



THE **LIFE RICH** PLAN

THE PRIMER
TO A **HIGH**
PERFORMING
LIFE PLAN

RICH

THE **LIFE RICH** PLAN

Agenda

THE **LIFE RICH** PLAN

RECLAIMING Your Greatness

THE **LIFE RICH** PLAN Program Session (90-mins)

Section 1 **Opening Remarks**

Section 2 **Definitions & Intentions**

Section 3 **Introduction & Context**

Section 4 **The **LIFE RICH** Model to More**

Section 5 **The **LIFE RICH** TEN Planning Principles**



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SECTION 1

THE LIFE RICH PLAN

INTRODUCTION & Context



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THE LIFE RICH PLAN

Introduction & Context

THE LIFE RICH PLAN

RICHARD Dolan

THE LIFE RICH PLAN Author

Richard Dolan is a...

- Financial thought leader of 30-years +
- Published author to 14 titles on wealth, real estate & performance
- Visiting professor (ret.) Schulich School of Business (Executive Division) Wealth Management
- Accomplished private merchant banker having raised over \$5B in assets since 1991
- Top 5 Entrepreneurs to Watch in 2021 by Entrepreneur magazine



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THE LIFE RICH PLAN Author

Richard Dolan is a Performance Coach...

- Richard earned (2) NBA championship rings with the Miami Heat (2012 - 2013) % Juwan Howard
- He received his 3rd NBA championship ring with the Los Angeles Lakers (2020) % Mike Mancias
- He coached Mike Tyson to his return to the ring in Los Angeles, CA (2020) generating the 6th largest pay-per-view audience in history
- He continues to advise athletes across the realms of professional sport including the NBA, NHL, professional boxing, UFC and the F1.



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Richard had the pleasure of working alongside the likes of iconic & legendary athletes such as...

Mike Mancias (Lebron James), Dwight Howard, Russell Westcott, James Harden, Juwan Howard, The Professor, Michael Phelps, Hulk Hogan, Rick Barry, Dominique Wilkins, Dennis Rodman, Julius “Dr. J” Irving, Louie Piniella, Tommy Lasorda, Magic Johnson, Clyde Drexler, Mike Piazza, Pete Rose, Earl Campbell, Robert Hite, Lawrence Taylor, Riddick Bowe, Joe Carter, Nate Archibald, Floyd Mayweather Jr., Lennox Lewis, Mike Tyson, Tommy Hearn, Sugar Ray Leonard, Vitor Belfort, Joe Cortez, Joe Carter, Darryl Sittler, Charles Oakley and Wayne Gretzky to name a few.



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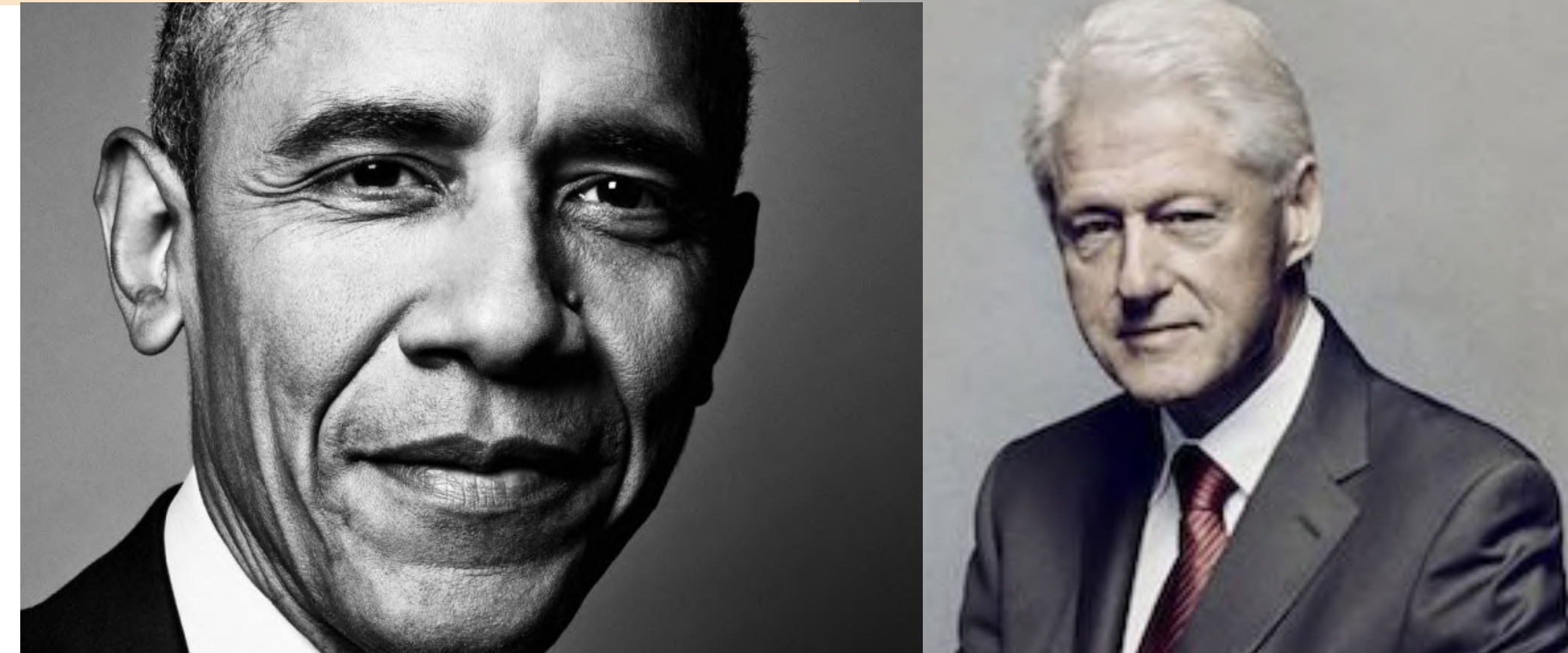
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RICHARD Dolan

THE LIFE RICH PLAN Author

He has worked alongside the likes of thought leaders and opinion makers such as...

President Barack Obama, President William Jefferson Clinton, President George W. Bush, President George Bush, President Donald J. Trump, Secretary of State Hillary Clinton, First Lady Michelle Obama, U.S. Ambassador Fred Bush, President Vicente Fox (Mexico), Prime Minister Justin Trudeau, Prime Minister Brian Mulroney (Ret.), Sir Richard Branson, General (Ret.) Rick Hillier, Mark Burnett, Finola Hughes, Russell Young, Maxmillian Cooper, Quincy Jones, Oprah Winfrey, Anthony Robbins, Deepak Chopra, Jim Kwik, Drake (Virginia Black), Garry Kasparov, Larry King, Karl Wolf, Timberland, Steve Aoki, Marlon Wayons, Barbara Walters and Ellen DeGeneres to name a few.



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For nearly two-decades Richard and his team have provided the expertise to clients and companies seeking next level thinking so to globally dominate

This gives rise to the act of restoring and recalibrating the likes of companies relationship to their:

- Financial performance
- Brand confidence
- Consumer confidence
- Expansion strategy



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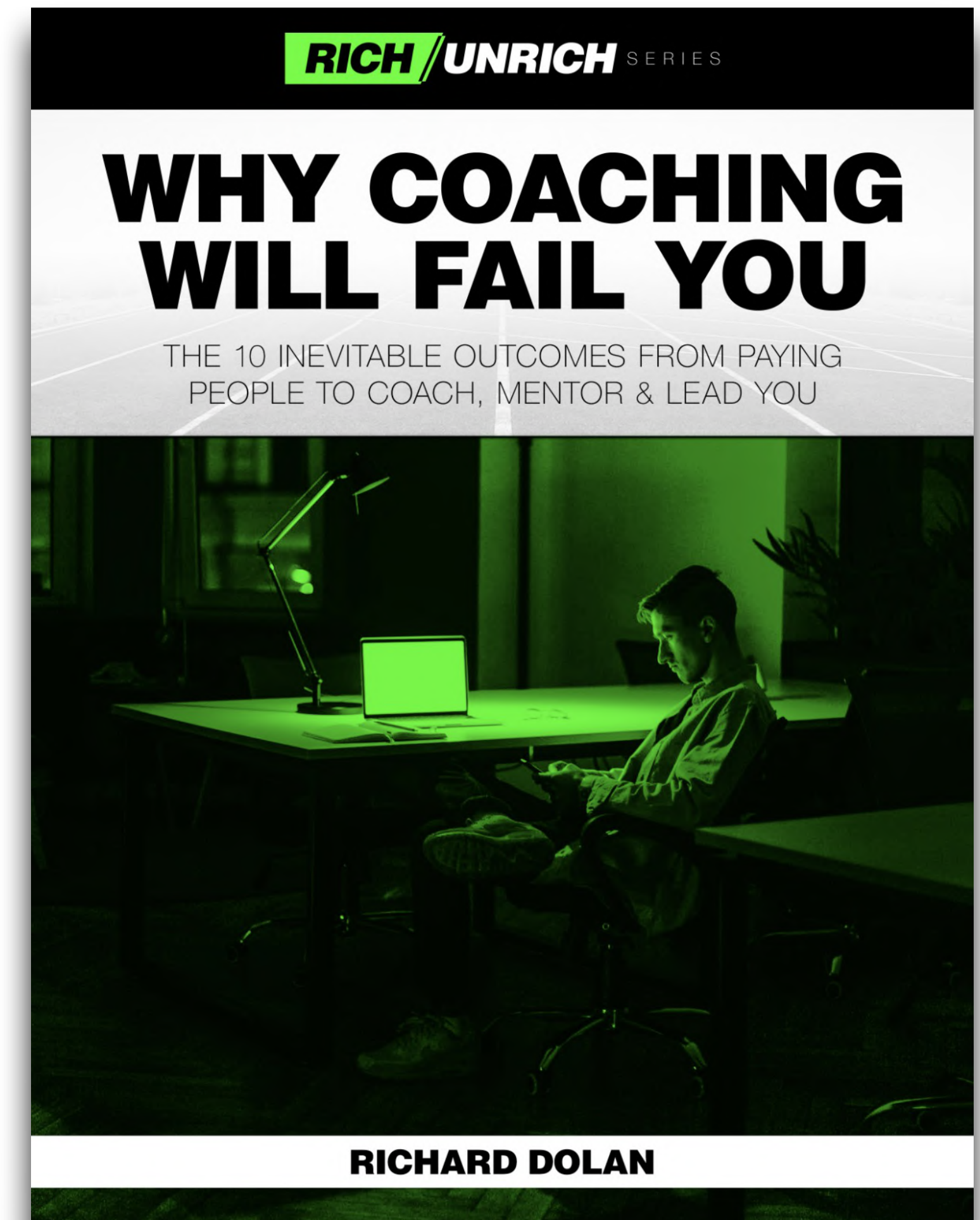
WHY

THE **LIFE RICH** PLAN

TIME TO **DISRUPT**

This is a multi-billion dollar industry

- Convergence of three-demographics and need
- More than *just* life orientation
- Coaching is *the way* to leadership
- Self leadership is a personal demonstration.



