

90-DAY GOALS

When it comes to the next ninety days, you need to choose three goals you want to work on. These are front and center in your mind and will be the primary focus in your life over the next three months! That doesn't mean that you can't put tasks on your to-do list that apply to other goals but these are the three you will accomplish no matter what!

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

90-DAY GOALS

Now create a plan for your remaining goals. Think of these as mini goals that might even be single tasks that you want to accomplish. Notice, I have only left you space for five more. If you don't think this is enough space, I would seriously challenge you about making real progress on more than eight goals!

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

GOAL:

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

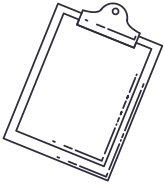
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

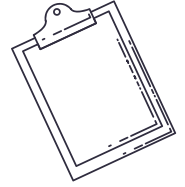
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

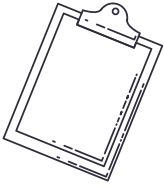
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

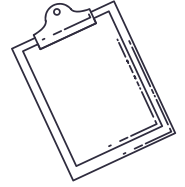
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

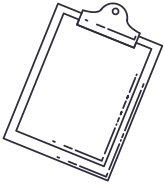
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

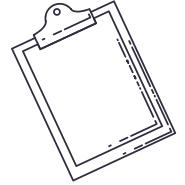
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

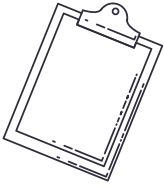
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

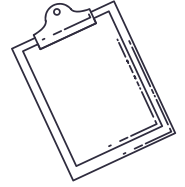
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

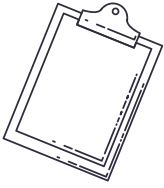
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

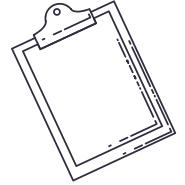
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

WEDNESDAY

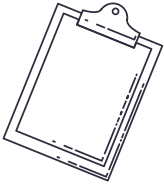
THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND

--



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

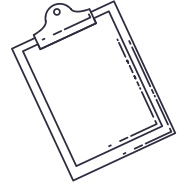
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?

TWO-WEEK SPRINT

TOP THREE Though you have space for ten goals, you should always have three goals that are most important. These are front and center in your mind and will be the primary focus in your life over the next two weeks!

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

SPRINT FOCUS (What will you achieve in the next two weeks?):

Tasks (Include time, skills, and money involved)

Obstacle Plan (IF/THEN)

SLOGAN:

TWO-WEEK SPRINT

Now it's time to set yourself up for success! Craft a morning/evening routine that aligns with your values and your goals. Choose three things you can do right away to begin creating a momentum of wins. Design your ideal day with routines and/or tasks.

MORNING ROUTINE What will you do in the first two hours of your day to set yourself up for success?

Week One Progress: Week Two Progress:

EVENING ROUTINE What will you do in the last hour of the day to set yourself up for success tomorrow?

Week One Progress: Week Two Progress:

MOMENTUM OF WINS What are 3 things you can do right away to start creating a momentum of wins?

1. Done!
2. Done!
3. Done!

MONDAY

TUESDAY

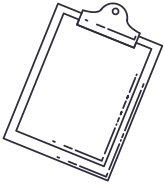
WEDNESDAY

THURSDAY

FRIDAY

--	--	--	--	--

WEEKEND



TWO-WEEK REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did this sprint go? Are you sprinting toward your goal of being a saint? Are you standing still? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

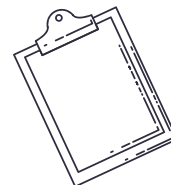
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

TWO-WEEK REVIEW



How did your morning routine go?

How did your evening routine go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

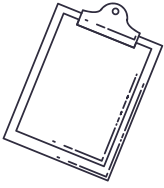
What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

Taking all this into consideration, what are you going to change so you can rock your next two-week sprint?



90-DAY REVIEW

HOW'D YOU DO? Now is the time to be critical of yourself. How did the last ninety days go? Were you sprinting toward your goal of being a saint? What made you lose your peace? Are you moving backward away from God? Be honest with yourself.

DESIRED OUTCOME (What did you want to achieve over the last ninety days?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last ninety days?):

What worked?

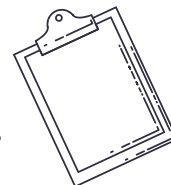
What needs work?

DESIRED OUTCOME (What did you want to achieve over the last ninety days?):

What worked?

What needs work?

90-DAY REVIEW



Although these goals are perhaps less important than your top three priorities, baby steps matter! All these small ways you're trying to live an intentional life will add up. How did you do?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

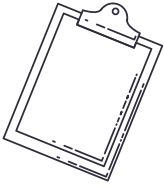
What worked?

What needs work?

DESIRED OUTCOME (What did you want to achieve over the last two weeks?):

What worked?

What needs work?



90-DAY REVIEW

Here are some tough-love questions to ask yourself about how the last ninety days went. Be honest and be thorough. This is a crucial step in setting strong goals for the upcoming ninety days.

How did your morning routines go?

How did your evening routines go?

What were some wins that came easily to you?

What were some wins you had to work really hard for?

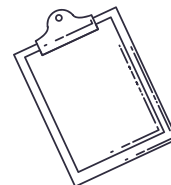
When were some moments that you lost your peace?

How can you avoid or overcome those moments when you lost your peace?

What are some legit reasons you had for not accomplishing your goals or routines (e.g. the car broke down, the kids had the flu, the roads were too icy, you got sick etc.)

What are some reasons you did not accomplish your goals that had no good excuse?

90-DAY REVIEW



Keep going! Remember, you are a scientist and the answers to these questions are just data. You don't need to feel guilt or shame. Just write down the results and ask yourself if you want more or less of the same.

When were some moments you felt close to God?

When were some moments you felt as if you were taking steps away from God?

What are some things you learned about yourself?

What are some ways you surprised yourself?

What were some challenges that surprised you?

What were some challenges that you handled really well?

What were some challenges you struggled with?

What is the number one thing you should start doing to improve your life?

What is the number one thing you should stop doing to improve your life?