

A Note from Daniel

Hey everyone, it's that time again – our annual roadmap session is here, and I'm thrilled to serve as your guide. I'm Daniel Incandela, and I created this approach to hold myself more accountable. I hope it helps you too. We're going to pick our main focus for the year, and then we'll dissect it into monthly targets, checking in every quarter and at the halfway mark to understand progress.

But remember, this isn't just about checking off goals. It's about building our success story, step-by-step, day-by-day. Let's gear up for a year where we win, grow, and surpass our expectations together! 🌟🚀🎯

daniel@danielincandela.com



2024 is the year of _____.

2024 is the year of _____.

Theme 1

Define your theme here.

Theme 2

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Theme 4

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2024 is the year of accountability.

Self-Care

*Practice daily affirmations.
Participate in therapy.
8-hours of sleep a night.
Be kind to yourself and others.*

Health

*Commit to running and Crossfit.
Enhance nutritional intake.
Remain alcohol free.
Invest in the relationships that matter.*

Learning

*Read two books and explore two topics
of interest a month.
Focus on a growth mindset.
Embody The Four Agreements.*

Adventure

*Plan six mini-adventures this year.
Say yes to the uncomfortable.*

Self-Care

Specifics

*Dedicate one hour each weekend to mindfulness exercises.
Daily positive affirmations and bi-weekly therapy.
Focus on 8-hrs of sleep a night.*

Reflection

There was a noticeable reduction in my stress levels this month due to the dedicated weekly meditation and mindfulness practices.

Health

Specifics

*Exercise: at least 4x a week (CrossFit and running)
Nutrition, integrate more fruits and vegetables in diet.
Weekly date nights!*

Reflection

The consistent exercise regimen and dietary changes led to increased stamina and better mental clarity throughout the month.

Learning

Specifics

*Read *The Way of Integrity* and *The Monk Who Sold His Ferrari*.
Research the Dakar Rally.
Study the Marketing AI Institute's report on AI for CMOs.*

Reflection

I love the idea of learning a variety of things and it feels like I am becoming a more complete human being.

Adventure

Specifics

*Plan weekend getaway in Detroit.
Begin spring break planning.
Go sledding!*

Reflection

This is a wonderful distraction from the day-to-day of life.

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Specifics

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Reflection

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Q1 CHECKPOINT

JAN - FEB - MAR

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Q2 CHECKPOINT

APR – MAY – JUN

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H1 CHECKPOINT

Celebrating Successes: *The first half of the year is complete!, What are the most significant successes you've celebrated and how can these experiences fuel your momentum as a human?*

Harnessing New Strengths: *Reflecting on the new skills and insights you've gained, how can you creatively apply these strengths to elevate your goals and achieve even greater heights in the second half of the year?*

Vision and Aspiration: *With the horizon of the year's end in sight, what bold steps can you take to exceed your aspirations, transforming challenges into opportunities for growth and innovation?*

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SEPTEMBER

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Q3 CHECKPOINT

JUL - AUG - SEP

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NOVEMBER

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Q4 CHECKPOINT

OCT – NOV – DEC

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H2 CHECKPOINT

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Harnessing New Strengths: *Reflecting on the new skills and insights you've gained, how can you creatively apply these strengths to elevate your goals and achieve even greater heights in the second half of the year?*

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2024 is the year of

I discovered...

Think about new things you discovered about yourself ...

I nurtured...

Think about aspects of your life or character you've consciously nurtured or developed this year...

I'm grateful for...

Think about the support, opportunities and small joys that you experienced along this journey...