



## Next 90 Days GOAL SETTING

### TOP FIVE GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### HEALTHY HABITS

### SPIRITUAL PRACTICES

### MISCELLANEOUS TASKS



## Next 90 Days

WEEK \_\_\_\_\_

### THIS WEEK'S GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### MONDAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### TUESDAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WEDNESDAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### THURSDAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Next 90 Days

WEEK \_\_\_\_\_

FRIDAY RECAP: THIS WEEK I ACHIEVED

WHAT WENT WELL

NOTES & SCRIBBLES



## Next 90 Days

WEEK \_\_\_\_\_

### TODAY'S GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### A.M. SCHEDULE

*6a* \_\_\_\_\_

*7a* \_\_\_\_\_

*8a* \_\_\_\_\_

*9a* \_\_\_\_\_

*10a* \_\_\_\_\_

*11a* \_\_\_\_\_

*12p* \_\_\_\_\_

### P.M. SCHEDULE

*1p* \_\_\_\_\_

*2p* \_\_\_\_\_

*3p* \_\_\_\_\_

*4p* \_\_\_\_\_

*5p* \_\_\_\_\_

*6p* \_\_\_\_\_

*7p* \_\_\_\_\_