

Name:

.....

My 90 day plan



Your Priorities (from Balance Wheel)	Your Future Wishes	Your Values	Your affirmations (positive goal statements)
My current way of being (How I currently live and behave)		My desired way of being: New actions and Habits (How I want to live and behave)	
Good Actions and Habits	Not so Good Actions and Habits		

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In order to change my way of being, I need to question my current assumptions/beliefs and negative self talk.

Current assumption/self talk/belief that holds me back and keeps me from moving/growing e.g. "I am useless at.... or I can't do it"	New assumptions/self talk and new beliefs e.g. "I am getting better at" or "I will always give it a try."

90 day Plan: Goals and Targets

Affirmations from first page above	Month One Goal	Month Two Goal	Month Three Goal
1.			
2.			
3.			
4.			

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Action and Support

Priority	Month One Goal (from above)	Actions to achieve Goal	Support you need to achieve the goal (what, who, from within)
1.			
2.			
3.			
4.			