

TURN YOUR GOALS INTO A PLAN.

Use the next 90 days to turn one meaningful objective into focused priorities, measurable milestones, and consistent weekly action. Build the quarter before the quarter builds itself.

1 DEFINE THE 90-DAY WIN

At the end of 90 days, what specific result will make this period a success?

2 WHY THIS MATTERS

Why is this goal important now, and what becomes possible when you complete it?

3 THREE PRIORITIES

PRIORITY 1

Outcome:

Measure:

PRIORITY 2

Outcome:

Measure:

PRIORITY 3

Outcome:

Measure:

4 MONTHLY MILESTONES

PHASE	MILESTONE / RESULT	MEASURE	TARGET DATE
DAYS 1-30			
DAYS 31-60			
DAYS 61-90			

5 WEEKLY ACTION TRACKER

Define the most important action for each week. Keep the plan focused enough to execute.

WEEK	MOST IMPORTANT ACTION	DONE?	RESULT	ADJUST?
1	☐			
2	☐			
3	☐			
4	☐			
5	☐			
6	☐			
7	☐			
8	☐			
9	☐			
10	☐			
11	☐			
12	☐			
13	☐			

6 MIDPOINT CHECK — AROUND DAY 45

What is working? _____

What needs to change? _____

7 90-DAY REVIEW

RESULT ACHIEVED What did I complete or improve?

BIGGEST LESSON What did these 90 days teach me?

NEXT BLUEPRINT What deserves focus next?

A GOAL BECOMES A BLUEPRINT WHEN IT HAS ACTION BEHIND IT.

Build the next 90 days with focus, measure what matters, and adjust without abandoning the goal.