

Break big goals into 3-month sprints with weekly milestones.

NAME: \_\_\_\_\_ START DATE: \_\_\_\_\_ TARGET DATE: \_\_\_\_\_

## MY 90-DAY GOAL

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WHY IT MATTERS: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## MONTH 1 (WEEKS 1-4)

MILESTONE: \_\_\_\_\_

Wk1 \_\_\_\_\_  Wk2 \_\_\_\_\_  Wk3 \_\_\_\_\_  Wk4 \_\_\_\_\_

REVIEW: \_\_\_\_\_

## MONTH 2 (WEEKS 5-8)

MILESTONE: \_\_\_\_\_

Wk5 \_\_\_\_\_  Wk6 \_\_\_\_\_  Wk7 \_\_\_\_\_  Wk8 \_\_\_\_\_

REVIEW: \_\_\_\_\_

## MONTH 3 (WEEKS 9-12)

MILESTONE: \_\_\_\_\_

Wk9 \_\_\_\_\_  Wk10 \_\_\_\_\_  Wk11 \_\_\_\_\_  Wk12 \_\_\_\_\_

REVIEW: \_\_\_\_\_

## OBSTACLES & HOW I'LL OVERCOME THEM

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_