

MY NEXT 90 DAYS.

Choose one meaningful direction. Give it a season, a rhythm, and a first step.

STARTING

GROWTH AREA

AT THE END OF 90 DAYS, WHAT WOULD BE MEANINGFULLY DIFFERENT?

Describe an observable outcome - not a complete reinvention.

WHY DOES THIS MATTER NOW?

Name the value, responsibility, opportunity, or person it supports.

CURRENT REALITY

What is true today, including constraints?

STRENGTHS ALREADY AVAILABLE

Experience, habits, relationships, or resources.

SKILL OR BEHAVIOR TO PRACTICE

Choose one capability that supports the outcome.

THREE HONEST MILESTONES

BY DAY 30

Clarify, prepare, and begin.

BY DAY 60

Practice, produce, or ask for feedback.

BY DAY 90

Complete, demonstrate, decide, or continue.

WEEKLY ACTION THAT CARRIES THE PLAN

One recurring practice, conversation, application, or review.

FIRST ACTION WITHIN 48 HOURS

Make it concrete enough to begin without more planning.

SUPPORT OR ACCOUNTABILITY

Who, what, or which recurring cue can help?

BOUNDARY THAT PROTECTS CAPACITY

What will you pause, reduce, decline, or keep small?

WEEKLY EVIDENCE LOG.

Notice what happened. Keep the lesson. Adjust the next useful action.

90-DAY OUTCOME

Keep the finish line visible.

WEEKLY ACTION

Name the recurring action that carries the plan.

WEEK	DATE	EVIDENCE, WORK, OR FEEDBACK	ADJUSTMENT OR NEXT ACTION
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

WHAT CHANGED?

Observable progress, completed work, or feedback.

WHAT DID I LEARN?

One useful lesson about the plan or capacity.

CONTINUE, MAINTAIN, EXPAND, OR RELEASE?

Choose the next honest decision.
