

# 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	_____