

5 Goals to Reach in the Next 90 days

If I asked you to come up with five goals that would *significantly* move your life forward, personally and/or professionally, in the next 90 days what would you choose?

Here's your chance to do that. Be sure to select only those goals that you really want (where your energy lies is a good clue) and not those that you or others think you should, or ought to, want.

Make sure your goals follow the S-M-A-R-T-Y formula:

- S = Specific
- M = Measurable
- A = Achievable
- R = Realistic
- T = Time defined (set a time limit)
- Y = Yours

When you've set the right goals you should feel excited, a little nervous and ready and willing to go for it.

	Start Date	Finish Date	Goal	Done √
1				
2				
3				
4				
5				

Now that you've written down your goals, use the Action Plan below to work out the specific action steps you need to take to reach each goal.

Action Plan

Goal One

Action	
1	√
2	_____
3	_____
4	_____
5	_____

Goal Two

Action	
1	√
2	_____
3	_____
4	_____
5	_____

Goal Three

Action	
1	√
2	_____
3	_____
4	_____
5	_____

Goal Four

Action	
1	√
2	_____
3	_____
4	_____
5	_____

Goal Five

Action	
1	√
2	_____
3	_____
4	_____
5	_____