES TO HELP EXECUTE THE PATH.**

**1) CHAMP – CAREER, HEALTH, ADVENTURE, MONEY, PEOPLE.**

**5 AREAS OF LIFE TO FOCUS ON, NO MORE, NO LESS. CREATE GOALS FOR EACH AREA TO ACHIEVE SUCCESS.**

**2) FOLLOW THE SCRIPTS TO GET THE JOB, ACHIEVE ADVANCEMENT, AND JOB SATISFACTION.**

### **3) TRACK YOUR PROGRESS**

**YEARLY INCOME, MONTHLY EXPENSES, JOB PERFORMANCE, CHAMP GOALS. CREATE MECHANISMS TO TRACK THESE AREAS OVER TIME. CONTINUALLY REVIEW AND UPDATE THIS DATA SO YOU CAN OBSERVE YOUR PROGRESS.**

**THE SYSTEM IS NOW COMPLETE. THIS SIMPLE SYSTEM WILL SET YOU ON A PATH OF ACHIEVEMENT AND GROWTH. THE SYSTEM IS DESIGNED TO BE SIMPLE, ACTIONABLE, AND ACHIEVABLE. THE SYSTEM IS DESIGNED FOR THOSE WHO WANT A LITTLE MORE SUCCESS BUT WHO HAVE NOT DISCOVERED HOW TO GET STARTED. THIS SYSTEM WILL GET YOU STARTED WITH A FEW VALUABLE EXERCISES AND TOOLS.**

**YOUR PATH IS NOW CHOSEN.**

## WHAT'S NEXT? PERPETUAL IMPROVEMENT

**GOAL: IMPLEMENT PERPETUAL IMPROVEMENT STRATEGIES TO GROW AND MOVE BEYOND YOUR CURRENT PLAN.**

### YEARLY GOAL SETTING AND ACHIEVING

**INCREASING INCOME, INCREASING JOB RESPONSIBILITY, SET BIGGER GOALS**

**PERPETUAL IMPROVEMENT IS ABOUT SLOWLY BUILDING AND ACHIEVING MORE. IF YOU ARE NOT IMPROVING, YOU ARE LOSING GROUND. YOU MUST ALWAYS BE LOOKING FOR WAYS TO GO BEYOND YOUR CURRENT SITUATION AND LOOK TO IMPROVE. THIS INCLUDES DEVELOPING NEW SKILLS, LEARNING NEW TOOLS, AND ADAPTING TO CHANGE. ALWAYS CREATE GOALS AROUND IMPROVEMENT IN YOUR CHAMP. CREATE A NEW INCOME STREAM, START A NEW WORKOUT ROUTINE, FIND A NEW HOBBY, LEARN ABOUT INVESTING, OR LEARN NETWORKING TECHNIQUES. WHATEVER YOU DO, KEEP CREATING AND ACHIEVING NEW GOALS. DO THIS YEAR AFTER YEAR AND WATCH THE RESULTS.**

**INFLATION IS ALWAYS RISING, MAKE SURE YOU ARE KEEPING UP WITH INFLATION BY INCREASING YOUR YEARLY INCOME AND EARNING RETURN ON INVESTMENTS.**

**YOUR JOB RESPONSIBILITIES NEED TO INCREASE ALONG WITH YOUR INCOME. IF YOU WISH TO EARN MORE, YOU MUST DO MORE. ASK FOR THE HARD TASKS, TAKE ON WORK THAT OTHERS DON'T. MAKE SURE YOU ARE THE ONE EVERYONE CAN COUNT ON.**

**DREAM BIGGER, DO MORE. AS YOU ACHIEVE SUCCESS, IT WILL BUILD ON ITSELF AND PUSH YOU TO ACHIEVE EVEN BIGGER GOALS. DO YOU MAKE \$80,000 YEARLY INCOME? GOOD, GO FOR \$100,000. YOU ARE NOW ONLY LIMITED BY YOUR IMAGINATION.**

**THIS IS LIVING WITH NERD ZEST**