



A Personal & Professional Development Company

Setting goals and working in 90-day bursts of focused activity is one of the most effective ways to set and achieve your goals. I encourage you to enroll an accountability partner who will help you stay on track.

What is one significant goal you would like to achieve in your current career or business?

What is one significant goal you would like to achieve in your relationship?

What is one significant health goal you would like to achieve?

What is one significant financial goal you would like to achieve?

What is one significant contribution you would like to make in your community?

What is one significant spiritual goal you would like to achieve?

Write a one paragraph description of how you will feel when you have achieved all of these goals in the next 90 days. Really anchor in your feelings.
