

3 Goals to Reach in the Next 90 Days

What are the goals you most want to set for yourself for the next 90 days? Please select only those goals which you really want, not the ones you should, could, ought to, or might want. Look deep inside then write down your 3 personal and/or professional goals and plan to discuss them with me. When you set the right goals for yourself, you will feel excited, a little nervous, ready, and willing to *go for* it!

	Start Date	Finish Date	The Specific Measurable Goal	Check
1				
2				
3				

What are the personal and professional benefits to you of accomplishing these goals?

- 1
- 2.
- 3