90 DAY PLANNING

INSTRUCTIONS: Create a Vision for Your Life, Need help with your vision? Check out the <u>Living Your Vision Course</u> (use coupon code bookmore50 to save \$50). Then decide on your main goals for the year, then implement a 90 day plan.

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QUESTION 1: WHAT IS MY VISION FOR MY LIFE?
QUESTION 2: WHAT ARE MY MAIN GOALS FOR THIS YEAR?
QUESTION 3: MY THREE BIG GOALS FOR THE NEXT 90 DAYS

90 DAY PLANNING

RE: MY THREE 90 DAY GOALS

GOAL 1 WHY DO I WANT THIS GOAL? WHAT MOTIVATES ME?
GOAL 2 WHY DO I WANT THIS GOAL? WHAT MOTIVATES ME?
GOAL 3 WY DO I WANT THIS GOAL? WHAT MOTIVATES ME?

90 DAY PLANNING

RE: MY THREE 90 DAY GOALS

GOAL 1 WHAT ACTION STEPS ARE IMPORTANT?
GOAL 2 WHAT ACTION STEPS ARE IMPORTANT?
GOAL 3 WHAT ACTION STEPS ARE IMPORTANT?

90 DAY PLANNING

EXPERIENCES I WANT TO HAVE OVER THE NEXT 90 DAYS

FOR FUN AND ADVENTURE
TO DEEPEN RELATIONSHIPS
TO LEARN

90 DAY PLANNING

WHAT ELSE DO I NEED TO SUPPORT ME?

NEW HABITS THAT SUPPORT MY GOALS
DEADLINES AND EVENTS
WEEKLY PLANNING, REFLECTING, AND ACCOUNTABILITY

90 DAY PLANNING

DAILY WORKSHEET

WHAT AM I GRATEFUL FOR?
MY THREE MOST IMPORTANT ACTION STEPS FOR THE DAY
WHAT WILL WIN THE DAY FOR ME?

90 DAY PLANNING

DAILY WORKSHEET PAGE 2

WHAT IS MY MOOD TODAY?
HOW DID MY TIME TRACKING AND HABIT TRACKING GO TODAY?
AHA MOMENTS