

# *Last 90 Days* GOAL SETTING

## TOP FIVE GOALS

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

## HEALTHY HABITS

## SPIRITUAL PRACTICES

## MISCELLANEOUS TASKS

# *Last 90 Days*

WEEK \_\_\_\_\_

## THIS WEEK'S GOALS

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

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## MISCELLANEOUS TASKS

# *Last 90 Days*

WEEK \_\_\_\_\_

FRIDAY RECAP: THIS WEEK I ACHIEVED

WHAT WENT WELL

NOTES & SCRIBBLES

# *Last 90 Days* DAILY GOALS Date \_\_\_\_\_

## 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* \_\_\_\_\_