

DAY 3 -

BREAK IT DOWN

Welcome to Day 3!

Today, you break down your goals into actionable steps by putting timelines that will help you to keep track and measure your progress.





PLANS FOR ACHIEVING YOUR GOALS YOUR 90-DAY PLAN

The point of this exercise is not for you to have all the answers, but for you to know what your next destination is.

Attached to this is a work sheet calendar for you to put your goals into actionable steps over the next 90 days.

Take time to fill out the work sheet with what you want.

SET YOUR INTENTIONS FOR THE NEXT 30 DAYS

Break down your goals into timelines of 30 days so you can track and measure how you are doing with it.

From your 90 - Day Goal and Intention page (from Day 1), what will you do in the next 30 days to move you closer to your 90 - Day Goal? Repeat for the other two 30-day timelines.

NEXT STEPS



**DAY 4
CONSISTENCY PLAN**