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## Video Notes

### The 100-Day Breakthru Plan

The 100-Day Breakthru Plan is an intentional implementation tool designed to help you secure the Change that has occurred as a result of a breakthrough experience.

The 100-Day Breakthru Plan is an intentional life script for the 100-Days following a high-impact moment in the life of a leader, helping to create short-term wins based upon new insights achieved from a breakthrough experience.

All of us have had breakthrough moments in our life and our leadership. Whether we have attended a retreat, a workshop, experienced a life-consultation, work through an Intentional planning process, experienced a major paradigm shift or attended a helpful class, we have all experienced the high of a “mountain-top experience.”

Likewise, all of us have also come down from that mountain top and faced the struggle to implement the change, in light of existing demands and schedule conflicts. The crush of reality almost immediately smothers the refreshment and renewal of the breakthrough and sometimes can create a greater sense of frustration and disillusionment than before the event.

The key for any successful behavior change two-fold:

(1) a plan for implementation, and (2) a methodology to implemented new behavior over time, with (2) repeated emphasis, and with a commitment to integration of the new behavior into all the domains of life. Most breakthrough moments never get translated into long-term, behavior.

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The first 100 days of any change is essential to the securing the change.

The first 100 days after any breakthrough experience is key to translating that experience into long term, new behavior for any leader.

What you do first will often predict if there is any real, immediate change in your life.

What you do after your first 100-days by way of coaching and accountability will help to ensure long-term implementation.

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**The 100-Day Breakthru Plan** is an intentional game-plan and strategy to help you implement your breakthrough moment into some immediate, short-term wins, in route to securing a longer-term change in your behavior as a leader. It is about securing the change.

The idea of o 100-day plan comes from both business consulting and coaching, and the political arena where consideration is sometimes given to an elected candidate by the media. Before the vultures sweep in the pick-a-part the new policies, it is an “unwritten” policy to allow for a period of time (100 days) in which critics give a candidate time to implement the changes advocated within the election. That time period is often called, the “First 100 Days.”

A 100-Day Breakthru Plan is a simple idea:

“Why not take the big-idea and intentionally make them a reality, in all the arenas of your life?”

There are Three Key components of the 100-Day Breakthru Plan

1. Clarifying the BREAKTHRU INSIGHT... what you seek to accomplish.
2. Scripting out your implementation goals... critical, initial strategic action steps.
3. Implications for each of the Five Domains

The premise... if you can see the change, you will be inspired to move toward greater change. If you can see the new sense of clarity and passion that you gained, make immediate application to improving your life; your motivation to work out the change in a deeper is increased.

The 100-Days is divided up into five segments:  
10 DAY > 30 DAY > 60 DAY > 90 DAY > 100 DAY

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## What Happens During The 100 Days?

### IN THE FIRST 10-DAYS

You'll review your goal and lodge your plan into your Calendar while the Breakthrough is still fresh. Before the pressures of your existing schedule begin to diminish your excitement, Challenge yourself to be intentional. You will be faced with what's needed and what is a realistic, measurable focused goals (actions steps) for the 100-Day Plan. The key is to remember to see short-term wins by going after your 2-3 breakthrough goals (implemented in a wholistic manner with consideration given to the Five Domains).

The goal in the first 10-DAYS is to "keep the ball rolling, and keep unrolling the ball." In other words, put in your calendar your action plan for 100-days, while at the same time keep unraveling the string on the ball until you find the end tied to piece of paper with your ONE, breakthrough insight.

### From DAY 10 to DAY 30

The goal in this period is to act on the implementation of your BREAKTHRU Imperative into what we refer to your PRIME Domain. The Prime Domain is the area of life that most needs the impact of this goal, or where you can leverage the biggest impact. The PRIME Domain is the one you rated as "P" on your chart.

### From DAY 30 to DAY 60

The goal in this period of time is to act on the implementation of your BREAKTHRU Insight into not only your PRIME Domain, but also into any SECONDARY Domains. Secondary Domains are any of those four other life arena that also contribute to accomplishing The Breakthru insight.

### From DAY 60 to DAY 90

This thirty days is about continuing to implement the changes in all of the FIVE Domains, while are the same time addressing the obstacles that have often brought down actions or plans like these in the past.

## IN THE FINAL 10-DAYS

You'll review your progress and accomplishment of the Breakthru insight and the goals/action steps that were attempted.

The 100-day Breakthru Plan Worksheet allows you to see your goals at a glance.

The 100-day Breakthru Calendar helps you monitor the milestones of achievement. The Breakthru calendar allows you to track your progress and demonstrate accomplishment first phase of implementation (100-Days) with hope rather than discouragement.

During the first 100-days following a breakthrough, you will go through some interesting emotional stages:

Some reactions to the 100-Day Plan will include:

Excitement - "This 100 Day Plan really does work"

Frustration - "Why is this making me be so intentional?"

Overwhelmed - "How can I possibly do more with an already packed schedule?"

Ah Ha! - "I get it and I can do this."

Achievement - "I finished the 100-days and I see progress."

Bottom-line:

The 100-Days plan will not help you get everything done that is needed, but it will give you hope that as you set intentional goals for the future, they are achievable. It practices the law of short-term gains.

