

HAVE DREAMS SUPPORTERS CLUB

BUDDY BOOT CAMP

How to add smart daily support to life-changing goals for amazing results

Excerpted from *The Power of Audience* by Tim Lloyd Wright

I COULDN'T SING in public without turning red. I could play, sing even, but somehow not perform. I was terrified. I only ever seemed to cover in the corner when I did play guitar in public. No-one listened.

Then in the early nineties I became interested in self-development and I felt I got the upper hand on this fearfulness that was holding me back.

But now it was time to turn this new insight and enthusiasm into action. Could I now be the showman I so much wanted to be?

To find out I set a goal, made a plan and began my first experiment with applying the buddy process you're about to read about to a personal goal.

Looking back, my goal was outrageously ambitious, but it was very vivid and I was excited to see if I could make it happen. I told myself I would perform a one-man pub



Big goals, small steps: Two buddies celebrate overlooking the Danube in Budapest, October 2016

singer show so well that my audience would stand on their chairs screaming for more at the end.

I told my buddy my goal. I agreed to do two things each day towards my goal and we spoke every morning. I wrote a list and would check things off I'd never considered doing before, like hiring lights, getting an artist to paint a backdrop, building a stage, planning my set of songs with military precision.

I figured I'd do foot-tapping numbers first. Then some audience participation, then something that really rocked and finally, the big number. I hunted for a venue, but the local pubs weren't interested. I almost faltered. But I kept on, spurred on by what I'd told my buddy, and what I would otherwise have to report in the morning. Eventually I found a hotel with a bar frequented by young soldiers letting off steam. They gave me the Friday night slot. As the weeks ticked by, in my daily calls I updated my buddy on my progress: a new poster, an hour photocopying, billboarding, hiring a sound system and so on. Until the first night arrived.

I wasn't frightened now, but still I was nervous. I was more prepared than ever, but the stakes were very high. The lads of the Durham Light Infantry filled the seats and tables from the back of the pub and weren't afraid to heckle and shout. Success was going to be very measurable indeed. It would be very clear if I didn't achieve my goal.

And I didn't. They didn't stand up and scream for more.

I went home tired that night and I might have thrown in the towel, but I kept my daily agreements instead. I did my two steps a day. By my next buddy call, I had rearranged the order of the best songs, trying to create a climax of energy in the show. This was uncharacteristic for me. Doubt could easily have crept in, but instead I just kept on.

The second Friday, in the final set, first the crowd started clapping their hands with the music, then they rose to their feet, and from there, in the final number the first

Buddy Boot Camp

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path from inspiration

to delivery

people climbed onto their chairs until a good half of the pub was doing the same. As the show ended they roared for more. I'd done it.

And then the funny thing was that people started coming to my show expecting to stand on their chairs and scream for more. I had learned to perform and I never looked back.

It had been a journey of eight or nine weeks that changed the way I performed for the rest of my life. I started with inspiration and enthusiasm and a clear goal, which is a great start. But without the support of my buddy each day, that show would never have come about.

If you are inspired to shoot for your dream, or even if you just want to add a new habit that will make life better, the Buddy Boot Camp you're about to engage on will keep you on the path – from inspiration to results.

Being inspired is a wonderful thing. But I've learned that the journey of small steps that turns the dream into nuts and bolts, flesh and blood is the real deal. That's the journey you're now invited to take.

Welcome along.

THE BUDDY PROCESS

Working in a buddy pair on something that matters to you is great fun. It can be challenging, that's for sure, but by making small commitments to each other each day and then setting out to keep them no matter what, you'll make remarkable strides.

Some have even defined happiness as taking continuous, measurable steps towards a goal of real significance to you. That idea really resonates with me. And it feels really good to know that I can support another person to experience that through our buddy work together.

If you decide to give this approach a go, here's how it will work.

You will...

- *Each set an individual goal or life-enhancing habit*
- *Choose a period from one to six months to work on it with support from your buddy*
- *Each choose a daily agreement to support a goal, or a life-enhancing new habit if you don't want to set a goal*
- *Each agree to speak punctually by telephone each day to track your progress*

Buddy Boot Camp – the basics

- Ask someone to be your buddy by putting it out there that you are looking for support with a goal or new habit you want to set. Get your buddy to [register for Buddy Boot Camp](#) to receive this guide, their buddy contract and further resources
- Discuss what you want to achieve. Discuss a daily agreement or habit and weigh them against the checklist below in this guide
- Get started. Set a time to speak by phone, ideally 15 minutes before you usually wake up and be impeccable with time keeping
- Keep your calls to the point. What you must cover is 'how did you do yesterday' and be clear about whether your buddy kept their agreement.
- Talk about how you are both doing from time to time and if you need a boost, use one of the exercises in the book.

BOOT UP. STRAP IN

The pages to follow contain some suggestions about how to set a stretch goal or significant habit and there's also guidance from the book about how to set a daily agreement. Finally, there are some suggestions as to how to keep your calls constructive, concise, supportive, clean and energising.

A daily call

Did he say actually call each other every day – by phone? Yes, he did.

You can agree that when you're out of the country, or on annual leave, you do something else to keep in touch or take a pause. But apart from that, if it isn't your 100th birthday, use the telephone to speak each day. Meeting face to face is okay too. But email, text, instant messenger, a post etc etc... all these are not sufficient for this process to work.

Having set up one or more agreements at the outset, your prime responsibility in your call is to come away from it each day absolutely clear about whether your buddy did their agreement yesterday. You don't have to judge your buddy, you don't have to be an agreement police officer, but you must ask each and every day, how did you get on with your agreement or habit yesterday?