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THE LIFE RICH PLAN Intentions for you

Purpose to have you relocate yourself at the source of living and leading your **LIFE RICH**

Fulfilling the purpose of this workshop will be made possible through the instruction and provision of this workshop & tools

Disclaimer: This is just the beginning of the work



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Introduction & Context

THE **LIFE RICH** PLAN

THREE Dimensions

THE **LIFE RICH** PLAN PRIMER

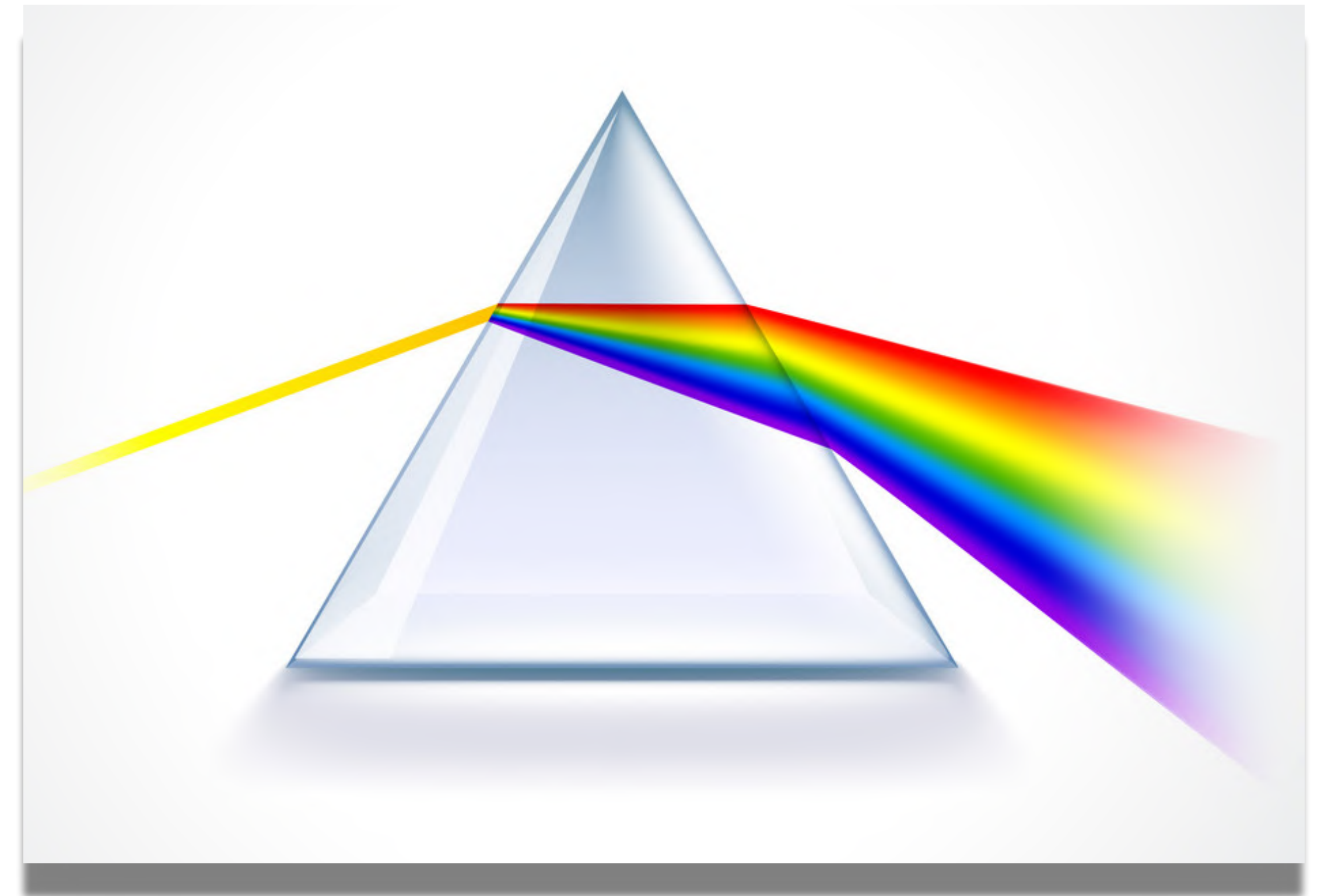
Purpose to have you relocate yourself at the source of living and leading your **LIFE RICH**

MY **LEGACY**

Purpose to have you relocate yourself at

THE **FINANCIAL LIFE** PLAN

Purpose to have you relocate yourself at



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SECTION 2

THE LIFE RICH PLAN

DEFINITIONS & Distinctions



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THE LIFE RICH PLAN

Definitions & Distinctions

THE LIFE RICH PLAN

WHAT is Life Rich ?

LIFE RICH is a standard you live up to and through

Life refers to **all areas** of one's existence including and not limited to

Financial | Professional | Personal | Emotional | Relational | Spiritual | Mental

RICH with an abundance, **flourishing** - to have enough comfortably

Net Worth | Self Worth | Life Worth (thus getting right with money, wealth and worth)

Your goal is to be a living demonstration of living and leading your LIFE RICH

The ways to **LIVE** LIFE RICH are measured in: _____

The ways to **LEAD** others to a LIFE RICH are measured by: _____

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Definitions & Distinctions

THE LIFE RICH PLAN

WHAT is Life Rich **PLAN** ?

LIFE RICH PLAN intention is to have you live and lead you life by design and not default

Plan refers to readying, clearing and preparing **all areas** of your life to grow richer in the areas that matter most to you

The goal is to have you be a **living demonstration** of a **LIFE RICH** life in areas such as:

Financial | Professional | Personal | Emotional |
Relational | Spiritual | Mental



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Definitions & Distinctions

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WHAT IS a PRIMER?

PRIMER traditionally is ‘a type of paint that you put on a surface before the **main** paint is put on.’

Educationally primer is a *transitional year* between kindergarten and first grade.

Learning primer allows for the opportunity *for students to develop socially, emotionally and academically* between one grade to the next

Generally a primer is ‘a **small book containing basic facts** about a subject, used especially when you are **beginning** to learn about that subject.’

Source: Oxford Dictionary

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SECTION 3

THE LIFE RICH PLAN

INTRODUCTION & Context



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Introduction & Context

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WHAT Stops Us?

THE EIGHT GREAT WAITS™ include the:

- Reasons
- Stories
- Justifications

FEAR runs the show:

1. Getting it wrong / Not being right
2. Losing control / Being controlled
3. Looking bad / Not looking good.



Money	Time
Family	Partner
Market	Timing
Opportunity	Ego

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Introduction & Context

The **LIFE RICH** Plan: Masking Fear & Inaction

Living and leading through Three F's

Filters - refuse to see things off what they are

Fantasies - prefer to dream rather than dare

Facades - project concepts versus results

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The **LIFE RICH** Plan: The Confidence Crisis

The rise of the Confidence Crisis is fuelled
by the rising tide of inaction

1. **Doubt** - you telling yourself you can't
2. **Don't** - people telling you not to
3. **Daunting** - overwhelming and distressing



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RECLAIM Your Focus

Answer these questions right now

1. List all the areas of your life that is performing well
2. List all the areas of your life that is not performing as well as you would like it to
3. Select (1) area you want to focus on right now



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RECLAIM Your Focus

The (1) ONE area of my life I want to 10X starting NOW is:



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SECTION 4

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MODEL to More



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Model to More

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RECALIBRATE Your Focus

Your Operating
System is governed
by two phenomenon



Science is the methodology to which something is done
Action is the fact or process of doing something, typically to achieve an aim

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Model to More

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THE Breakthrough

Why Our Operating System Fails

We fail at setting goals, living and leading intentional lives and being in massive action because:

**We chase goals rather than,
being at the source of them**

Chasing fuels **The Confidence Crisis** in:

- Self
- Others
- The Future

**To restore our faith and confidence in these things, we
must restore our relationship to our confidence in self**



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Model to More

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RESTORING Your
Operating System



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Model to More

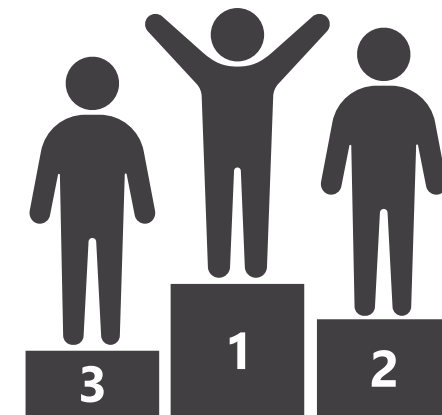
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RESTORING Your Operating System

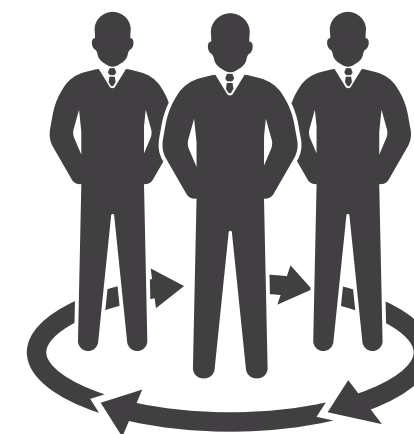
1 FOCUS
STATE



2 MOOD
MINDSET



3 MECHANICS
ACTIONS
BEHAVIORS



4 MECHANICS
STRATEGY



5 MEASURE
SCORE



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SECTION 5

THE LIFE RICH PLAN

THE 10 Principles



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THE Foundation

The Principles of Science & Sequence

Principle a fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning

Science the intellectual and practical activity encompassing the systematic study of the structure and behaviour of the physical and natural world through observation and experiment

Sequence a particular order in which related events, movements, or things follow each other.

Source: Oxford Dictionary



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THE Principles of Science & Sequence

1. Attitude
2. Approach
3. Action
4. Assessment
5. Acceptance
6. Aspiration
7. Architecture
8. Attention
9. Acknowledge
10. Aliveness



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Attitude

Defined as:

A way of feeling or acting toward a person,
thing or situation

Reflects a state of mind or disposition.

Source: Oxford Dictionary



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The single greatest measurement of a quality mind set is found in your **self-talk**

Which of the following do you feel currently?

