

YOUR 3 MONTH PLAN TO MAXIMIZE TIME PROVIDING LESS STRESS AND GREATER INSIGHT IN YOUR BUSINESS.

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## ANNUAL GOALS & VISION REMINDER

Take a look at your annual plan for the year and remind yourself of your big picture goals & vision for the year. If you need to write them down here again, that's fine - keeping them at the forefront of your mind is key for ensuring you stay focused in the next 90 days.			

## HOW DID YOU SCORE?

Now take a look back at the last 90 days and the goal(s) you set. How did you score for each of them? Take a look back at the criteria you set in the prior quarter's batching plan.

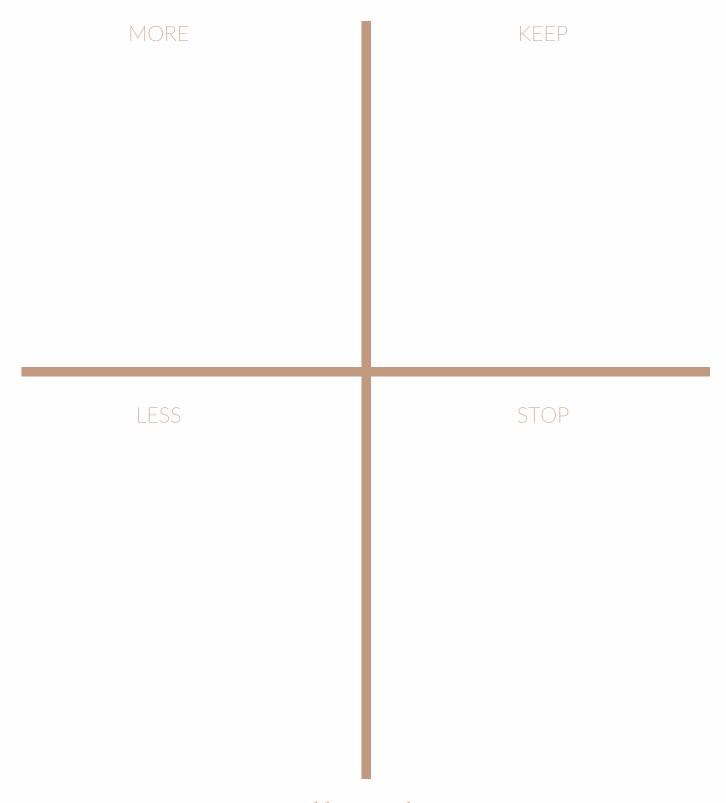
	GOAL ONE	
POOR	OKAY	AMAZING
WHY, ANNOTATE BE	LOW WHAT WORKED, I	DIDN'T WORK, ETC.
	GOAL TWO	
POOR	OKAY	AMAZING
WHY, ANNOTATE BEI	LOW WHAT WORKED, D	DIDN'T WORK, ETC.
	GOAL THREE	
POOR	OKAY	AMAZING
WHY, ANNOTATE BEI	LOW WHAT WORKED, D	DIDN'T WORK, ETC.
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# REFLECTION

What were your other highlights & achievements of the last 90 days?	What were the activities that led to these successes?
What other things didn't work so well in the last 90 days?	What were the lessons you have taken away from these?

### RETROSPECTIVE

Fill in each section with activities in your business and marketing that you did in the last 90 days, deciding whether to do MORE, LESS, KEEP DOING or STOP DOING them.



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# 90 DAY VISION / THEME

What is your overaching vision for the next 90 days. Do you have a theme or specific focus to keep in mind? (ex. audience building, or customer experience, or new product launch etc.)
INTENTIONS
Set yourself some intentions for the next 90 days. Write down who you need to be as a person and how you need to show up in order to achieve your vision.

### GOAL

Decide on a 'Goal' for the next 90 days, based on your vision/theme. For the goal, write down why it's important (how it relates to your overall business vision/yearly plan), the criteria of how you know whether you have achieved it, and a list of 3 key projects for achieving this goal.

GOAL	
WHY	
CRITERIA	
PROJECTS	
1.	
2.	
3.	

## GOAL ACTION PLAN

Write down all the actions you need to make over the next 90 days to complete each project and achieve this goal

each project and achieve this goal
PROJECT ONE
PROJECT TWO
PROJECT THREE

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## MONTHLY PLANNER

Write down all the task you need to complete in the upcoming 3 months. If you have some kind of project management system or calendar, schedule in your tasks and give them due dates too.

MONTH ONE		
MONTHONE		
MONTH TWO		
MONTH THREE		

#### DAILY HABIT

What is the one daily small habit that you can do every single day to help move you 1% towards your goal. Ex. Write 1000 words, get up at 6am, spend 30 minute engag- ing etc...

#### REMINDER FROM BLISS

Remember to check in at the end of each month to write down your top successes and things that didn't go so well so that you can continuously improve even during the 90 day sprint.

#areyoureadyforbliss

you've got this ...