



B.E.S.T. Series

*When Only The B.E.S.T Will Do
BIGs Entrepreneurial Success Training*

Steps2Take

Those Who Attain Success Follow A
Blue Print
Sometimes Of Their
Own Design

L.I.S.T.S.

Listing Important Strategic Target System

www.kenBIGblake.com/lists



L.I.S.T.S.

(Listing Important Strategic Targets System)



You may not know me...
So let me share one thing
I would like for you to know.

If you have a dream,
If you are passionate
about some thing...

If you have have been
discouraged...
If you have had to give
it all up...

I can still be your friend
and my friends.....

They are in the business
of making your goals
a reality.

www.kenBIGblake.com

NOW Determine Where You Would Like To Go..

Let's Create Your

L.I.S.T.



B.E.S.T. Series

*When Only The B.E.S.T Will Do
BIGs Entrepreneurial Success Training*

BEST Series Quarterly list

L.I.S.T.

LOGICAL INSIGHTFUL STRAIGHTFORWARD TRANSITION

A LIST IS IMPORTANT BECAUSE IT HAS
ALWAYS BEEN A WAY TO CHECK-OFF
MILESTONES IN YOUR TRANSITION



WHY L.I.S.T?

Would you take a flight without a destination or a pre-planned route? You probably wouldn't! Then how would you expect to reach goals not defined, with a specific time or road map.....Ken BIG Blake



You Are Here Because You Decided To Commit And Put In The Work!!!

The LISTS is a simple tool used to navigate your first year broken into quarters towards a purposeful outcome.

This guide is designed to move towards your most important goal quarter by quarter, month by month, and week by week with milestones created by you.



Pre-Plan 1

Describe The Life You Envision Yourself Having.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Date _____

Pre-Plan 2 – Based Off Your Ideal Life:

Who Do You Know or Need To Meet That Can Assist With Your Vision?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

You must share your dreams with like-minded individuals that overcame their circumstances. They will assist in changing your mindset from CANT to CAN-TO. They can also put you in touch with their coaches / mentors to expedite your process. Start with your immediate circle and then those you need to know....

Pre-Plan 3

What Do You Believe You Need To Learn Or Attain To Make This Ideal Happen?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

If you love to read then **READ** topics in alignment with your goal.

If you love tv..**WATCH** YouTube & TEDX shows concerning your goal.

If you love radio.. **LISTEN** to audiobooks while cleaning or driving.

If you want your first year to become your definition of success..**DO!**

Monitor What You Read, Watch, Listen And Do!

Pre-Plan 4

What Three Main Goals Do You Want To Accomplish This Year?

1. _____

2. _____

3. _____

Which Goal Is Most Important And Why?

_____.

We would love to focus 100% on the goal that is most beneficial for your achievement. It is hard to weigh one over the other. You can decide the percentage of time you want to choose for each one but we recommend using the most time for the main goal.

70% dedicated to the first goal and the other 30% can be split evenly or how you see fit for the second two.

Lets get started on that first year, first quarter, first month
L.I.S.T.

Quarter 1 _____ - _____



What goal(s) will you accomplish this quarter?

What are the 4 biggest steps needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 11 Weeks-Time?

Qtr 1 Month 1 _____



What goal do you need to accomplish this month?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 24 days?

Qtr 1 Week 1 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Week 1 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 1 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 1 Day 3 _____

What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 1 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 2 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Week 2 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 2 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 2 Day 3 _____

What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 2 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 3 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Week 3 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 3 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 3 Day 3 _____

What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 3 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 4 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Week 4 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 4 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 4 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Week 4 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Month 1

Reflect, Review, Revise, Repeat

Reflect – How Do You Feel? Did you do your best last month?

Review – What worked for you throughout this process? What would you change?

Revise – How would you tailor this to better fit your needs?

REPEAT

The Process With Better Clarity And A Renewed Sense Of Purpose!

Lets Reach The Life You Have Planned!!!

Qtr 1 Month 2 _____



What goal do you need to accomplish this month?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 24 days?

Qtr 1 Mth 2 Week 5 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 24 days?

Qtr 1 Mth 2 Week 5 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 5 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 5 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 5 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 6 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 2 Week 6 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 6 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 6 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 6 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 7 _____

What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 2 Week 7 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 7 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 7 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 7 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 8 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 2 Week 8 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 8 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 8 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 2 Week 8 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Month 2

Reflect, Review, Revise, Repeat

Reflect – How Do You Feel? Did you do your best last month?

Review – What worked for you throughout this process? What would you change?

Revise – How would you tailor this to better fit your needs?

REPEAT

The Process With Better Clarity And A Renewed Sense Of Purpose!

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Qtr 1 Month 3 _____



What goal do you need to accomplish this month?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 24 days?

Qtr 1 Mth 3 Week 9 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 5 days?