Tired

Overwhelmed

Overworked

Underloved

Stopped

Paused

Stuck

Bored

Broke

Anxious

Analytical

Not confident

Uninspired

Disconnected

Wrong direction

Bottomed out

Mired in the past

Worried about the future

Unforgiving

Suspicious

Angry

Frustrated

Or just in a rut...

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Locker Room of Life

- Where everything is strategized, thought on, worked out
- Where your plans for yourself and your great life go to die
- People are little more than a living conversation
- Both internal and spoken. A dialogue in a body
- **That body talks about everything, and the limit of that talk is the limit of that life.**



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The Reality Is

You are what you talk about

- Or rather the *nature* of what you talk about
- If life is too much for you, then for you, life really is too much
- The reality is, **you create your experience of life in your self-talk and then act accordingly**
- We do it all the time - you are never acting on life itself
- What you are acting on is your **opinion** of life and that is what its such a different experience for each of us.



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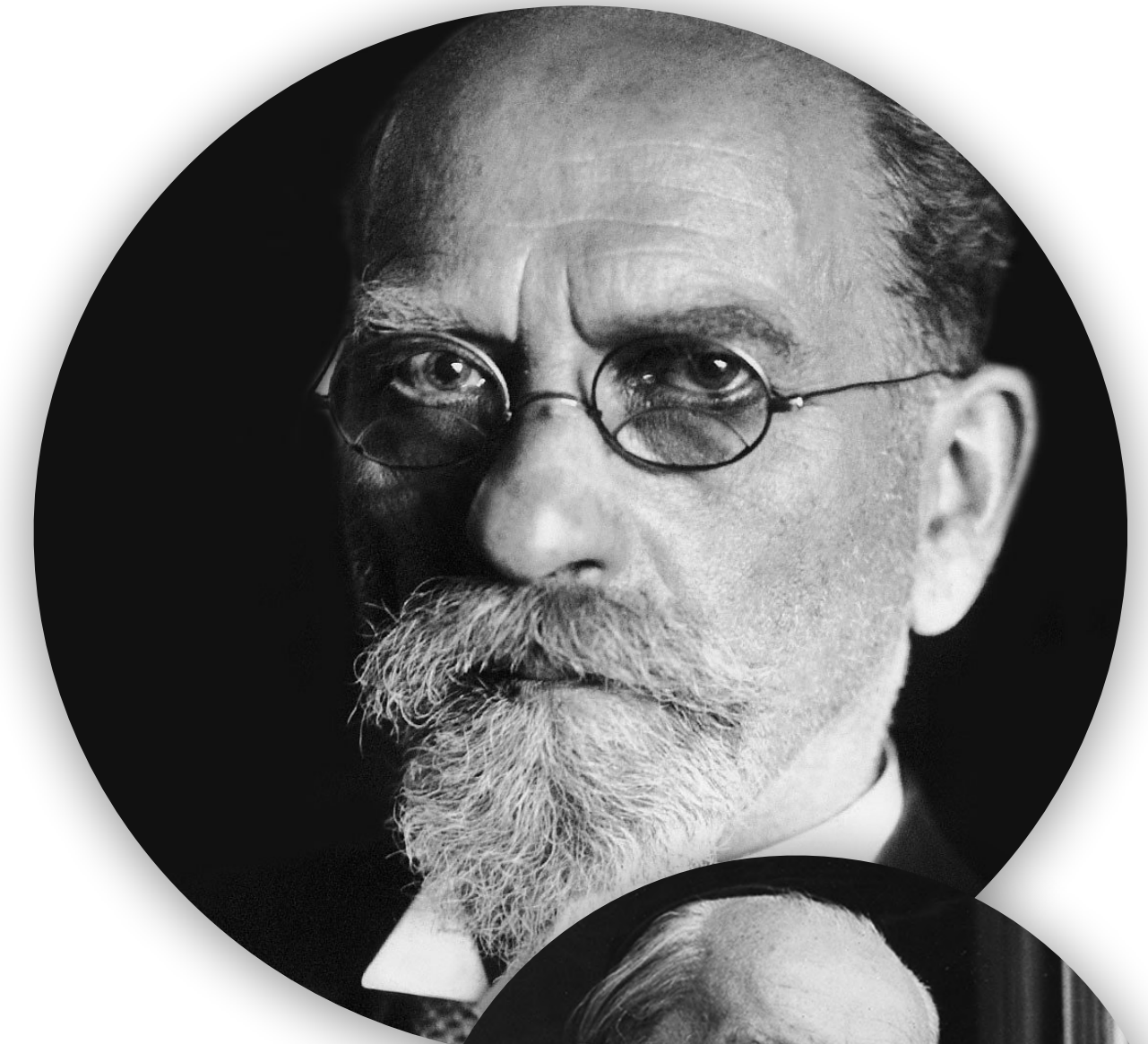
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Language Matters

- Life just is
- What you call it is up to you
- Philosophers such as Hans-Georg Gadamer, Edmund Husserl and Martin Heidegger explored that impact and importance of language and how it shapes our as-lived experience of absolutely everything
- **Your talk is your life.**



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Affirmations / Confirmations

Designed to nurture and develop the self-talk

Self-Talk = Self Preservation

Domination is opposite to Preservation (as an experience for the mind)

- Beliefs
- Faith
- View

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Approach

Defined as:

Come near or nearer to (someone or something) in distance or time

A way of dealing with something

A way of doing or thinking about something

The act of moving.

Source: Oxford Dictionary



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Approaches Include

- How you make **money**
- How you do **more**
- How you **grow**
- How you **expand**
- How you **conquer**



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Approaches Leave You

- **Surviving** defined as ‘**remaining alive**, especially after the death of another or others’

Or

- **Thriving** defined as ‘grow or develop well or **vigorously, prosper; flourish.**’

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Action

Defined as:

The **fact or process of doing something**, typically to achieve an aim

A thing done: deed

The accomplishment of a thing usually over a period of time, in stages, or with the possibility of repetition

Initiative, **a man of action.**



Source: Oxford Dictionary

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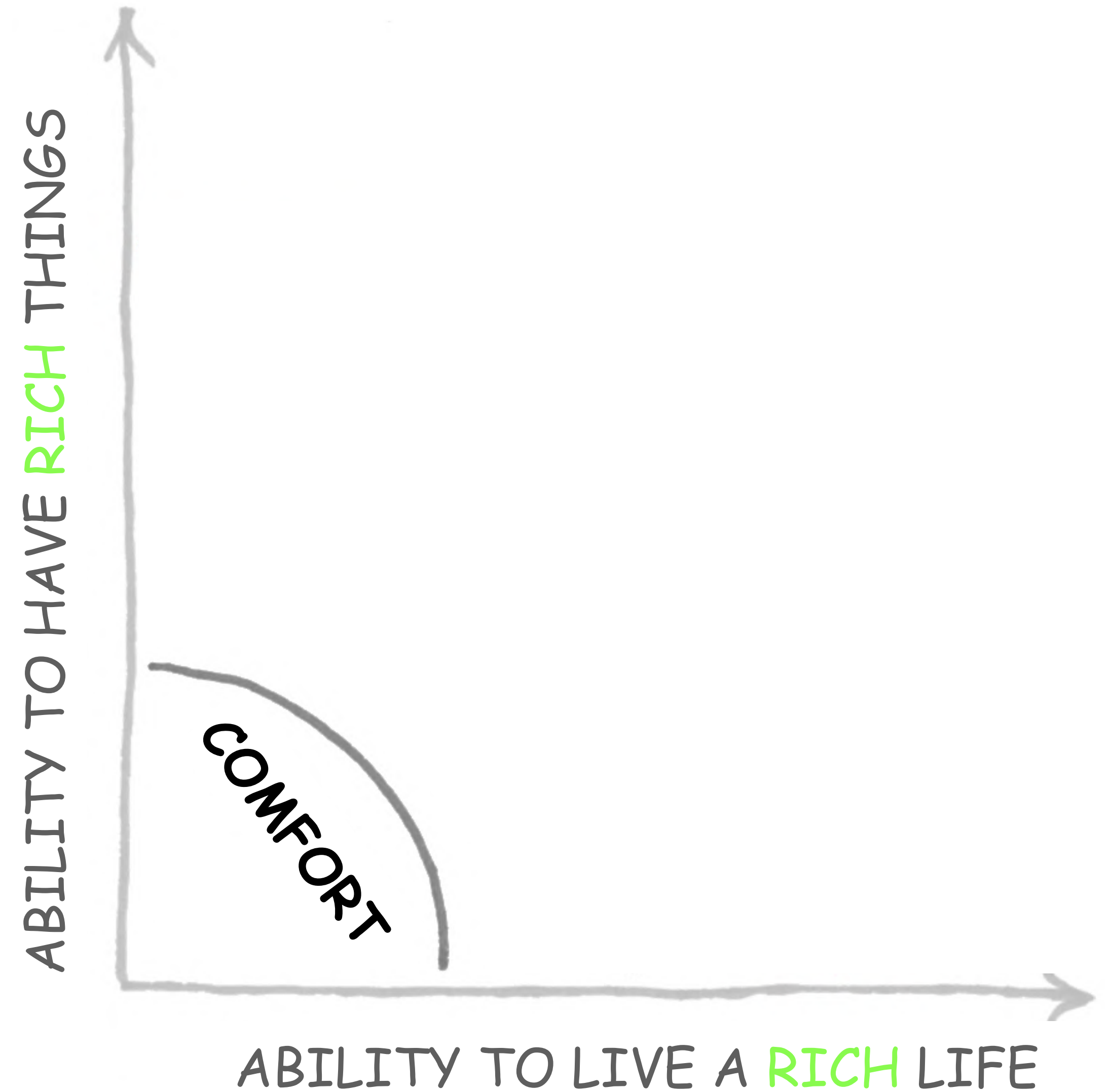
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Creatures of Comfort

- When crisis strikes and a crucible moment is experienced we tend to retreat
- We are addicted to comfort and familiar
- We must forge forward to commence a RICHER journey to more.



