

20__ Q__ 90 day plan - Let's do this!

Either write out your goals for Q__ or do stop/start/continue

HEALTH/AGING

CURRENT RATING: _____ / 10

START:

STOP:

CONTINUE:

SPIRITUALITY

CURRENT RATING: _____ / 10

CAREER/PROFESSION

CURRENT RATING: _____ / 10

START:

STOP:

CONTINUE:

PERSONAL DEVELOPMENT

CURRENT RATING: _____ / 10

PERSONAL FINANCE

CURRENT RATING: _____ / 10

START:

STOP:

CONTINUE:

FUN/ENJOYMENT

CURRENT RATING: _____ / 10

FAMILY/PARENTING

CURRENT RATING: _____ / 10

START:

STOP:

CONTINUE:

RELATIONSHIPS (INTIMATE & SOCIAL)

CURRENT RATING: _____ / 10

START:

STOP:

CONTINUE:

20__ Q__ 90 day plan - continued!

Look at all areas (work, home, hobbies, \$) with a critical eye

FORMATIONS (WHO I WANT TO BE)

I NEED TO SERIOUSLY CHANGE / LET GO OF

Any blockers you need to address?

WHEN X HAPPENS, INSTEAD OF Y, I'LL DO Z

WAKE UP TIME / BED TIME (AND HOW TO PREP FOR EACH TO ENSURE I HAVE A GREAT DAY)

THINGS THAT FUEL ME

THINGS THAT DRAIN ME

I NEED MORE OF ... IN MY LIFE

Ask and you shall receive! What's the thing you need most right now?

WANT MORE HELP? FIND OUT MORE BELOW