

YOUR 90-DAY SUCCESS PLAN

Workbook



YOUR 90-DAY SUCCESS PLAN WORKBOOK



Hello Lovely!

I'm so excited that you've downloaded this workbook!

I hope it helps you on your journey to creating success over the next 90 days.

Take some time to dream big and follow the steps - by the end you'll have an amazing plan to help you achieve your goals over the next 90 days.

Sandra xx

STEP ONE

THE BIG PICTURE

In order to create your focus for the next 90 days you have to start by thinking of the big picture - where are you trying to get to. So to start things off, stretch yourself really big and think about what you want your life to look like in 10 years time.

I know this feels like a loooooong time away, but it's good to think about it. Yes, things might change within that time, but practicing creating the future is always a good exercise to get better at!

Take some time and think about what your life will look like in 10 years.

What will you be doing? What will things look like day-to-day?
Try and get as clear as you can...

[A large rectangular area with horizontal dotted lines for writing.]

Now you have clarity around your 10 year vision, take time to think about where you want your life to be in 3 years from now.

What does it look like? Where do you want to be? Have fun thinking about this and write it all down...

Finally, let's look at where you want your life to be 12 months from now... what does it look like? What have you achieved? Where are you at? Get as clear as you can about what you want and write it down...

QUARTERLY MILESTONES

Take what you've written above and prioritise it all.

I want you to come up with your top 3-7 Quarterly Milestones - goals you want to achieve within the next 90 days.

In the box next to each goal, assign a due date for when you want to have achieved it by.

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YOU HAVE TO COMMIT TO KEEPING THINGS SIMPLE AND AVOID GETTING DISTRACTED BY SHINY OBJECT SYNDROME

Avoid the temptation to add lots of things to your list and working on more goals than what you've defined above.

Now you have your big priorities for the next 90 days, you can break each one down into smaller steps, so you know what you need to do and when you need to do it.

Plan your months, weeks and days based around these priorities.



USE THE PLANNERS BELOW TO HELP YOU

DAILY Planner

 **DATE:**

TODAY'S FOCUS

TOP 3 PRIORITIES

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TO DO

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NOTES:

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WEEKLY Planner

THIS WEEK'S FOCUS

PRIORITIES

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TO DO

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NOTES:

📅 DATES:

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MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

TO DO LIST



DATE:



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Put your heart,
mind & soul into
your smallest acts.

This is the secret
of success.

- SWAMI SIVANANDA