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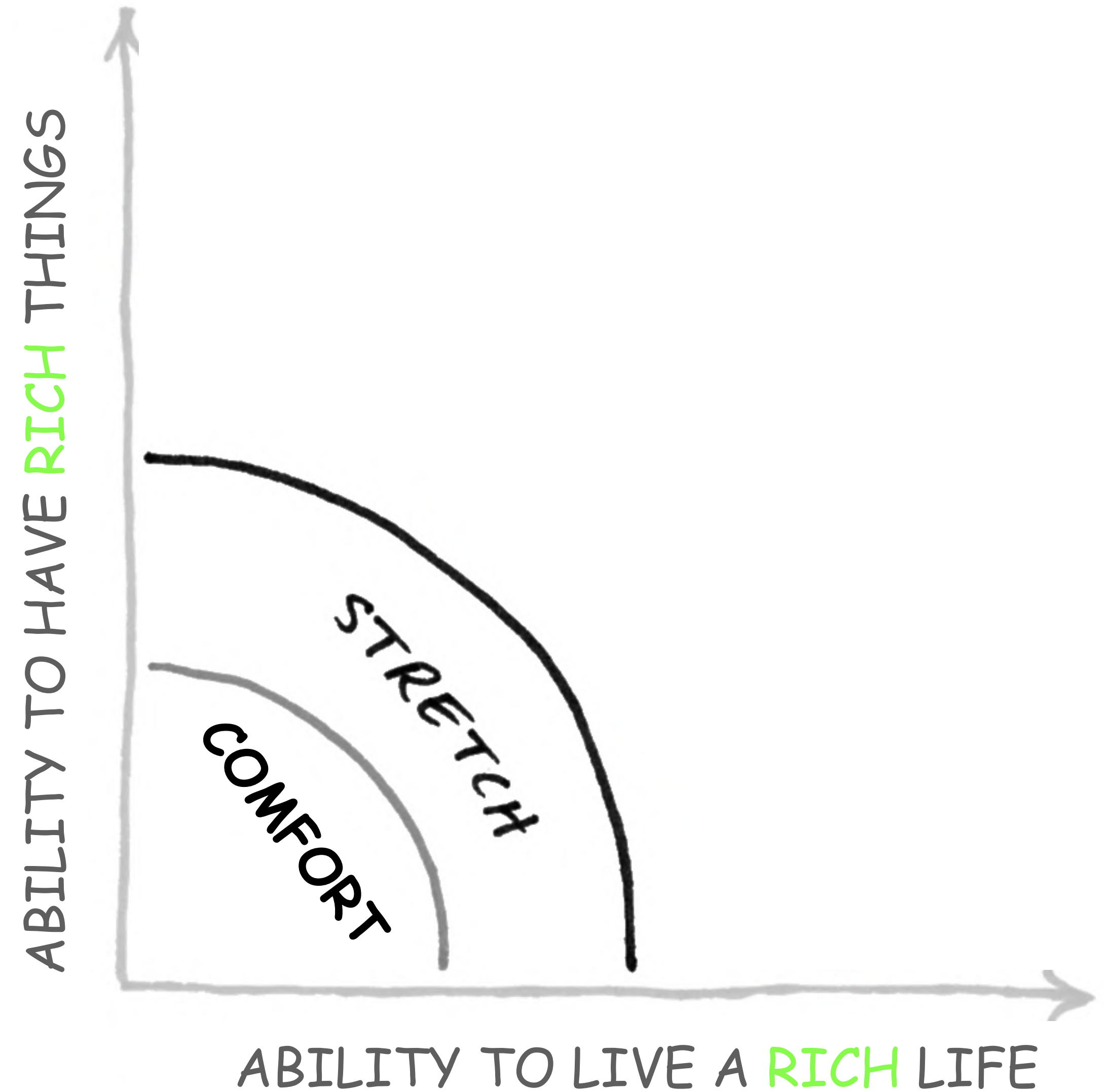
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Stretch for Success

- Departing safe scares most people
- Stretching requires learning and unlearning skills and habits to commence a RICHER journey to more
- Stretching is growing and growing requires more effort



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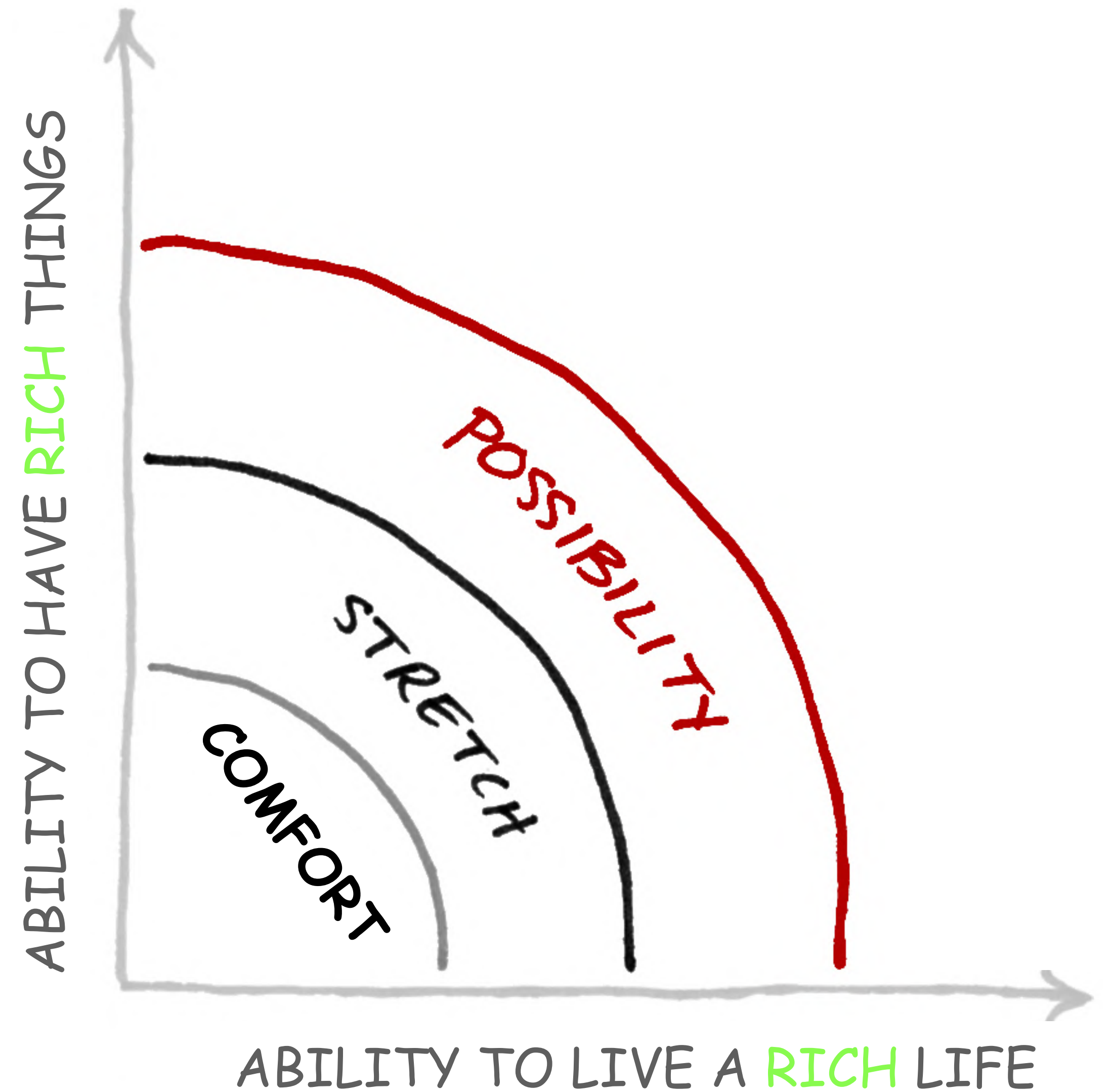
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Possibility brings Power

- This is where imagination and creativity lives - where the possible emerges
- This is where motivation is born and inspiration is ignited
- However seeing the potential ahead, equally boils up the concern to sustain the pace and stretch which in turn challenges survival and the instinct to shrink back



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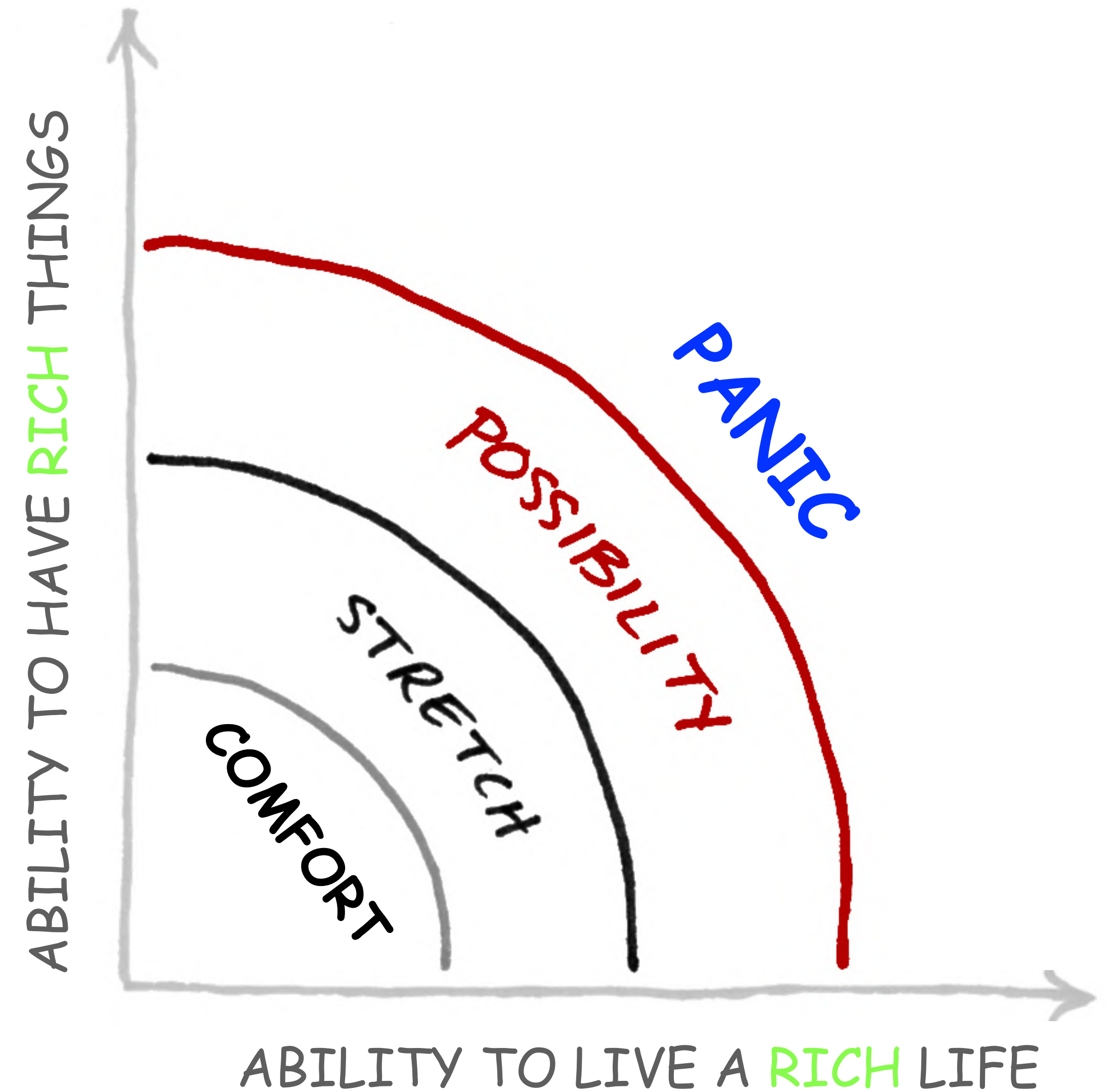
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Panic = Pain Here is the FLAW:

- We thrive to survive not to succeed
- We were born to live RICH but conditioned to survive
- Predictable = Safe
- We hold central beliefs that keep you safe
- We are addicted to the familiar yet obsessed with more
- What you predictably do you will inevitably experience.



