




































































































































WHY IS THIS IMPORTANT TO ME?

MONTHLY HABIT TRACKER

refelctions
daily plan

M	1												
T	2												
W	3												
T	4												
F	5												
S	6												
S	7												
M	8												
T	9												
W	10												
T	11												



90-DAY EXECUTION CHECKLIST

Your Simple Roadmap to Start Fast, Stay Focused, and Finish Strong



STEP 1: SET YOUR 90-DAY SPRINT GOALS

Clarity is power. Define exactly what 'done' looks like for you.

- ☐ Choose 1-3 high impact goals for the next 90 days
- ☐ Write each goal as an outcome, not just an activity
- ☐ Make each goal measurable
- ☐ Ask: "Why does this matter right now?"



STEP 2: LOCK IN YOUR TIME

What gets scheduled, gets done.

- ☐ Block weekly time to work on your goals (non-negotiable)
- ☐ Use a 90-minute deep work session at least 3x/week
- ☐ Schedule weekly reflection every Sunday or Monday
- ☐ List your top 3 productivity rituals (e.g., no phone before 9am)



STEP 3: TRACK WHAT MATTERS

Success Leaves clues. Make progress visible.

- ☐ Choose 3 metrics to track weekly (e.g., hours worked, tasks completed, habits kept)
- ☐ Create a weekly check-in, system (journal, app, spreadsheet)
- ☐ Celebrate small wins every Friday



STEP 4: BUILD ACCOUNTABILITY

Willpower fades. Systems don't.

- ☐ Choose 1 accountability partner (or coach)
- ☐ Set a recurring check-in (weekly or bi-weekly)
- ☐ Share your goals publicly or with team
- ☐ Track a streak- not just success



BONUS TIP: RESET WHEN NEEDED

Reset immediately: No guilt. Just go.
Review your goals when you're ready.