



YOUR

90  
DAY



SUCCESS  
PLAN

WORKBOOK





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# HELLO



I'm so excited that you've downloaded this workbook!

I know it can help you on your journey to creating success during the first quarter of your new year. .

Take some time to dream big and follow the steps - by the end you'll have an amazing plan to help you achieve your goals over the next 90 days.

Cheering you on,

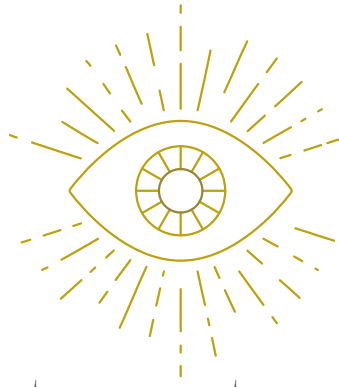
*Kim*



step 1

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# THE BIG PICTURE



In order to create your focus for the next 90 days you have to start by thinking of the big picture - where are you trying to get to?

So to start things off, stretch yourself, think big! Release all limitations, the “I don’t know how, I don’t have the time, I don’t have the capital” etc. Banish those thoughts and step into your imagination. This is the space where all creation blossoms, this is the field of possibilities. In this space, think about what you want your life to look like in one year, five years or even 10 years.

I know this can feel like a loooooong time away, but it’s good to think about it. Since thoughts create, the more time you spend focusing on what you desire rather than the fact that you may not have it yet, the more you’ll boost your belief that it’s possible. When you boost belief, you build the confidence to take action. Even if it’s imperfect action, it will give you the clarity necessary to make adjustments and build momentum. Yes, things might change within that time, but practicing creating the future is always a good exercise to get better at!

# step 1

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Take some time and think long term. What do you want your life will look like in 10 years.

What will you be doing? What will things look like day-to-day?  
Try and get as clear as you can...

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# step 1

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Now you have clarity around your vision, take time to think about where you want your life to be in 3 years from now.

What does it look like? Where do you want to be? Have fun thinking about this and write it all down...

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# step 1

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Finally, let's look at where you want your life to be 12 months from now...

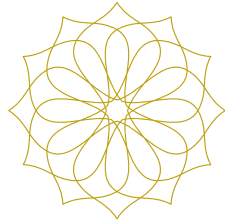
What does it look like? What have you achieved? Where are you at?  
Get as clear as you can about what you want and write it down...

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step 2

# YOUR 90 DAY PLAN



Now you have clarity around your vision, we can take that and turn it into a plan for the next 90 days.

It's simply not possible to create an amazing plan for success if you don't know the big vision of where you're trying to get to... you won't have a clue what to focus on!!

So, first things first, think about the next 90 days, what would you love to have achieved by the end of it? As much as I want you to stretch yourself, I also want you to be realistic and laser focused. Don't try and cram everything in - it's a recipe for getting stuck and not making the progress you want. It's also important that you base your 90-day plan off of your bigger vision, so think about the next 12 months and what you want to achieve and ask yourself, "What do I need to do to get there? What do I need to grow?" Based on those answers plan your steps for the next 90 days.





step 2

Take time to think & write it all down

WHAT I WANT TO ACHIEVE



Eight horizontal white rounded rectangular boxes stacked vertically, intended for writing down goals or achievements.





step 2

WHAT I WANT TO ACHIEVE



# quarterly

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# MILESTONES

Take what you've written above and prioritize it all.

I want you to come up with your top 3-7 Quarterly Milestones - goals you want to achieve within the next 90 days.

In the box next to each goal, assign a due date for when you want to have achieved it.



MILESTONE

DEADLINE

1.

2.

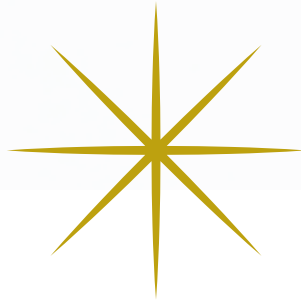
3.

4.

5.

6.

7.



You have to commit  
to keeping things simple  
and avoid getting distracted  
by shiny object syndrome

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Avoid the temptation to add lots of things to your list and working on more goals than what you've defined above.

Once you have your big priorities for the next 90 days, you can break each one down into smaller steps, so you know what you need to do and when you need to do it.

Plan your months, weeks and days based around these priorities.



Use the planners below to  
help you....



# WEEKLY

planner

dates

## TODAY'S FOCUS

monday

## TOP 3 PRIORITIES

tuesday

## TO DO

wednesday

thursday

friday

saturday

sunday

# DAILY

## planner

date

### TODAY'S FOCUS

### TOP 3 PRIORITIES

### NOTES

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM



# TO DO ✨ list

date

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Put your  
**HEART**  
**MIND & SOUL**  
into your smallest acts.

— • **THIS** • —

is the secret of  
**SUCCESS**

SWAMI SIVANANDA