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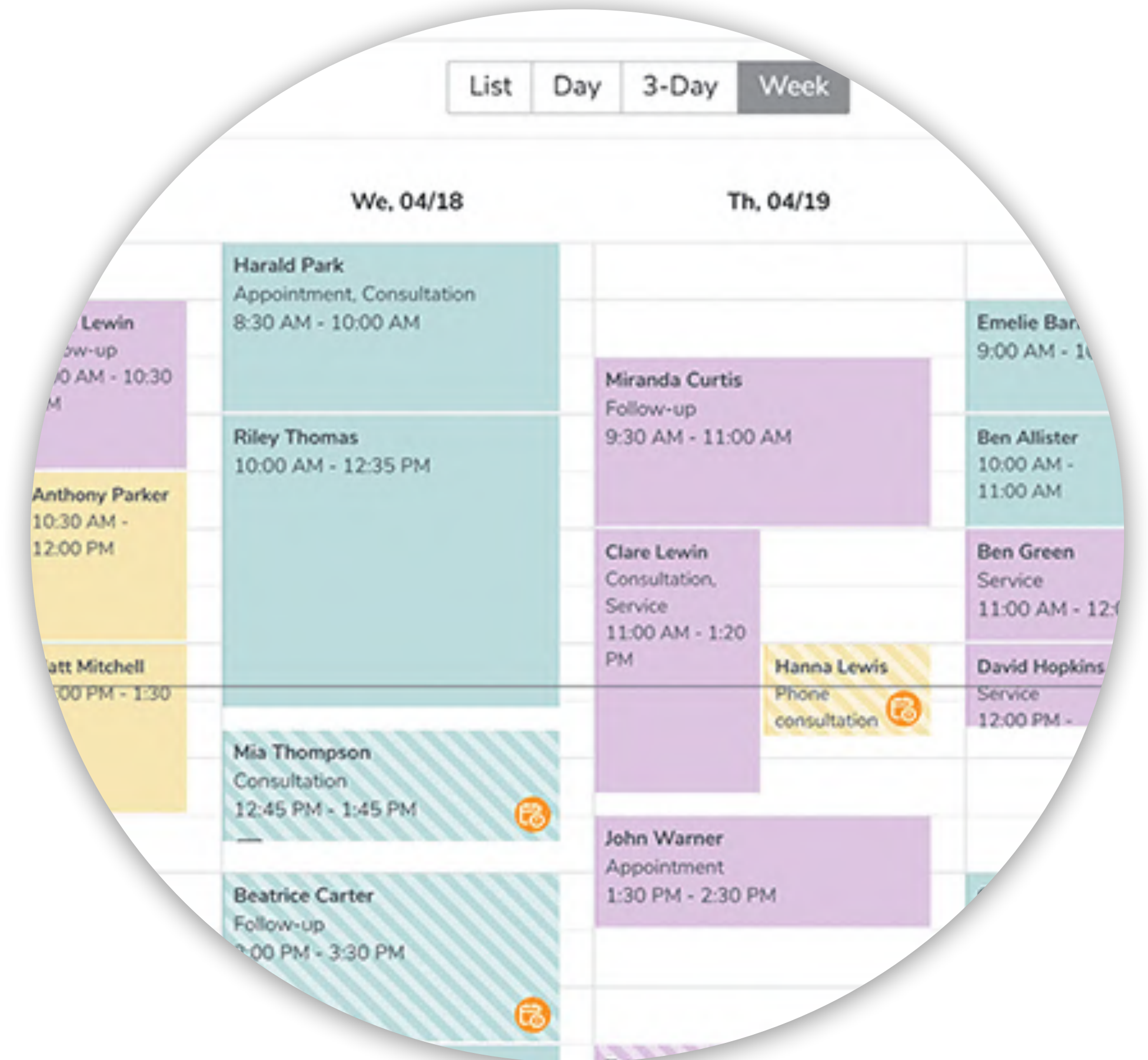
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The Playing Field

- What actions are you taking?
- What does your calendar look like right now?
- What does the answer to the above - tell you (indicate)?



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Assessment

Defined as:

The action of consenting to receive or undertake something offered

The quality or state of being accepted or acceptable

The act of accepting something or someone

Acceptance of responsibility.



Source: Oxford Dictionary

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QUESTION ONE

What Do You Want?

Answer these questions right now

1. **What do you want?** Financial, Personal and Professional
2. **Why does it matter?**
3. **Who else does it matter to** - or who's world would come alive through your achievement?
4. **Where** are all the potential, almost certain places you'll get stuck, stopped or stalled?



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THE 10 Elements to Life

Financial	Spiritual	Parental	Intellectual	Social
Emotional	Physical	Vocational	Avocational	Marital

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QUESTION TWO

What Are Your Top 5 Strengths & Abilities?

My Top 5 Strengths & Abilities are:

1. _____
2. _____
3. _____
4. _____
5. _____



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QUESTION THREE

What Are Your Top 5 Greatest Victories?

My Top 5 Greatest Victories include:

1. _____
2. _____
3. _____
4. _____
5. _____



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QUESTION FOUR

What Are Your Top 3 Greatest Defeats?

My Top 3 Greatest Defeats include:

1. _____
2. _____
3. _____
4. _____
5. _____



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QUESTION FOUR

What Are Your Top 3 Greatest Personal Development Needs or Desires?

My Top 3 Personal Development Needs or Desires include:

1. _____
2. _____
3. _____
4. _____
5. _____



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Acceptance

Defined as:

The action of consenting to receive or undertake something offered

The quality or state of being accepted or acceptable

The act of accepting something or someone

Acceptance of responsibility.



Source: Oxford Dictionary

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THE 4 DIMENSIONS

The Four Dimensions of **Acceptance**

This is a sequential act of self leadership

Each step is to be adhered to and completed before moving onto the next

This is the **single greatest** starting point in getting your relationship right living and having a rich life - the four steps

1. Accountability

2. Accounting

3. Organizing

4. Creating



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FOCUS

PLAN

STEP 1

ACCOUNTABILITY

as a way of being

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Having an **Accountability**

Accountability as a *way of being*

Begins with an assignment of a task, job or duty

It is activity based and it is something “I have to do”

Sometimes things “I have to do” can evolve into obligations

When you have an accountability, you have a part of the whole - responsibilities and tasks are divided among others

You answer for your stuff and others answers for theirs.



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Being accountable, on the other hand, is what “I choose to be.”

It is an empowering context, a place to stand

You may or may not be formally assigned anything

It is an outcome that you see to regardless of age, experience, status, weather, mood or whose job it is

It is self-declared ownership of the whole

That declaration gives you power to act in any circumstance

Obstacles are simply part of the path to making it happen.



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In contrast when we are **being accountable**

We own the outcome whether or not we have the formal accountability

Accountability...

1. **Begins** with **ownership**
2. **Ends** with **commitment**
3. **Evidenced** by **action**.



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Accountability: **Accounting** for your word

Accountability is fundamentally a state of being - a willing acceptance to be at cause for an outcome

- The primary act of accountability is **completion**
- In this section we bring completion to one's word
- Find opportunities to complete “what is incomplete” by accounting for your word



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Function of **restoring performance**

The importance and value of where you are not your word

In this section we bring completion to one's word

- Your word with **self**
- Your word with **others**
- Your word for a **certain future**.



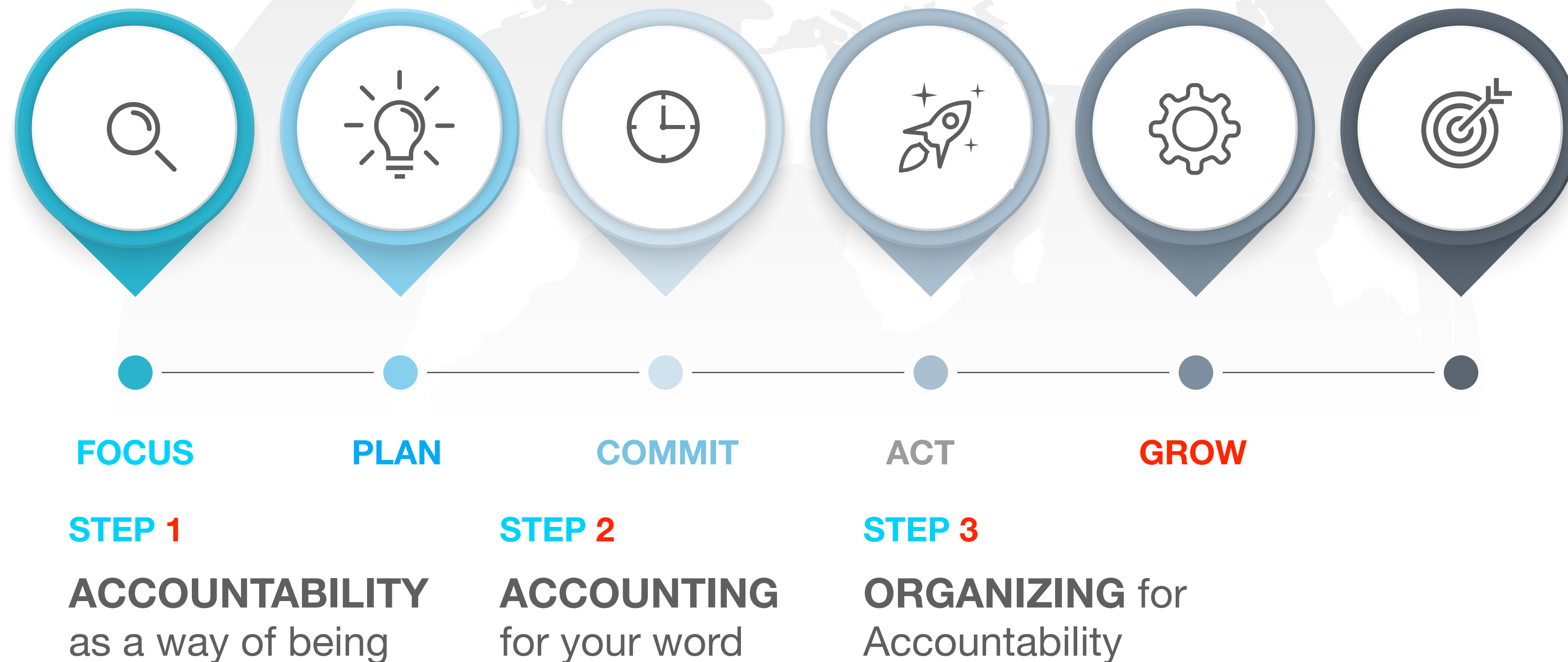
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Accountability: Organizing yourself

