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## **Summary The 12 Week Year**

The 12 Week Year  
Summary. August 28,  
2019. June 5, 2020.

Luke Rowley  
Entrepreneurship, Self  
Improvement.

1-Sentence-Summary:  
The 12 Week Year will  
teach you how to  
reliably hit your goals  
by planning in 12-week  
cycles instead of

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12 Week Year  
following our typical  
12-month routine.

Read in: 4 minutes.

## **The 12 Week Year Summary - Four Minute Books**

The 12 Week Year  
combines various  
proven techniques and  
approaches into a  
holistic system that  
fundamentally changes  
how you think and act,  
so you can improve  
your existing results by  
at least 4x. The most

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fundamental mindset  
shift is to redefine your  
year from "1 Year = 12  
Months" to "1 Year =  
12 Weeks".  
Book

**Book Summary - The  
12 Week Year: Get  
More Done In 12  
Weeks ...**

The 12 Week Year By  
Brian Moran and  
Michael Lennington

Too often we  
overcomplicate things  
in life. Moran and  
Lennington have taken



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## PDF Summary The

## 12 Week Year

all of the guidance on productivity / getting things done and distilled it down to a simple, easy to follow, intuitive execution framework that helps you to get things done.

### **Book Summary - The 12 Week Year | F5 Financial**

The must-read summary of Brian P. Moran and Michael Lennungton's book: "The 12 Week Year:

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Get More Done in 12 weeks than Others Do in 12 Months". This complete summary of the ideas in Brian P. Moran's and Michael Lennington's book "The 12 Week Year" explains that for many companies, December is the best sales month of the year as everyone focuses on the "year-end-push" towards annual targets.

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12 Week Year »  
**The 12 Week Year »**

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the best**

Quick Summary Moran  
and Lennington's The  
12 Week Year

encourages the reader to get more done in 12 weeks than most people accomplish in a whole year. If you are new to goal setting or life planning, this is a great book to use as a starting point.

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**The 12 Week Year  
(Book Summary)**

The authors of The 12 Week Year encourage readers to write two visions: aspirational and three-year. Your aspirational vision describes how you want to live your life and what you ultimately want to achieve. This could include achieving financial independence, starting a healthy family, or

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living to the age of  
125.

**7 Key Takeaways  
From The 12 Week  
Year by Moran and  
Lennington**

The guide to  
shortening your  
execution cycle down  
from one year to 12  
weeks Most  
organizations and  
individuals work in the  
context of annual goals  
and plans; a 12-month  
execution cycle.

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## PDF Summary The 12 Week Year

Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your "year" to be 12 weeks long.

### **The 12 Week Year by Brian P. Moran - Goodreads**

On the 12-week year system, you are accountable for reaching your objectives. In this post, you'll find seven

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downloadable  
templates that you  
need in order to use  
the 12 WY system as  
your goal-setting tool.  
These different  
templates show you  
how others are using  
the 12-week year  
system in actual goal-  
setting. 1.

**12-Week Year  
Templates: 7 Free  
PDFs to Plan Your  
Quarter**

Perfect timing! Well

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## PDF Summary The 12 Week Year

then it is New Year... I have a note book in Evernote that I use every day. One of the notes is a 90 day (12 week) breakdown of action and metrics that keep me on track for reaching my goals. I like the "Performance Blocks" you mentioned in your notes. I don't have enough Breakout Blocks in my personal schedule.

**"The 12 Week Year"**

*Page 16/26*



# Bookmark File PDF Summary The 12 Week Year - **an awesome book!** **(here are my notes**

..  
The 12 Week Year  
product line has  
everything you need to  
solve your most  
challenging  
performance problems.  
Start getting more  
done in 12 weeks than  
others do in 12  
months. No matter how  
busy you are, or how  
many times you may  
have failed in the  
past... This new

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## **The 12 Week Year**

The 12 Week Year is a process forged in the field of sports, used by world-class athletes and transformed for business and everyday life by Brian P. Moran and Michael Lennington. This is not a book of theory. The 12 Week Year has been

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12-Week Year  
vetted by thousands of  
clients and hundreds of  
companies, and is  
backed by years of real  
life experience.

**The 12 Week Year:  
Get More Done in 12  
Weeks than Others  
Do ...**

Quick Summary of The  
12-Week Year The  
12-week plan is the  
first thing that you  
need to create. This  
will be your starting  
point. It will contain a

Bookmark File  
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12 Week Year  
checklist of all the  
things that you need to  
do in order to meet  
your 12-week goals.

**The 12 Week Year  
Summary - Minute to  
Read It**

“And just like you do at the end of a calendar year, every 12 weeks you take a break, celebrate, and reload. It might be a three-day weekend or a weeklong vacation; the important thing is that you take

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time out to reflect,  
regroup, and  
reenergize.”  
Review And  
Analysis Of Moran

**The 12 Week Year**  
**by Brian Moran:**  
**Notes and Lessons -**  
**Nat ...**

“The 12 Week Year allowed me to spend the entire month of December on a ski vacation in Vail CO. – the longest break of 27 year career at a time when most advisors are stressing and

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Book

killing themselves to hit their goals I had exceeded mine and was able to take time off to rest & relax and get ready for the next 12 Week Year.”

## **New Achieve Login - The 12 Week Year**

The 12 Week Year is a highly practical guide for taking you from thinking about the things you should be doing to push your business forward to

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Analysis Of Moran  
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Book

actually doing those things. The book is complete with some mental and written exercises (FYI – you can get these exercises sent via email over a few weeks if you sign up for Moran’s free course).

## **How to Squeeze a Full Year out of 12 Weeks**

To create your best results you will need to track your 12 Week

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12 Week Year  
Year results daily,  
weekly, and monthly!  
To make The 12 Week  
Yearwork for you, you  
will need to measure  
both lead and lag  
indicators. Lag  
indicators are the end  
results, while lead  
indicators are the  
activities that produce  
the lag results.

## **the weekly routine - The 12 Week Year**

The book "The 12 week  
year" by Brian Moran



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12 Week Year  
and Michael  
Lennington introduces  
a powerful idea that  
can increase our focus  
and productivity. Get  
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**The 12 Week Year  
by Brian Moran and  
Michael Lennington**

...

The 12 Week Year is  
about compressing  
your planning and  
execution into 12-week  
cycles, an approach  
which has been widely

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proven to improve  
results. When you think  
in 12-week cycles,  
you'll use every day  
and hour more  
deliberately, to achieve  
at least 4x better  
outcomes.

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