

# 90 Day Goals

START DATE:

END DATE:

## GOALS

- 
- 
- 
- 

BEFORE

AFTER

	BEFORE	AFTER
WEIGHT		
WEIST		
10K TIME		
BMI		

## NOTES

# My 90 Day Goal Plan

START DATE: \_\_\_\_\_

GOAL	STEPS TO TAKE	DEADLINE	STATUS

GOAL	STEPS TO TAKE	DEADLINE	STATUS

GOAL	STEPS TO TAKE	DEADLINE	STATUS

GOAL	STEPS TO TAKE	DEADLINE	STATUS

# 30 Day Goal Tracker

DATE: \_\_\_\_\_

**GOAL**

DAY 01

DAY 02

DAY 03

DAY 04

DAY 05

DAY 06

DAY 07

DAY 08

DAY 09

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

**NOTES**

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# 7-Step Battleplan

## STEP 1: LIST THREE GOALS (NOT TWO, NOT FOUR, BUT THREE!)

WRITE DOWN THREE GOALS, BIG OR SMALL, THAT YOU'D LIKE TO ACCOMPLISH. IF APPROPRIATE, DESIGNATE A DEADLINE BY WHICH YOU WILL ACCOMPLISH EACH ONE.

GOAL 1

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GOAL 2

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GOAL 3

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## STEP 2: WRITE DOWN A BENEFIT STATEMENT FOR EACH GOAL

WHAT WILL YOU GET OUT OF ACHIEVING YOUR GOALS? GO DEEP AND THINK ABOUT HOW ACHIEVING YOUR GOAL WILL IMPACT YOUR FAMILY, FRIENDSHIPS, CAREER, HEALTH, ETC.

BENEFIT 1

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BENEFIT 2

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BENEFIT 3

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## STEP 3: IDENTIFY OBSTACLES

EVERY HERO HAS DRAGONS TO SLAY. WHAT ARE YOURS? WRITE DOWN SOME OF THE OBSTACLES YOU THINK YOU MIGHT ENCOUNTER ON THE WAY TO ACCOMPLISHING YOUR GOALS. WRITE DOWN EVERYTHING YOU CAN THINK OF.

OBSTACLE 1

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OBSTACLE 2

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OBSTACLE 3

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## STEP 4: CREATE A STRATEGY

HERE'S WHERE YOU GET TO THINK ABOUT HOW YOU'LL OVERCOME EACH OF THE OBSTACLES YOU'RE ABOUT TO FACE. GET CREATIVE, AND WRITE DOWN AS MANY STRATEGIES AS YOU CAN.

STRATEGY 1

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STRATEGY 2

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STRATEGY 3

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# 7-Step Battleplan (continued)

## STEP 5: RECRUIT YOUR ARMY

SUPPORT FROM FRIENDS, COLLEAGUES, ASSOCIATES, EXPERTS AND/OR FAMILY MEMBERS IS ESSENTIAL FOR MAKING POSITIVE CHANGE. IT'S POWERFUL FOR TWO REASONS. FIRST OF ALL, GOING PUBLIC WITH YOUR PLAN MAKES IT MORE DIFFICULT TO BLOW IT OFF. SECONDLY, GETTING SUPPORT HELPS YOU STAY FOCUSED AND DISCIPLINED. A WISE MAN USED TO TELL ME, "YOU'RE ONLY COMMITTED TO WHAT YOU CONFESS." WRITE DOWN THE PEOPLE WHO WILL HELP KEEP YOU ACCOUNTABLE AND SUPPORT YOU IN YOUR EFFORTS.

PERSON 1

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PERSON 2

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PERSON 3

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## STEP 6: SET UP A VICTORY PARTY

HOW WILL YOU REWARD YOURSELF WHEN YOU ACHIEVE YOUR GOALS? AND, JUST AS IMPORTANT, WHAT WILL HAPPEN IF YOU DON'T ACHIEVE YOUR GOALS?

THE INNER SATISFACTION OF ACCOMPLISHING A DIFFICULT TASK IS SOMETIMES THE SINGLE GREATEST REWARD. BUT IT'S ALSO MOTIVATING TO ESTABLISH AN EXTERNAL REWARD SYSTEM, AN INCENTIVE YOU GIVE TO YOURSELF—SUCH AS A VACATION OR SOME NEW CLOTHING.

IF ONE OF YOUR GOALS IS AN ONGOING ONE, LIKE MAKING 10 SALES CONTACTS PER DAY OR EXERCISING FIVE TIMES PER WEEK, THEN PICK A RANDOM DATE (ONE MONTH FROM NOW, 90 DAYS FROM NOW, ETC.) TO CELEBRATE YOUR PROGRESS.

REWARD 1

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REWARD 2

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REWARD 3

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## STEP 7: PICK THE DAY YOU DECLARE WAR

THE FINAL STEP IS COMMITTING TO AN OFFICIAL START DATE FOR EACH OF YOUR GOALS. WILL YOU START TODAY? NEXT MONDAY? MAKE SURE YOU'RE PREPARED...BUT DON'T DELAY!

START DAY 1

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START DAY 2

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START DAY 3

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