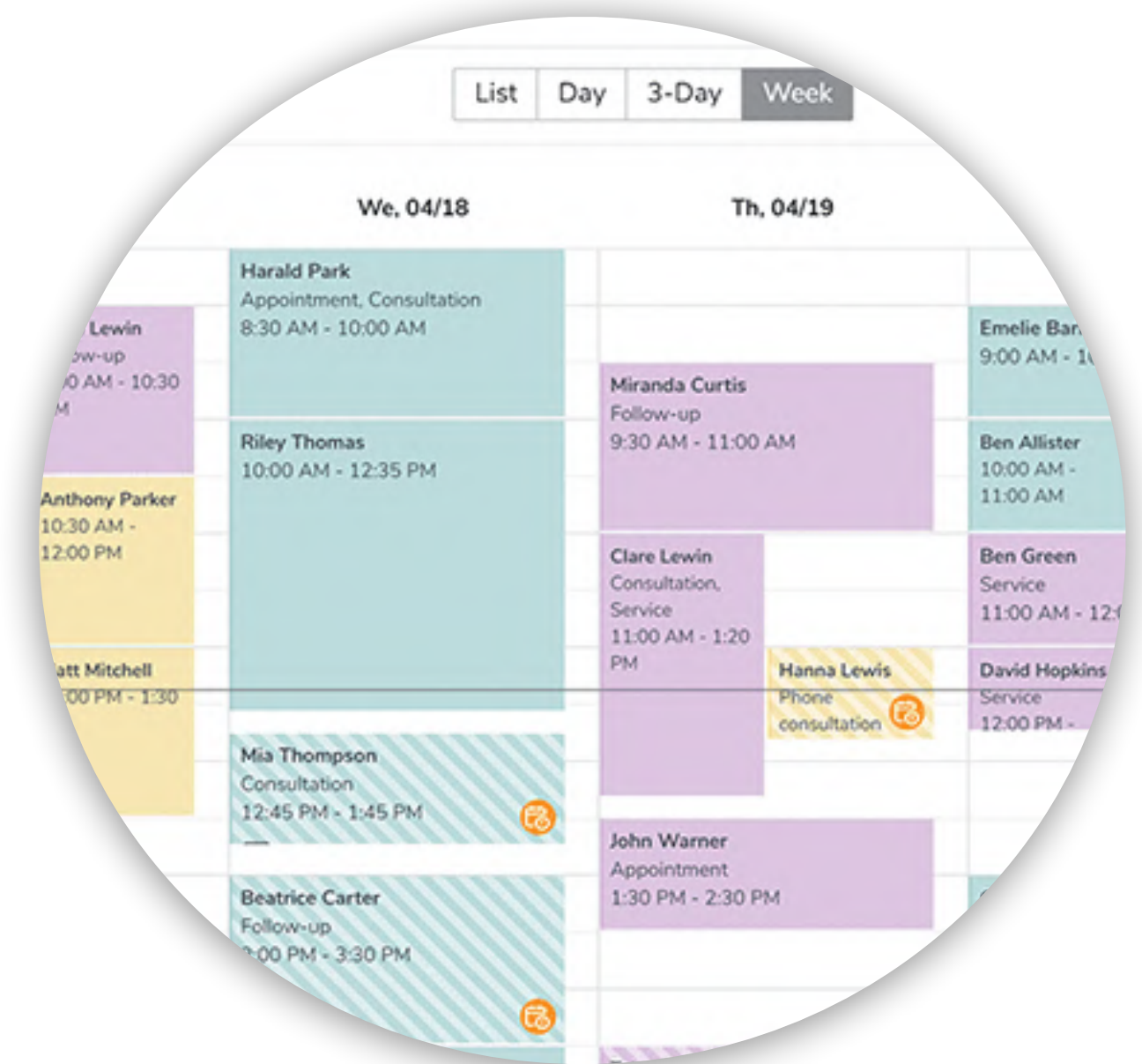
Time Management is a fallacy - time cannot be managed, it keeps going

Nothing you do can alter the movement of time

You can however manage commitments

When you give up strategies for managing time and instead create strategies for managing commitments, you are going to find yourself much more fulfilled and accomplished

- Prioritize
- Track
- Calendarize



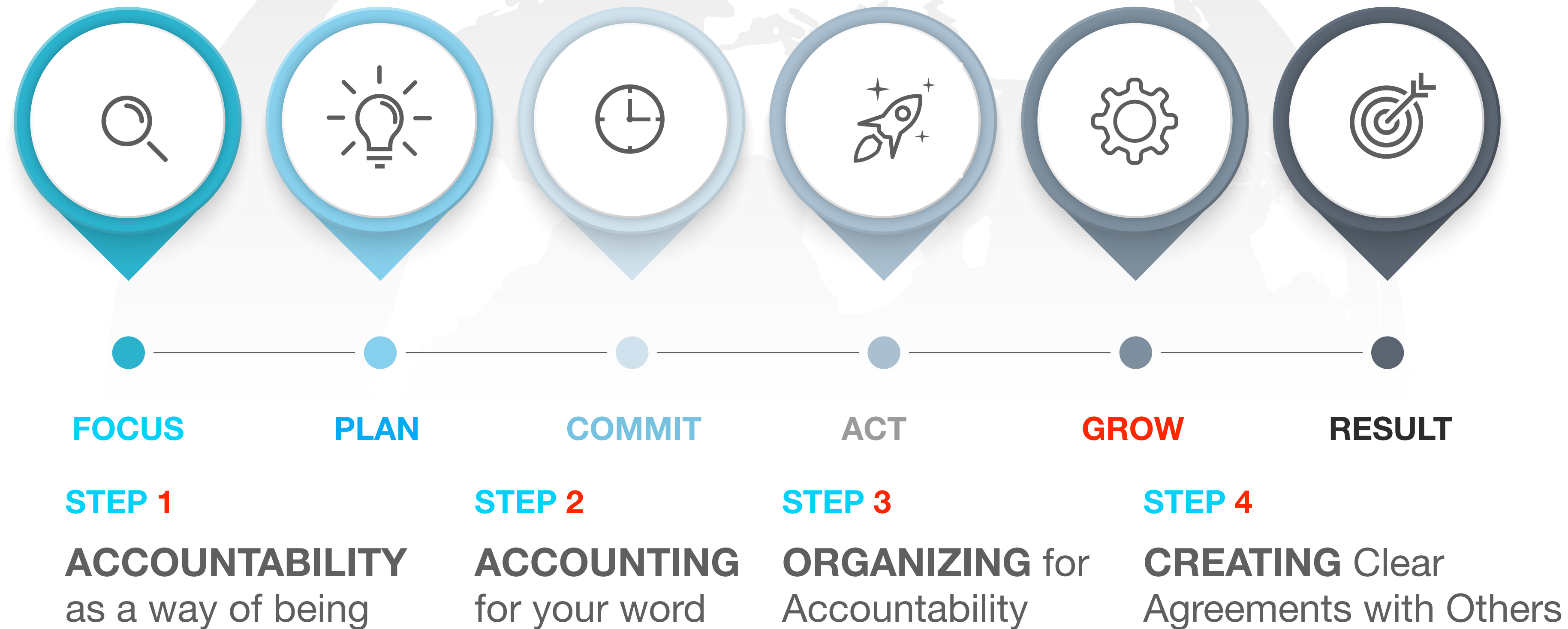
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THE 4 DIMENSIONS

Accountability: Creating clear agreements with others

Shifting from accountability as control to accountability as partnership

- One of the pitfalls of ‘holding others accountable’ is using accountability to dominate or control others to do what you want them to do
- From this context, holding others accountable is traditionally done in an unproductive mood such as annoyance, frustration, distrust etc.
- In addition, it creates a parent/child kind of relationship dynamic and turns dominate/avoid domination.



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Accountability: Creating clear agreements with others

Accountability starts with the your commitment:

1. **Mood/Emotion** - What is the mood/emotional space of a promise?
2. **Physicality** - Are your non-verbals consistent with your promise?
3. **Specific What** - What specifically are you promising to do?
4. **Relevance Story** - Shared Context - For the sake of what are you making this promise?
5. **Conditions for Satisfaction** - What is the criteria for success of this promise?
6. **Time and Location** - By when? What is the specific date or hour that is promised to deliver the result and if applicable, what is the location?

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THE **LIFE RICH** PLAN

The 10 Principles

THE **LIFE RICH** PLAN

THE Principles of Science & Sequence

1. Attitude
2. Approach
3. Action
4. Assessment
5. Acceptance
- 6. Aspiration**
7. Architecture
8. Attention
9. Acknowledge
10. Aliveness



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Aspiration

Defined as:

a hope or ambition of achieving something

a strong desire, longing, or aim

ambition: intellectual aspirations, a goal or objective that is strongly desired

Source: Oxford Dictionary



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ANSWER This

The Top 3 Things

I See In My Future That Lights Me Up includes:

1. _____
2. _____
3. _____



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ANSWER This - What Are Your Life Virtues?

Adventure	Freedom	Independence	Security
Balance	Fulfillment	Integrity	Self Expression
Confidence	Forgiveness	Kindness	Self-reliance
Control	Fun	Knowledge	Service
Creativity	God/Faith	Love	Spirituality
Discipline	Growth	Lifestyle	Strength
Education	Happiness	Marriage/Partner	Success
Body	Health	Peace of Mind	Truth
Family	Hope	Power	Unity
Financial Security	Honesty	Progress	Wealth
Cash Flow	Friends	Respect	Wisdom

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ANSWER This

My Top 5 Virtues Are:

1. _____
2. _____
3. _____
4. _____
5. _____



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CALCULATE This

NEED 1X

\$

monthly

WANT 2X

\$

monthly

DESIRE 5X

\$

monthly

DESERVE 10X

\$

monthly

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CALCULATE This - What Does It Cost You?

