

YOUR NEXT
90 DAYS



AN AT A GLANCE GUIDE FOR YOU
TO KEEP HANDY FOR PLANNING
YOUR BIG PICTURE GOALS AND
PRIORITIES.

TAKE 30 MINUTES OF QUIET TIME
TO REFLECT ON YOUR ANSWERS
TO THE QUESTIONS POSED:



MY NEXT 90 DAYS

design your life

What's working well?

MY WORD:

What's energising me?

MY BIG IDEA:

What's not working?

Habit or negative mindset
I'm going to ditch is:

What do I want to do
more of?

I will take action and DO:

What am I worried about
right now - is it really
within my control, what
can I do about it, or do I
let it go?

What opportunity keeps
calling to me?

My 3 major goals for the
next 90 days are:



want more?

If you would like professional support with your planning, or getting motivated and noticed, we can help. Get in touch for a free consultation and quote on:

- Professional mentoring and personal coaching
- Bespoke action plan to support your goals and next steps
- Storytelling or audience engagement coaching
- Strategic business communication planning

Find out more: exhalemediagroup.com or
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Get to know us: [YouTube.com/TravelLiveLearn](https://www.youtube.com/TravelLiveLearn)