

90 Day Inspired Performance Sprint

1. Set 2 -3 specific, measurable and aspirational stretch goals for December 31.

2. Create a list of the priority activities that need to happen every week in order to achieve your 2-3 goals.

3. Align your calendar to these priorities.

4. Create a compelling vision - get clear on your why.

- What is your why?
- What will be different when you achieve your goals?
- How will you feel?

5. Schedule a check-in every 30 days.

- How will you measure?
- How will you celebrate?