



90 DAY GOALS

Pick a goal you want to accomplish in the 3 areas of growth over the next 90 days. Write down your goals, and WHY they are important to you.

1) Physical

2) Professional

3) Personal

What is 1 habit you can ADD TODAY, that will allow you to move faster towards those goals? Start small and be very specific.

1) Physical

2) Professional

3) Personal



What is 1 habit you can REMOVE TODAY, that will allow you to move faster towards those goals?

1) Physical

2) Professional

3) Personal