HIGH-IMPACT GOAL

WHY IS THIS IMPORTANT TO ME?
ACTION STEPS/ HABITS TO ACHIEVE GOAL
TIMEFRAME TO COMPLETION

MONTHLY HABIT TRACKER

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90-DAY EXECUTION CHECKLIST

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

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	STEP 1: SET YOUR 90-DAY SPRINT GOALS
Clar	ty is power. Define exactly what 'done' looks like for you.
\bigcirc	Choose 1-3 high impact goals for the next 90 days
\bigcirc	Write each goal as an outcome, not just an activity
\bigcirc	Make each goal measurable
\bigcirc	Ask: "Why does this matter right now?"
	STEP 2: LOCK IN YOUR TIME
Wh	at gets scheduled, gets done.
	Block weekly time to work on your goals (non-negotiable)
\bigcirc	Use a 90-minute deep work session at least 3x/week
\bigcirc	Schedule weekly reflection every Sunday or Monday
	List your top 3 productivity rituals (e.g., no phone before 9am
© "	STEP 3: TRACK WHAT MATTERS
Suc	cess 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
Willp	ower fades. Systems don't.
\bigcirc	Choose 1 accountability partner (or coach)
\bigcirc	Set a recurring check-in (weekly or bi-weekly)
\bigcirc	Share your goals publicly or with team
	Track a streak- not just success BONUS TIP: RESE
	Reset immediate

Review your goals when you're ready.