MONDAY INFLUENCER®

A Powerful Digest of Strategies for Success in Business, Career and Life, from World-Renowned Experts

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EVERY DOLLAR SAVES A CHILD®

MONDAY INFLUENCER® ABSTRACT
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Audio version here.

MONDAY INFLUENCER® is produced by world-renowned authorities in business, technology, leadership, finance, academia, human potential, social impact and health & wellness. It is published on the first Monday of every month. All other Mondays, we deliver condensed abstracts of five immediately actionable strategies and tools along with specific tasks, timelines and expected outcomes. The weekly abstracts also highlight three of our uniquely curated library of over 500 relevant expert talks and interviews with world-renowned authorities.

Note from publishers: Not every topic is imperative for every subscriber. We encourage our readers and listeners to evaluate their primary existing and anticipated challenges to determine the appropriate prioritization of our strategic recommendations.

ABSTRACT HIGHLIGHTS

1. Setting and Achieving Goals is Critical for Success
Task: Create a **Goal-Setting Worksheet**. Define one SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal for the next 30 days.
Timeline: Complete self-reflection and goal-setting exercises within one week.

- Week 1: Complete self-reflection and goal-setting exercises.
- Week 2: Begin implementation with a completion date no later than three weeks.

Outcome: By the end of 30 days, you'll have clarity on a key burden, a defined goal, and initial progress toward achieving it, boosting confidence and focus.

2. Motivation Comes from Purpose and Perspective
Motivation is fueled by focusing on who you're working for (e.g., family, yourself) and avoiding worst-case scenarios. Focus on what is possible and next. Never obsess over "bad" outcomes that have yet to happen.
Tasks:
1. Motivation List: Write a list of people or causes you're working for and why.
2. Opportunity Reframe: Identify one current challenge and write down one potential opportunity it presents.
Timeline:

- Day 1. Create motivation list and reframe one challenge.
- Weeks 1-2: Reflect on how the practice impacts motivation and adjust as needed.

Outcome: Enhanced daily focus and a shift in mindset toward opportunity-driven thinking. Improved working and personal drive within thirty days.

3. Overcoming Adversities Requires Resilience and Resources

Tasks:
1. Create an ADVERSITY AUDIT. List one current adversity (e.g., job insecurity, work-life imbalance) and its impact. Identify and utilize support resources to address challenges.
2. Resource Mapping: Identify three resources (e.g., mentor, community group, professional service) to address it.
Timeline:

- Week 1: Complete adversity audit and resource mapping.
- Week 2: Develop and begin implementing the action plan.
- Week 3: Evaluate progress and adjust the plan as needed.

Outcome: A structured approach to overcoming one adversity, with measurable progress and increased resilience within four weeks.

4. Relationships are Key to Personal and Professional Growth
Tasks:
1. Relationship Priority List: Identify three relationships to strengthen (e.g., colleague, friend, potential mentor).
2. Daily Outreach: Spend 5 minutes daily contacting one person (e.g., call, email, message).
3. Listening Exercise: Practice active listening in one conversation weekly, summarizing the other person's points. [Check out various expert talks and videos/audios by Manning and Schooler on active listening.]
Timeline:

- Day 1: Create relationship priority list.
- Weeks 1-2: Implement daily outreach and one listening exercise per week.
- Week 3: Reflect on relationship improvements and adjust approach.

Outcome: Stronger connections with at least one key relationship improved within three weeks, opening doors to collaboration or support.

5. Investment Principles: Apply to real life imperatives today.
If you do not yet consider yourself an "investor," think again! Whether you've invested a single dollar or are managing a 401(k), TSP, HSA, brokerage account, children's college savings, or vacation fund you are an investor. You must realize that we live in financially turbulent times.
Actionable Strategies:

- Diversify investments strategically across asset classes.
- Prioritize cash flow to ensure financial stability.
- Stay adaptable to changing market conditions.

Tasks:
1. Portfolio Review. Assess current investments (e.g., stocks, savings) for diversification and cash flow.
2. Cash Flow Plan. Identify one way to increase cash flow (e.g., dividend stock, side hustle) and research options.
3. Market Monitoring. Spend 30 minutes weekly reading about market trends to inform investment decisions.
Timeline:

- Week 1: Complete portfolio review and identify cash flow opportunity.
- Weeks 2-3: Research and implement one cash flow strategy.
- Week 4: Begin weekly market monitoring and adjust portfolio if needed.

Outcome: Improved financial stability and peace of mind. Also, better understanding of growth opportunities.

TOP EXPERT TALKS AND INTERVIEWS OF THE WEEK

1. Unleash Your Potential: Power Habits For Peak Performance
Transform your day with these crucial tips. Listen here.

2. The Unexpected Upside: Delving into the Complexity of Wasting Time
Discover the advantages and disadvantages of wasting time in this engaging and informative article. Learn how moments of reflection, nourishing relationships, and self-awareness can be beneficial, while also exploring the drawbacks of procrastination and missed opportunities. Listen here.

3. On Thursday we talk Global Trade Wars, Tariffs & Free Speech with Michael Tobin OBE & Steven J Manning

Politics In Relation to Business and Why It Is Necessary for Change.
How The Masses are brainwashed, triggered and irrational.
Opportunities for People to Excel and Free Speech. This “not one to miss” interview will be live on Linkedin, YouTube and elsewhere on Thursday and we will send an email with details then.

THE MONDAY INFLUENCER® CREW AND OUR REMARKABLE CADRE OF EXPERT thank you again for helping the most vulnerable among us with your subscription. 20% of all subscription revenue is donated to help the 149 million children in the world who go to bed hungry every night. Tragically, 8,500 children die of malnutrition every day.

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