NEED 1X

\$5,000 monthly

WANT 2X

\$10,000 monthly (My needs of \$5k x 2)

DESIRE 5X

\$25,000 monthly (My needs of \$5k x 5)

DESERVE 10X

\$50,000 monthly (My needs of \$5k x 10)

\$5,000 actual - \$50,000 (10X) = \$45,000 monthly loss

\$45,000 loss x 12 months = \$540,000 annual COST TO BEING SMALL

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Architecture

Defined as:

The art or practice of designing and constructing *buildings*

The purpose of architecture:

'Architecture is more than a mere record or reflection of who we are. Instead, the fundamental purpose of architecture is as a means for creating our cultures and ourselves'

Determining who we want to be, or what it would now mean to be fully human, could be properly understood as a design problem

Design refers to '**a plan or drawing produced to show the look and function or workings** of a building, garment, or other object before it is built or made

Source: Oxford Dictionary



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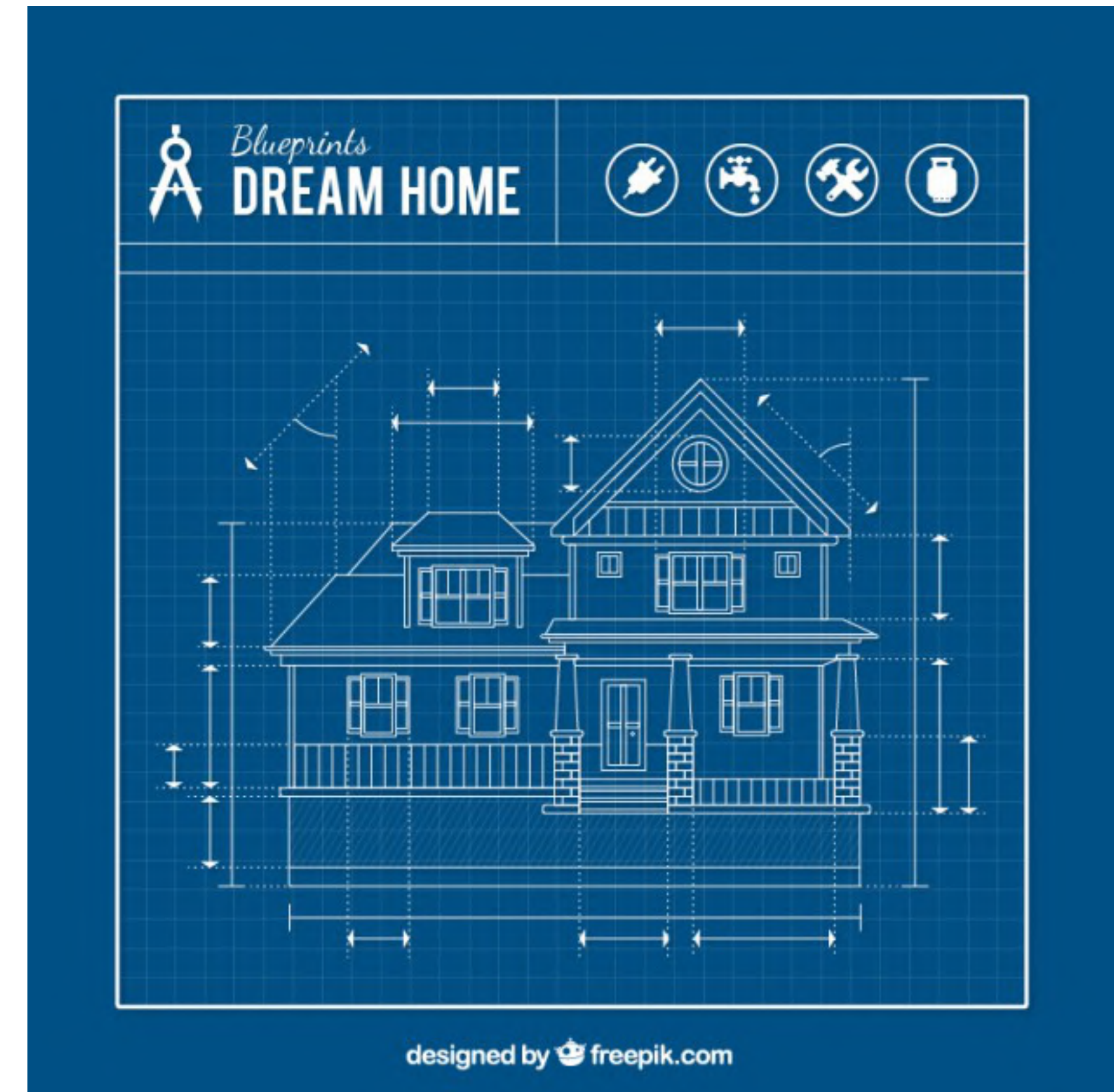
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Architecture

1. What *would* your day look like if you only had to accomplish your goals and fulfill your intentions?
2. What are the top three (3) new things you would be **doing**?
3. What are the top three (3) things you'd **stop doing**?
4. What resource/help/assistance do you feel you'd need?



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THE **LIFE RICH** PLAN

THE **THREE** Tools

RICH

THE LIFE RICH PLAN

The LIFE RICH Intention Creator™

DATE: _____

1

DEFINE THE TRANSFORMATION YOU SEEK
What do you want that you currently do not have or possess?

2

WHAT'S WORKING?
Opportunities & Strengths

1

2

3

4

5

3

WHAT'S NOT WORKING?
Dangers

1

2

3

4

5

4

THE NEW ACTION SET
All the actions you will take to transform' D.O.S.E. experience

1

2

3

5

NEW INSIGHTS
Your creative responses

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THE LIFE RICH PLAN

The LIFE RICH Intention Setter™

DATE: _____

1 INTENTION

Write your top 3 goals

1

2

3

DOMAINS OF INTENTION

Source to focus

Financial	Spiritual	Parental	Intellectual	Social
Emotional	Physical	Vocational	Avocational	Marital

2 MOTIVATIONS BEHIND INTENTION

List in order of importance

1

2

3

4

5

6

DOMAINS OF MOTIVATION

Source to drive

Money	Wealth	Worth	Freedom	Choice
Time	Personal	Love	Indebtedness	Legacy

3 NEXT STEPS

List the series of steps required to move the needle

1

2

3

4

5

6

DOMAINS OF ACTION

Source to drive

Calls	Door Knocks	Ask for Help	Seek Advice	Plan Event
Attend Event	Network	Research	Learn	Let Go & Go

THE LIFE RICH PLAN

The LIFE RICH Plan 90-Day Results Tracker™

DATE: _____

1

THE FINANCIAL INTENTION
The focus, priority or main goal to be achieved

2

WEEK 1/ First 7-Days
First set of actions, commitments, behaviours

1

2

3

4

3

WEEK 2/ Next 7-Days (14 days)
First set of actions, commitments, behaviours

1

2

3

4

4

WEEK 3/ Next 7-Days (21 days)
First set of actions, commitments, behaviours

1

2

3

4

5

WEEK 4/ Next 7-Days (28 days)
First set of actions, commitments, behaviours

1

2

3

4

INSIGHTS
Your creative responses

THE LIFE RICH PLAN

The LIFE RICH Plan 90-Day Results Tracker™

DATE: _____

1

THE FINANCIAL INTENTION
The focus, priority or main goal to be achieved

6

WEEK 5/ Next 7-Days (35 days)
First set of actions, commitments, behaviours

1

2

3

4

7

WEEK 6/ Next 7-Days (42 days)
First set of actions, commitments, behaviours

1

2

3

4

8

WEEK 7/ Next 7-Days (49 days)
First set of actions, commitments, behaviours

1

2

3

4

9

WEEK 8/ Next 7-Days (56 days)
First set of actions, commitments, behaviours

1

2

3

4

INSIGHTS
Your creative responses

THE LIFE RICH PLAN

The LIFE RICH Plan 90-Day Results Tracker™

DATE: _____

1

THE FINANCIAL INTENTION
The focus, priority or main goal to be achieved

10

WEEK 5/ Next 7-Days (63 days)
First set of actions, commitments, behaviours

1

2

3

4

11

WEEK 6/ Next 7-Days (70 days)
First set of actions, commitments, behaviours

1

2

3

4

12

WEEK 7/ Next 7-Days (77 days)
First set of actions, commitments, behaviours

1

2

3

4

13

WEEK 8/ Next 7-Days (84 days)
First set of actions, commitments, behaviours

1

2

3

4

INSIGHTS
Your creative responses

THE LIFE RICH PLAN

The LIFE RICH Plan 90-Day Results Tracker™

DATE: _____

1

THE FINANCIAL INTENTION
The focus, priority or main goal to be achieved

14

WEEK 9/ Next 7-Days (91 days)
First set of actions, commitments, behaviours

1

2

3

4

15

WEEK 10/ Review & Reflect
Outstanding or incompletions

1

2

3

4

16

WEEK 11/ Review & Reflect
Outstanding or incompletions

1

2

17

WEEK 12/ Review & Reflect
Outstanding or incompletions

1

2

WHAT IS MISSING OR UNFINISHED ?
Requires additional time, energy, support or new actions

INSIGHTS
Your creative responses

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Attention

Defined as:

Notice taken of someone or something; the regarding of someone or something as interesting or important

The ability to **concentrate**

The ability to focus selectively on a selected stimulus,

Sustaining that focus and shifting it at will

Focus defined as ‘a center of activity, attraction, or attention the focus, a point of concentration, directed attention.’

Source: Oxford Dictionary



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Attention

Where does your ambitions/aspirations and/or intentions live for you?

Remember, your *attention* is the conversation

- Calendar
- Family / Friends
- Social Media
- Public Declaration
- Other

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Acknowledge

Defined as:

Accept or admit the existence or truth of

To disclose knowledge of or agreement with

To express gratitude.

Source: Oxford Dictionary



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ACKNOWLEDGE own, complete & perform

When things don't work, default survival instinct to defect harm or upset is to:

- Lie
- Defy
- Deny



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ACKNOWLEDGE own, complete & perform

Everything works if you work it

Until you powerfully deal with or handle your relationship with a breakdown within the realm of your pursuits in life

Their success will elude you

Financial success, professional success, all success

Or at least, the joy that comes with pursuing it.



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Areas to look in your life

- Place you are PRETENDING
- Where you are HOLDING BACK
- Your COMPLAINTS, and BITCHINESS
- Where you IGNORE
- Your STORY, your VIEW

Areas to also consider is where you experience a:

Loss of power, your head is in the sand, holding back, biting your tongue, not fully expressed.



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Accountability is fundamentally a state of being -
a willing acceptance to be at cause for an outcome

The primary act of accountability is **completion**

In this section we bring completion to one's word

Find opportunities to complete **“what is incomplete”**

By accounting for your word.