The buddy contract

Fill in and sign your names to the buddy contract which is then next part of this programme as well. There will be one copy for each of you and you should keep this safe. Present your buddy with the idea, and if they wish they can download their own copy [here](#).

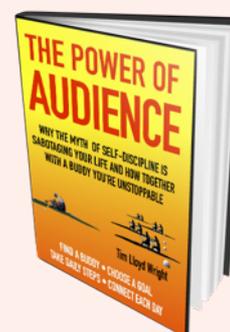
By the end of the first week you should add your goal and habit/agreements to this. Over the course of your buddying, you may find you

Learn more about getting and giving support, and setting goals and habits that work

The Power of Audience is the ultimate guide to enrolling support and using the power of an audience to strap a rocket to your goals.

It draws on more than 20 years of experience of working in pairs and groups to apply the principles of mutual support.

Place an [order today](#) and boost your efforts to add life-enhancing habits to your daily routine, or why not new levels of success that were previously beyond your reach.



need to tweak your agreement or your goal. The contract is a good place to scribble out the old, and add the new. At the end of the period, you may want to continue to keep this somewhere handy and add a note to it of what you learned, and how your outcome was.

Getting started

A good way to get started is to do just that. It's enough that you both now figure out a time of day for your first call, and who is going to be calling who. You agree to call each other each day. Take it in turns to be the one calling and the one picking up, and call and pick up on time.

When to speak to each other

I almost always set up my buddy calls for the early morning. Later in the day things get busy and I can easily let that distract me.

If you usually set your alarm for 7am, make your buddy call at 6.45am. If you're both nightclub DJs and wake up at 12noon, make your buddy call at 11.45am.

The first week

Use the first week to focus on setting your goal and/or daily agreement or habit.

In this first week, use a practice agreement or agree to spend five or ten minutes thinking each day about your goal if you are not yet clear about what your focus will be, and therefore not clear about an agreement that would support that. There's information on how to set agreements in the book, *The Power of Audience*, and there's a short version of that info below.

Don't get too hung up about choosing the perfect agreement, or the exact focus early on. You can change this at a later point if you need to, but it's good to get clear on a goal or significant habit and an agreement by the end of the first week.

Consider setting an extra call to talk it through with your buddy or allow a little extra time for your daily calls during this early phase. This morning my buddy call was about a minute long, but if you are just getting to know each other, or newly getting to discuss what you both want from your buddying, then give it the time it needs, or the time you have.

If you don't get clear about your goals and your agreements by the end of the first week, you should agree to work at it for another week. If that doesn't help, agree to stop and restart your buddy process when you are both clear.

Remember, it's okay to change and fine-tune your goal, habit or agreement over time.

Goals vs habits

Life has its rhythms and although I've spent much of my budding effort working towards specific goals, I've also had periods when my plate was already full enough of objectives and targets. Instead, balance was a priority. At times like that it was more important to sense where I needed to rebalance and set a simple agreement to right the ship. Sometimes habits have included daily exercise, meditating, early rising etc. They weren't part of a goal, per se, but were just a habit I knew would support me at a particular time.

About setting agreements

To get to your goal, you should decide upon a daily 'agreement', which is a small daily step taken repeatedly over an extended period of time in order to get results.

You can also make an agreement to stop doing something, or to not do something until lunchtime. In *The Power of Audience*, for example, Cissi makes an agreement to not surf the web until lunchtime so she can focus on hitting the phone in the morning to get bookings for her quartet.

An agreement sends a daily signal to yourself, a reminder and renewed demonstration of your own commitment to your priorities each day. It doesn't have to be sufficient in itself to get you to your goal, but it should make a significant difference each day.

Crucially, in the excitement of starting something new, there's a temptation to choose a very ambitious Agreement. You may find yourself suddenly resolved to work out for 90 minutes before breakfast every morning, to run six miles a day and so on. But think of how a marathon runner paces herself, by holding back at the outset, knowing that what works for the first mile, must also work for 26 more. So...

- Make it rainy-day proof: Could you, should you, do it on the rainiest, coldest day of the year?
- Make it practical: Can you really do your rowing agreement when you're visiting the in-laws? An agreement has to be totally mobile.
- Think of your worst day: You may want to meditate for an hour at dawn and an hour before bed. Does that work on the business trip that starts with the pre-breakfast flight, or the day before the essay is due, or the day of the tax return. If the answer is no, you're setting yourself up to fail. 10 minutes of meditation is a good place to start. 20 minutes is a big Agreement for someone who is new to this kind of commitment.

• Can you answer the question “did you do your agreement” with a yes or a no? For example, “Be a kinder human being” is a worthwhile direction in life, but it’s not an agreement because you can’t account for having done it in the space of a buddy phone call. “Eat three healthy meals a day” is also too vague. Make it really easy for your buddy to know you did it, because they need to know you’re in the race with them, and hear with total clarity that you made your journey with them the day before.

Examples of good Agreements

- Take a 10 minute walk a day
- Write for 10 minutes in my journal
- 30 press-ups and 30 sit-ups a day

Example of bad Agreements

- Cook a wonderful evening meal for my partner (are you really both home every day?)
- Make my children happy once a day (keep it inarguably within your power)
- Speak to my buddy on time (that’s already part of being a buddy, and you can be responsible for calling, but not that they call you on time)

About being a great buddy

Working as a buddy pair involves being an audience for each other. One that cares that the other person has the best possible shot at accomplishing their goal.

Energy and momentum is created by two buddies working together in this way. It relies on that daily agreement being kept come rain or shine. It relies on this question being asked every single day: did you do your agreement? And it relies on making the buddy relationship precious – keep your word with each other, make it important.

There’s more information about all this process in the book *The Power of Audience*.

Good luck.