

90 Day Ideas → Action Plan Worksheet

What specific actions do I need to take in order to create what I want? We are going to start with brainstorming ideas and then chunking it down into 90 day segments so you don't get overwhelmed and then stuck. Chunking down your ideas will help you stay focused...

To help you out, there is one idea that I will have you put on your 1st 90 day idea list and that is to slow down and take 10 to 20 minutes of each day just for you, to help you get started with being in alignment with the Vision you are creating.

Now brainstorm all the different ideas you can use for creating what you want in YOUR life.

1. I will take 10 to 20 minutes each day just for me. Read a book, ride a bike, hike, sit and do nothing.

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

Now to decide which ideas to put on your first 90 days, ask yourself these questions:

1. Which of these ideas will immediately lead to what I want in my life?

2. Which ideas fit with the overall Vision of where I want to go with my life?

3. Which ideas am I the most excited about?

4. Which ideas are the ones I am least excited about but I know are important?

5. Which ideas scare me the most and why?

6. Which ideas are ways for me to feel like I'm busy in my creations but keep me feeling stuck?

7. When I tune into my Divine Source, (whatever that is for you) which ideas are a priority?

Now pick your top 4 'IDEAS' for the Next 90 Days and write them out below. Then 'DO' them and watch how things start to unfold!

1.

2.

3.

4.