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ACKNOWLEDGE own, complete & perform

To account for your word is to bring completion to it

Accounting for your word leave things complete

- Whether it be something you said you would do
- Something that is expected of you
- Or something in the way you present yourself to others

Completion makes space for something new.



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Completion makes space for something new

When things are incomplete they build up, causing missed deadlines, a feeling of overwhelm and frustration

- Over-commitments become prevalent
- Lack of trust ensues
- Incompletion takes up space
- Requiring us to produce ignorance, denial and frantically chasing down loose ends
- When we complete, we make space

With space, we can create and accomplish new futures.



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It's important to note that completing what is incomplete is not saying you must do everything that was ever on your list

Rather completing what is incomplete happens through accounting for your word

The aim is provide a '**state of completion**' for yourself and others

The important thing is that your word is accounted for in a way that allows space for something else.



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ACKNOWLEDGE own, complete & perform



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Aliveness

Defined as:

The **condition of living or the state of being alive**

Source: Oxford Dictionary

Being alive means that you are living and breathing

Although it does not always mean that, people in comas are still alive, even though they are not in possession of their functions

Living is something else entirely

To live is to make the most of your time on Earth.



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Always Moving Things Out of Your Way

Three Steps

1. Always look for things in your way
2. Always be moving the things that are between you and you being alive
3. Always, always be committed to being alive than being in pursuit of something.



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CONCLUSION

THE LIFE RICH PLAN

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THE **LIFE RICH** PLAN

Agenda

THE **LIFE RICH** PLAN

RECLAIMING Your Greatness

THE **LIFE RICH** PLAN Program Summary

Section 1 **Opening Remarks**

Section 2 **Definitions & Intentions**

Section 3 **Introduction & Context**

Section 4 **The **LIFE RICH** Model to More**

Section 5 **The **LIFE RICH** TEN Planning Principles**



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THE **LIFE RICH** PLAN

THE Next Step

JOIN ME

RICH

Richard Dolan's History of Performance

Coaching | Mentoring | Speaking

BILLIONS RAISED. MILLIONS REACHED. THOUSANDS SHARED. HUNDREDS ENDORSED

"I appreciate Richard and the impact he makes in the world."

President William Jefferson Clinton

"Richard is brilliant at what he does."

Oprah Winfrey

"Richard is a great coach because he cares about you."

Iron Mike Tyson

President Barack Obama, President William Jefferson Clinton, President George W. Bush, President George Bush, President Donald J. Trump, Secretary of State Hillary Clinton, First Lady Michelle Obama, U.S. Ambassador Fred Bush, President Vicente Fox (Mexico), Prime Minister Justin Trudeau, Prime Minister Brian Mulroney (Ret.), Sir Richard Branson, General (Ret.) Rick Hillier, Mark Burnett, Finola Hughes, Russell Young, Maxmillian Cooper, Quincy Jones, Oprah Winfrey, Anthony Robbins, Deepak Chopra, Jim Kwik, Drake (Virginia Black), Garry Kasparov, Robin Sharma, Larry King, Karl Wolf, Timberland, Steve Aoki, Marlon Wayons, Barbara Walters, Ellen DeGeneres, Mike Mancias (Lebron James), Dwight Howard, Russell Westcott, James Harden, Juwan Howard, The Professor, Michael Phelps, Hulk Hogan, Rick Barry, Dominique Wilkins, Dennis Rodman, Julius "Dr. J" Irving, Louie Piniella, Tommy Lasorda, Magic Johnson, Clyde Drexler, Mike Piazza, Pete Rose, Earl Campbell, Robert Hite, Lawrence Taylor, Riddick Bowe, Joe Carter, Nate Archibald, Floyd Mayweather Jr., Lennox Lewis, Mike Tyson, Tommy Hearn, Roy Jones Jr., Sugar Ray Leonard, Vitor Belfort, Joe Cortez, Joe Carter, Darryl Sittler, Charles Oakley and Wayne Gretzky to name a few.

"Richard is a world-class coach to-the- coaches."

Juwan Howard, 2X NBA Champion (Miami Heat)

Richard Dolan's Mission Is To Create

1,000 | Millionaires | 5-Years

Who Is Richard Dolan

Richard is a **SEVEN-FIGURE earning coach** providing education, certificate learning and programs to aspiring, established or next-level-seeking **coaches, mentors, speakers and trainers**

In 2020 Richard Dolan...

- Coached Iron Mike Tyson **BACK INTO THE RING** for a historical return to boxing
- Earned his **3RD NBA CHAMPIONSHIP RING** (LA Lakers)
- **5X'd Grant Cardone's Global Licensing Network**, adding 16 NEW countries to his global presence
- **Worked with Celebrities** such as Larry King, Steve Aoki, Marlon Wayons, David Hasselhoff to name a few
- **Generated SEVEN-FIGURES** in revenue from coaching, speaking and mentorship services

Track Record

- **Pagani Automobili / Horatio Pagani** developed a business-expansion plan
- **Chanel** worked with the chief cultural officer on *youngifying* the retail approach
- **Dragons' Den / Sharks' Tank (SONY)** curriculumized the programming for academia
- **Drake (Virginia Black Whiskey)** provided digital brand intelligence for strategy purposes
- **Louis XIII / Rémy Martin** provided a digital brand recalibration and generated 200% + growth

Thought Leadership

Richard developed an *urban philosophy* on growing and empowering ones relationship with money, wealth and worth through research areas and thought leadership he's been published **14** times including:

Performance Psychology | Behavioural Finance | Happiness Economics | Investor Resilience



"I want to cause **irreversible transformation** in the way people **get rich** in the things that **matter most** to them - no matter what."

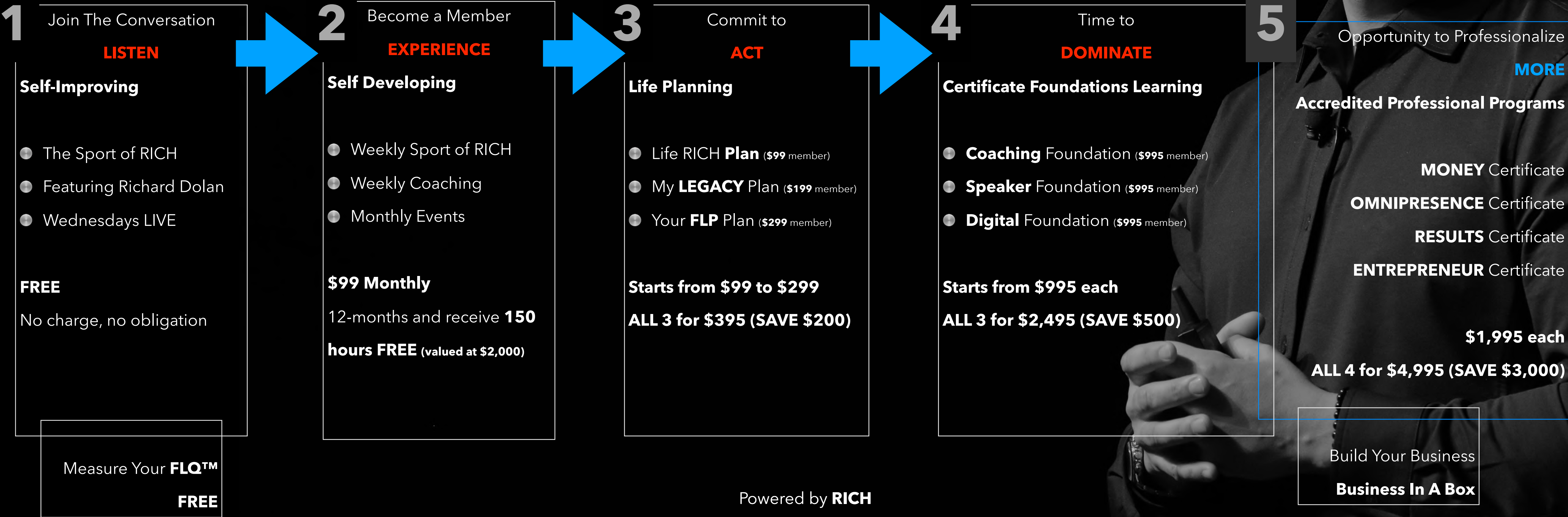
Powered by **RICH**

LEAD. Listen | Experience | Act | Dominate

Customer Learning Journey 2021

Welcome to RICH U

- The School for Coaches, Mentors, Speaker and Trainers looking to 10X their brand, game and business achieved through the development of their capabilities, competence and confidence
- RICH U is powered by Richard Dolan, one of the world’s top seven-figure earning coaches, published author and speaker
- RICH U is an academic journey, starting by joining the NEW conversation about Coaching, Mentorship and Speaking, become a member
- RICH U is where you restore and reclaim your ability to **LEAD...**



MASTER COACH.

Mission Control | Accountable | Systems | Transform | Expertise | Revenues

Learning Journey 2021

Welcome to MASTERY COACH

By invitation only. Limited to 25 understudies.

- **One-year (1-year) program** to develop Personal and Professional prowess as a Coach, Mentor, Speaker and Trainer
- **With eight (8) hours a week in commitment** including mentorship & learning

Be held to account for massive actions inside 50-weeks of program and intentional action with Richard Dolan himself

- **Develop MASTERY** in the four cornerstones of coaching:

Money | Omnipresence | Results | Entrepreneurship

- **Gain certified** learning pathways
- **Develop your business** foundation and revenue generators
- **Become a co-author** with Richard Dolan
- **Design and realize** your business, sales and marketing plan

100% MONEY BACK GUARANTEE

M

Start with Your Own

Mission Control

100% of What's Needed

- Complete Calendar
- Business Plan
- Support Team of Experts

100%

Richard Dolan
& Team

A

Action with

Accountability

Weekly Performance

- Intentions Set Weekly
- Intentions Review Weekly
- Coaching on Demand

100%

Richard Dolan
& Team

S

Follow The Pathways

Systems

Total Clarity & Direction

- **Business** System
- **Coaching** System
- **Marketing** System

100%

Richard Dolan including Nate
May and Success Mentors

T

Decide To

TRANSFORM

Equip & Educate

- **Coach** MASTER Edition
- **Speak** MASTER Edition
- **Lead** MASTER Edition

LIVE with

Richard Dolan & Faculty of
fellow experts

E

Develop & Create

EXPERTISE

Professional Prowess

- Money
- Omnipresence
- Results and Entrepreneur

DIGITAL

Included

R

Launch and/or Refire

REVENUES

Get Your Money,

- **Get** clients
- **Engage** clients
- **Serve** clients

Richard will hand-hold

You through and to moments
of monetization



THE LIFE RICH PLAN

THANK YOU

RICH