

90-Day Goal Planner



Project Monkey Mind

The next 90 days are the most critical when beginning a new habit or simply reaching a goal.

Take some time to focus on your most important goals. Think about what goals are possible within the next 90 days. If a goal seems overwhelming, break it up into smaller chunks to conquer large obstacles.

Consider both professional and personal goals and write down the goals that you feel comfortable discussing. Take a look at the example below:

Start	End	Goal	Completed
July 1	July 15	Meditate at least 20 minutes each morning	Yes
Benefit: Relieves stress from hectic schedule and allows time to re-focus on work. I will continue to do so beyond my end date.			

Now, to repeat the importance of goal setting, take some time to think of the benefits of these goals. Imagine yourself completing each one and write down the positive impact of reaching that victory.

At the next meeting, we will discuss these benefits and goals to help create an official plan of action to get started and reach success.

Continue to the next page to begin the activity.

Start	End	Goal	Completed
Benefit:			
Benefit:			
Benefit:			
Benefit:			
Benefit:			

Let's discuss these goals at your next meeting.