

# 90-DAY GAMEPLAN

DESIGNED FOR: \_\_\_\_\_ DESIGNED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

PAST 90 DAYS	PRESENT	FUTURE
<p><i>I'm proud of...</i></p> <div></div>	<p><i>I'm confident in...</i></p> <div></div>	<p><i>I'm excited about...</i></p> <div></div>
<p><i>I regret...</i></p> <div></div>	<p><i>I lack...</i></p> <div></div>	<p><i>I worry about...</i></p> <div></div>

**Focus Five:** What must happen in the next 90 days for you to feel more pride, confidence, and excitement?