

The Bare Bones Biz Plan

*All you need are Six Weeks
and a Three-Ring Binder to build
an extraordinary business!*



Ellen Rohr
Bare Bones Biz, Inc.
3120 S. Know It All Lane
Rogersville, MO 65742
877.629.7647 phone
417.753.3685 fax



contact@barebonesbiz.com
www.barebonesbiz.com

Day One

MONDAY'S COACHING LESSON: WHAT DO YOU WANT?

“When you determine what you want, you have made the most important decision of your life. You have to know what you want in order to attain it.”

~ Douglas Lurton

The Bare Bones Biz Plan will show you how to build a successful business. And if your business falls short of your wildest dreams, there are only two possible reasons:

- 1. You are neglecting to do the Bare Bones Basics that make all the difference to your success.**
- 2. You are not clear on what you want.**

We are living in a Renaissance age. This is a shining period of opportunity, creation and invention.

Never at any time in the past have man's opportunities been so abundant as they are today. We hear people say that all the opportunities that are worth anything have been found and used. This is not so. Opportunities are born in the brain. As the brain-power increases opportunities increase, and the most casual survey of the world's intellectual record will prove that the tide of human thought is on the rise. Never before has education been so widely diffused as it is today; and never before has it been so proud and comprehensive. Never before has invention been so prolific and so wonderfully fruitful. Never before has art and science been so fecund, and never before has the world had so many capable minds at work delving so deeply to find out and apply the basic laws of Nature for the betterment of human life. The man who criticizes and finds fault with the opportunities of today is blind to the advancement and progress going on around him.

This is as true today as it was in 1916, when business author Albert J. Hall made the observation in his powerful book, *Why Men Fail*. You are not at the mercy of the economy, or the environment, or your family, or your boss... or any other external force. You are responsible for your success. And now is the best time to claim it.

To succeed, you will need to take responsibility for your choices and your actions. From this point forward, you are forbidden to lay blame on anyone or anything for

Find Inspiration Anywhere

For inspiration for your Perfect Life exercise, you may want to go to a bookstore. Visit the magazine rack. Buy a dozen magazines specializing in the kinds of things and activities that inspire you. Check out the travel section of the store. Buy a book about a place you want to visit or a map of a place you want to live. You can also search the Internet and print out pictures and pages of things you want to have and things you want to do. Pay attention to what inspires you, to what makes your heart beat faster.

Take pictures of things or activities that inspire you. If you see a garden, or a car, or a pair of shoes that pleases you, take a picture. Clip inspiring articles from the newspaper. Find brochures for your ideal home, office, vacation, software program, community service program, etc. Find pictures that capture what you want from relationships, personal and professional. Discover words and images that stir you on a spiritual level. With a glue stick, scissors and some blank paper, create pages that describe what you really want.

your failures so far and for the mistakes you are bound to make.

Quit whining. Acknowledge your fears and resolve to be successful anyway. You have only ONE problem. The problem is YOU. You keep getting in your own way.

The cool thing is that you can change that. You can transform yourself and your business. You are entitled to success. It's up to you to resolve the two issues that are keeping you from being a winner in business...and in life. *The Bare Bones Biz Plan* can help you do that.

This week, you will assemble the Setting Sight section of your Plan Binder. You may want to work through the Setting Sight exercises by yourself. Or you may want to include one or two others who are involved or whom you intend to involve in the business. Ultimately, one person... YOU...will sign off on the direction of the company. While a great business is the result of a team effort, it is born of one person's intention. The direction of the company is YOUR responsibility.

The first assignment is just for you. Today's assignment is to determine what you want, determine what your purpose is and how your business can help you manifest that.

Let's start with what you *want*...

Perfect Life Exercise

Yes, this is a book for planning a business. However, the reality is that there is NO separation between business and the rest of your life. Your business is an aspect of your life and needs to align with your highest wants and purposes.

What you want is the key to discovering your purpose in life. Sure, you want *more...or enough...or something different* from what you now have. But be more specific. What *exactly* do you want?

Write down your Perfect Life. Take a deep breath. Let it out...and calm your mind. Then ask yourself, "What do I want?" and listen for the very first thoughts that come to

Training Tip...List of Spiritual Resources

This is a deeply spiritual exercise. You might need some spiritual guidance. Enjoy reading and learning from these books...

The Power of Intention by Dr. Wayne Dyer

The Way to Happiness by L. Ron Hubbard

The Day that Turns Your Life Around by Jim Rohn

The One-Minute Millionaire by Mark Victor Hansen and Robert G. Allen

Creating Affluence by Deepak Chopra

Mastery by George Leonard

The Bible

The Law of Attraction by Esther and Jerry Hicks

The Power of Now by Eckhart Tolle

mind. Write them down without judgment. Notice your feelings as you write the words on the Perfect Life form. If it feels good, you are on the right track.

Use the page in this book titled “Perfect Life.” (Note that all the forms in this book are identified by the Bare Bones Biz watermark.) Or go to www.barebonesbiz.com and find the Word document on the Buy Stuff page. You can print the page and fill it in with pen or pencil. Or you can “save as” and type directly into the document.

Start with when you wake up, and move through each hour of the day. Jot down thoughts and descriptions of what the Perfect Life would be like. How would you spend it? With whom? Where? Would you work? What does your company look like? How many people? How much money would you make? How much time would you spend with your family?

Contemplate how a business fits into your Perfect Life. What does it look like, smell like, feel like? What kind of work do you do? Who are your customers? How much time would you spend in your business? What hours would you work, ideally? Write it down. Find pictures that capture how you see this business. Incorporate business elements into your Perfect Life.

Write it all down. Add the picture pages. This is your Perfect Life. Store your Perfect Life in your Bare Bones Biz Plan Binder under the Setting Sight tab.

Spend up to an hour on this exercise today. You will come back to it, and you can add to it or revise it as your understanding of your wants and desires gains clarity. This exercise may come easily to you, or you may find this the most challenging work you have ever done. Seek to find your authentic desires. Honor that which you want, because your unique gifts and talents are found there. Relax in the understanding that when you focus on these gifts and talents, you will find ways to share them. Therein lies your purpose.

When you are finished, read what you wrote and look over the pictures. Then give thanks that these things are manifesting for you.

Sample Document Perfect Life Exercise

Updated _____

Be specific: Who, what, where, when, how? Use numbers, dollars, percentages, names, places. Incorporate all aspects of your life...spiritual, family and relationships, financial, professional, lifestyle.

Use ALL FIVE SENSES!

Have fun...DREAM...and write down your Perfect Life.

I wake up...

...and then I go to sleep.

*"The greatest thing about man is his ability to transcend himself,
his ancestry and his environment and to become what he dreams of being."*

~ Tully C. Knoles