



**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?**

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

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

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

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

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

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**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.**

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