



EP 13 - SEASONAL SUMMARY: Q3 - Summer 2022

 www.ChrisKreuter.com/CDWI

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I go over how I plan my years, quarters, weeks, and overall goals. Today's episode covers:

1. Detail my quarterly review process
2. Yearly theme check-in
3. Q3 Reading Review
4. CDWI review

1. My Quarterly Review Process

- I set aside a 3-4 hour block of uninterrupted time
- I go through the following steps to check-in with myself
- This is a deeply personal process - my goal here is to share the process itself.
- Throughout the review, I try to stay high-level. I want to avoid getting bogged down with every individual task associated with my goals or personal/work life.
- Or put another way: What are the major goalposts I'm striving towards? It helps put those other tasks in the proper context

Review Steps

1. Overview the past 3 months:
 - a. What are my impressions?
 - b. What were the big events?
 - c. How have they affected me?
 - d. How did the actual quarter align with my ambitions & plan?
2. Yearly Theme & Goals review:
 - a. How am I tracking to my yearly goals?
 - b. What have I struggled with? Why?
 - c. How should I re-orient myself going forward?
 - d. What's a realistic vision of where I'd like to be at the end of the year?
3. Code of Principles review
 - a. I go through all of my 13 principles (I'll likely do an episode on these in the future)
 - b. When I contemplate the principle, how have I lived it? where have I fallen short?
 - c. These tend to be complex answers, and they lean more towards lifestyle choices: The elements of life that impact what I'm able to accomplish.
4. Q4 Goal Setting
 - a. I review my notes from the yearly theme & goals review as well as the Code of Principles review
 - b. I use both of these to formulate a list of my goals for the next 3 months.
 - c. It's important to mention how I think it's totally fine to alter your focus through the year - accept that some goals may have been too lofty or not properly structured. Or circumstances have changed and dictate going in different directions.
 - i. But I make these calls only at a quarterly or yearly level - and only after deep consideration and internal debate.
 - d. I then focus on the first weeks' to-dos towards each of those goals

2. Yearly Theme Check-In: Forty-fied

- This whole process is an exercise in evolving, plans are intended to be altered, adjusted.
- My focus area on Q4 is re-establishing my baseline daily habits.

3. Q3 Reading Review

- [Anything You Want](#) by Derek Sivers
- [The Stoic Philosophy of Seneca: Essays & Letters](#) translated by Moses Hadas
- [A Prayer for the Crown-Shy](#) by Becky Chambers (#2 in Monk & Robot series)
- [How to Take Over The World by Practical Schemes and Scientific Solutions for the Aspiring Supervillain](#) by Ryan North

4. CDWI Review

- Still working on finding my voice and audience for the podcast.
- I'm very appreciative of the support I've received thus far - but I know I need to do more to actively seek out a wider audience.
- I've bounced between personal coaching & business advice on the first dozen episodes. I've also sprinkled in a few special ones.
- For now I'm going to continue to explore, answering any questions or challenges that come my way.

KREUTER STUDIOS



<https://www.chriskreuter.com/cdwi/cdwi-episode-list/>

- So far on the show I've touched on:
 1. Identifying & pursuing hobbies & passion projects
 2. Techniques for improving work/life balance as you start your own business
 3. Minimizing possessions, both physical & mental. *Surprising the margin by which this was my most popular episode so far!*

4. A fun workshop with Lauren Bilanko where we dug deep into self-publishing & the game industry
5. The challenges of job hunting after a long term with the same employer
6. Review of CRM platforms and their various benefits and pitfalls
7. Going from hobby to small business with Criss Madd. *Also want to give Criss a special shout-out for being the audio engineer who helped launch CDWI!*
8. Discussed parenting challenges across decades as I let Mom Deal With It to celebrate turning 40
9. The first of my Managing The Middle series, where I give advice for Charlie Bucket before his big day at Wonka's factory
10. Covered techniques for making & utilizing time for passion projects around busy schedules & demands
11. I honored my dear feline pal Yoshi, and shared some contemplations on death and memory
12. Talked about how to start being a mentor, and ensuring you maintain your own network of mentors as you continue on your professional journey

Episode 13 Quote:

Why You Need Your Own Company

We all need a place to play.

Kids need playgrounds and sandboxes. Musicians need an instrument. Mad scientists need a laboratory.

Those of us with business ideas? We need a company.

Not for the money, but because it's our place to experiment, create, and turn thoughts into reality. We need to pursue our intrinsic motivation.

We have so many interesting ideas and theories. We need to try them!

The happiest people are not lounging on beaches. They're engaged

in interesting work!

Following curiosity is much more fun than being idle. Even if you never have to work a day in your life.

That's the best reason to have a company. It's your playground, your instrument, your laboratory. It's your place to play!

Get the ideas out of your head and into the world.

Derek Sivers - Anything You Want