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### **TOOLS included for developing your 100-day Breakthru Plan:**

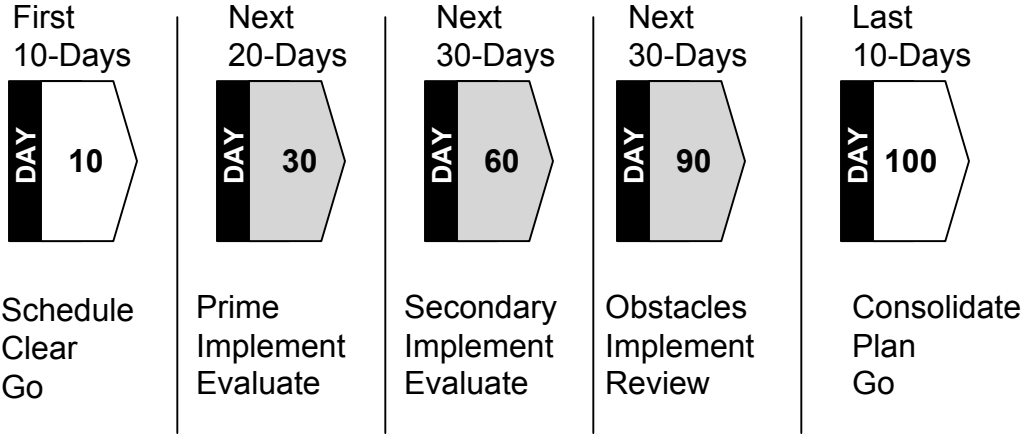
- The 100-Day BREAKTHRU PLAN Worksheet
- The 100-Day BREAKTHRU PLAN Calendar

How to Begin?

The AUDIO FILE (included) will walk you through a step-by-step creation of 100-Day BREAKTHRU Plan Worksheet and Calendar. Spare Worksheets and Calendar have also been included to help you re-use this resource at other times in your development.

# 100-Day Breakthru Plan Worksheet

*The five increments below are a five-step guide to securing change.  
Each step represents a set of core actions to take.*



**BREAKTHRU OBJECTIVES :**

**Being:** \_\_\_\_\_

\_\_\_\_\_

**Doing:** \_\_\_\_\_

\_\_\_\_\_

Your **BREAKTHRU** may mean action steps lived out in each of the five domain. In the circles rank priority.

**P=Prime**  
**S=Secondary**

○	<b>Personal Domain:</b>	_____
○	<b>Family Domain:</b>	_____
○	<b>Vocational Domain:</b>	_____
○	<b>Kingdom/Church Domain:</b>	_____
○	<b>Community Domain:</b>	_____

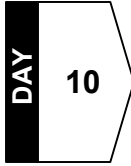
**Breakthrough**

**EXAMPLE**

# 100-Day Breakthru Plan Worksheet

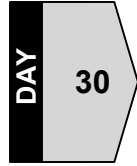
The five increments below are a five-step guide to securing change. Each step represents a set of core actions to take.

First  
10-Days



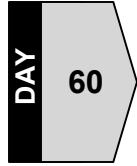
Schedule  
Clear  
Go

Next  
20-Days



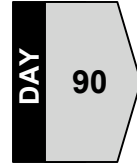
Prime  
Implement  
Evaluate

Next  
30-Days



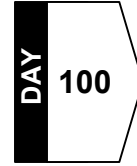
Secondary  
Implement  
Evaluate

Next  
30-Days



Obstacles  
Implement  
Review

Last  
10-Days



Consolidate  
Plan  
Go

## BREAKTHRU OBJECTIVES :

**Being:** *Become intentional in my daily time with God, and sharing those insights with my wife and kids.*

**Doing:** *Focus on mentoring of three younger leaders, as well as becoming more intentional mentoring my wife and kids.*

**P=Prime** Translate that BIG Goals into action/application steps in each domain. In the circles rank priority.  
**S=Secondary**

- (S)** **Personal Domain:** Daily time of silence and reflection.  
Reflect on personal mentoring, and what I can offer.
- (P)** **Family Domain:** Create a time for the family to be together;  
share my heart. Monthly time with each child.
- (P)** **Vocational Domain:** Selection of 5 younger leaders; set-up initial  
Mentoring offer; commit to three for 6-months mentoring.
- (S)** **Kingdom/Church Domain:** Set up regular monthly day with Justin  
to share my journey and my methods I use for spiritual formation.
- (S)** **Community Domain:** \_\_\_\_\_

**Breakthrough**

Commence Date \_\_\_\_\_

# 100-Day Breakthru Calendar

End Date \_\_\_\_\_

**FIRST**  
10 Day

1
2
3
4
5
6
7
8
9
10

**NEXT**  
20 Day

11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

**NEXT**  
30 Day

31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60

**NEXT**  
30 Day

61
62
63
64
65
66
67
68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90

**LAST**  
10 Day

91
92
93
94
95
96
97
98
99
100

Commence Date

2/5

# 100-Day Breakthru Calendar

End Date

5/14

EXAMPLE

FIRST  
10 Day

NEXT  
30 Day

NEXT  
30 Day

LAST  
10 Day

1
2
3
4
5
6 100-Day- 1/2 Day
7
8
9
10

NEXT  
20 Day

11
12
13
14 Time w/Carol
15
16
17
18
19 Time w/Stephen
20
21
22
23
24
25
26 First Family Night
27
28
29
30

31
32
33
34 Meet w/Peter
35
36
37 Family weekend
38
39
40
41 Plan/Reflect 1/2 Day
42
43
44
45 Begin With Caleb.
46
47
48
49
50 Second Family Night
51
52
53
54
55
56
57
58 Meet/ Staff Appts.
59
60

61
62 Review Staff Appts.
63
64
65 Review Daily Reflect
66
67
68 Meet w/Peter
69
70
71
72 Meet With Justin
73
74
75
76
77
78 Plan/Reflect 1/2 Day
79
80
81
82
83
84
85
86 Family / Neighborhood
87
88
89
90

91
92
93
94
95 100-Day 1/2 Day
96
97
98 Meet w/Peter
99
100