

PLAN SIMPLE Q4

START WITH THE END IN MIND



PLANSIMPLE

MY IDEAL SCENE

Imagine everything flows just as it should. What will your life look like ten years from today?

BRAIN DUMP

Set a timer for 15 minutes and get everything out of your head and onto paper.

HOW DO I WANT TO FEEL

Start with you in mind, rather than trying to find yourself in the busyness of the season.

HOW DO YOU WANT TO FEEL?

WHAT DOES THIS LOOK LIKE?

WHY IS THIS IMPORTANT TO YOU?

90-DAY GOAL FOOD AND WELLNESS

Start Date:

End Date:

MY ONE, MEASURABLE GOAL THIS 90-DAY SEASON:

WHAT ARE THREE SPECIFIC ACTIONS I CAN TAKE TO MOVE ME TOWARDS MY GOAL THIS SEASON.

1.

WHY IS THIS GOAL IMPORTANT TO ME?

2.

3.

WHAT ARE SOME OBSTACLES I HAVE AROUND THIS GOAL?

HOW CAN I BREAK THOSE ACTIONS DOWN EVEN FURTHER, SO THEY WOULD MAKE SENSE AS ENTRIES IN MY CALENDAR?

HOW CAN I TURN THESE OBSTACLES AROUND?

WHERE CAN I FIND SUPPORT WITH MY GOAL THIS SEASON?

HOW CAN I GET MY FAMILY INVOLVED AND EXCITED?

HOW CAN I FORGIVE MYSELF AND FIND SUPPORT WHEN LIFE HAPPENS AND GETS "IN THE WAY" OF MY SUCCESS?

HOW CAN I REWARD MYSELF AT THE END OF THIS SEASON FOR ANY TIME, ENERGY AND LOVE I PUT TOWARDS THIS GOAL?

90-DAY GOAL LIFESTYLE AND FAMILY

Start Date:

End Date:

MY ONE, MEASURABLE GOAL THIS 90-DAY SEASON:

WHAT ARE THREE SPECIFIC ACTIONS I CAN TAKE TO MOVE ME TOWARDS MY GOAL THIS SEASON.

1.

WHY IS THIS GOAL IMPORTANT TO ME?

2.

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90-DAY GOAL OM AND SELF CARE

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End Date:

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1.

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90-DAY GOAL WORK AND CREATIVITY

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End Date:

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END THE YEAR STRONG

WHAT ONE THING DO YOU NEED TO WORK TOWARD IN THE NEXT 90 DAYS IN EACH FLOW CATEGORY.

FOOD + WELLNESS

LIFESTYLE + FAMILY

OM AKA SPIRITUALITY AND SELFCARE

WORK + CREATIVITY