

# 90-DAY SUCCESS PLAN



Hi!

---

I'm so excited that you've downloaded this workbook!

I hope it helps you on your journey to creating success over the next 90 days.

Take some time to dream big and follow the steps - by the end you'll have an amazing plan to help you achieve your goals over the next 90 days.

With love,

Janel xx

# step 1 . THE BIG PICTURE

---



**In order to create your focus for the next 90 days you have to start by thinking of the big picture - where are you trying to get to.**

So to start things off, stretch yourself really big and think about what you want your life to look like in 10 years time.

I know this feels like a looooong time away, but it's good to think about it. Yes, things might change within that time, but practicing creating the future is always a good exercise to get better at!

# step 1 •

---

**Take some time and think about what your life will look like in 10 years.**

What will you be doing? What will things look like day-to-day? Try and get as clear as you can...

## step 1 •

---

**Now you have clarity around your 10 year vision, take time to think about where you want your life to be in 3 years from now.**

What does it look like? Where do you want to be? Have fun thinking about this and write it all down...



# step 1 •

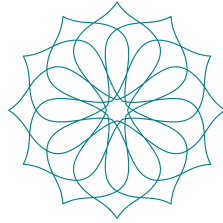
---

**Finally, let's look at where you want your life to be 12 months from now...**

What does it look like? What have you achieved? Where are you at? Get as clear as you can about what you want and write it down...

## step 2. YOUR 90-DAY PLAN

---



**Now you have clarity around your vision, we can take that and turn it into a plan for the next 90 days.**

It's simply not possible to create an amazing plan for success if you don't know the big vision of where you're trying to get to... you won't have a clue what to focus on!!

So, first things first, think about the next 90 days, what would you love to have achieved by the end of it? As much as I want you to stretch yourself, I also want you to be realistic and laser focused. Don't try and cram everything in - it's a recipe for getting stuck and not making the progress you want. It's also important that you base your 90-day plan off of your bigger vision, so think about the next 12 months and what you want to achieve and ask yourself, **"What do I need to do to get there? What do I need to grow?"** Based on those answers plan your steps for the next 90 days.

## step 2.

---

Have a think & write it all down.

**WHAT I WANT TO ACHIEVE**

---



# quarterly MILESTONES

Take what you've written above and prioritise it all.

I want you to come up with your top 3-7 Quarterly Milestones - goals you want to achieve within the next 90 days.

In the box next to each goal, assign a due date for when you want to have achieved it by.

**MILESTONE**

**DEADLINE**

1.

2.

3.

4.

5.

6.

7.

**You have to commit  
to keeping things simple  
and avoid getting distracted by shiny  
object syndrome**

---

Avoid the temptation to add lots of things to your list and working on more goals than what you've defined above.

Now you have your big priorities for the next 90 days, you can break each one down into smaller steps, so you know what you need to do and when you need to do it.

Plan your months, weeks and days based around these priorities.

---

**Use the planners below to help you....**

# WEEKLY *planner*

dates

~

## TODAY'S FOCUS

monday

tuesday

## TOP 3 PRIORITIES

wednesday

thursday

## TO DO

friday

saturday

sunday

# DAILY *planner*

date

## TODAY'S FOCUS

## TOP 3 PRIORITIES

## NOTES

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

# TO DO *List*

date

---

---

---



Put your  
*heart, mind and soul*  
into your smallest acts.

— • **THIS** • —  
is the secret of  
**SUCCESS**