Qtr 1 Mth 3 Week 9 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 9 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 9 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 9 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 10 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 3 Week 10 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 10 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 10 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 10 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 11 _____

What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 3 Week 11 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 11 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 11 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 11 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 12 _____



What goal do you need to accomplish this week?

What 4 biggest steps are needed to accomplish it?

1. _____

2. _____

3. _____

4. _____

How Will You Accomplish This In 4 days?

Qtr 1 Mth 3 Week 12 Day 1 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 12 Day 2 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 12 Day 3 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Qtr 1 Mth 3 Week 12 Day 4 _____



What goal do you need to accomplish today?

Milestone A - L.I.S.T. (Logical Insightful Straightforward Transition)

1. _____ 

2. _____ 

3. _____ 

4. _____ 

How Will You Accomplish This In 2.5 hours?

Milestone 1 Qtr 1 Week 12.5

Reflect, Review, Revise, Repeat

Reflect – How Do You Feel? Have you done your best this quarter?

Review – What worked for you throughout this process? What would you change?

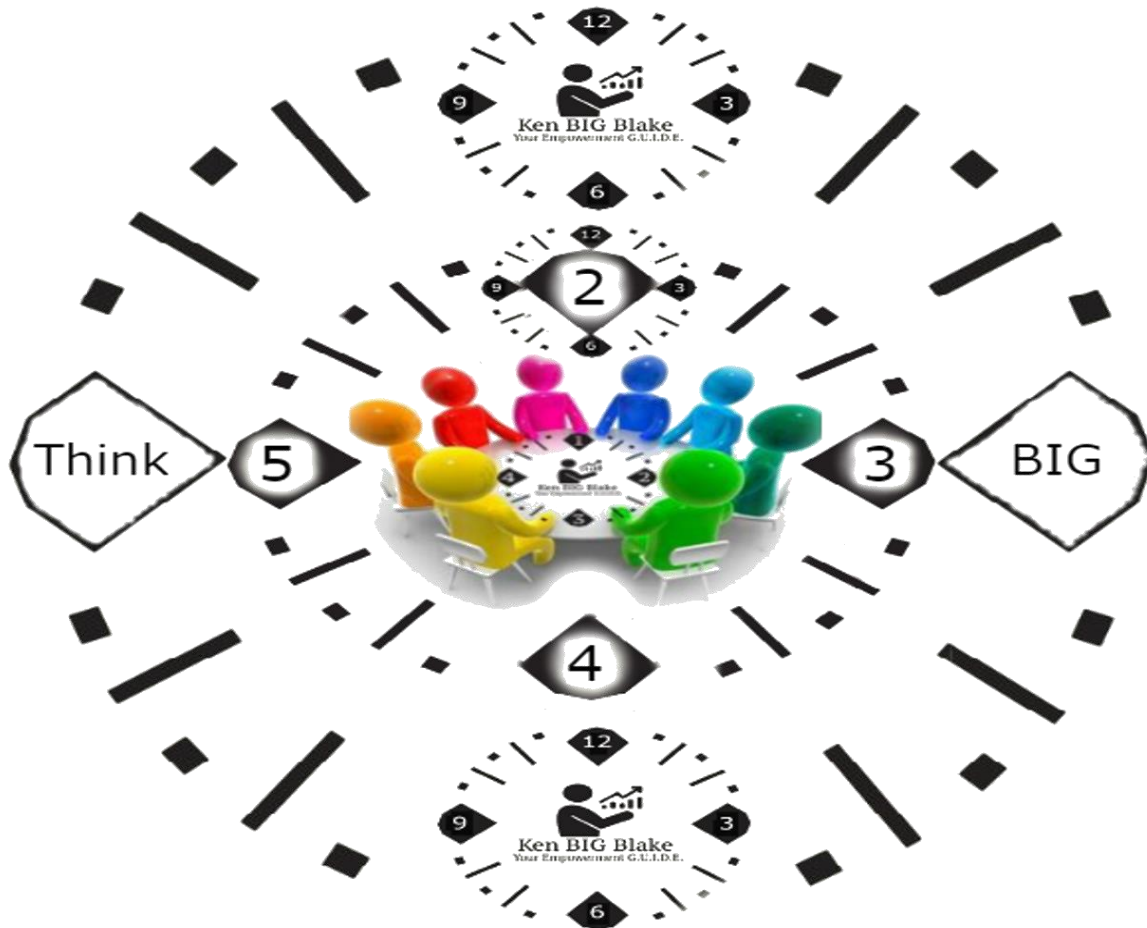
Revise – How would you tailor this to better fit your needs?

REPEAT

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BEST Series Quarterly list



Most Personal Development Plans Fail The First 60 to 90 Days!

Most Businesses Fail Within The First Two Years!

Most Of The Time The Goals Are Not On Paper!

Congrats For Finishing Your Quarterly Plan!



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