

Customize Your Life

90 DAY PLANNER
BY GET CANDID PODCAST

CUSTOMIZE YOUR DAY AND MOVE FORWARD IN YOUR PURPOSE

NAME

DATE

**SONG THAT
DESCRIBES
YOUR LIFE**

**ACCOUNTABILITY
PARTNER**

CHECK-IN TIME

Reflection

OUT WITH THE OLD, IN WITH THE NEW
TAKE A LOOK BACK AT YOUR LAST YEAR



ACCOMPLISHMENTS

A large, empty light green rectangular box intended for writing reflections on accomplishments.

CHALLENGES



WHAT I LEARNED

A light green rectangular box intended for writing reflections on challenges.

A light green rectangular box intended for writing reflections on what was learned.

Reflection

OUT WITH THE OLD, IN WITH THE NEW
TAKE A LOOK BACK AT YOUR LAST YEAR



FAVORITE MOMENTS

A large, empty light green rectangular area for writing favorite moments.

GRATEFUL FOR



A large, empty light green rectangular area for writing what one is grateful for.

Dream Big

WHAT DOES YOUR IDEAL LIFE LOOK LIKE?
DESCRIBE USING AS MUCH DETAIL AS POSSIBLE

FAMILY



A large, empty light green rectangular area for writing about family.

HEALTH/WELLNESS



A large, empty light green rectangular area for writing about health and wellness.

CAREER/BUSINESS



A large, empty light green rectangular area for writing about career and business.

Dream Big

WHAT DOES YOUR IDEAL LIFE LOOK LIKE?
DESCRIBE USING AS MUCH DETAIL AS POSSIBLE

HOME



TRAVEL/ RECREATION



RELATIONSHIP



Dream Big

WHAT DOES YOUR IDEAL LIFE LOOK LIKE?
DESCRIBE USING AS MUCH DETAIL AS POSSIBLE

PERSONAL GROWTH



A large, empty light green rectangular box for writing about personal growth.

FINANCES



A large, empty light green rectangular box for writing about finances.

SPIRITUAL



A large, empty light green rectangular box for writing about spirituality.

COMMUNITY



A large, empty light green rectangular box for writing about community.

Annual Goal



TODAY'S DATE: _____

THIS YEARS GOAL

Four horizontal lines for writing goals, each preceded by a small green square icon.

QUARTER ONE SPOTLIGHT

DATE: _____

Large green rectangular area for writing the spotlight for Quarter One.

QUARTER TWO SPOTLIGHT

DATE: _____

Large green rectangular area for writing the spotlight for Quarter Two.

QUARTER TWO SPOTLIGHT

DATE: _____

Large green rectangular area for writing the spotlight for Quarter Two.

QUARTER FOUR SPOTLIGHT

DATE: _____

Large green rectangular area for writing the spotlight for Quarter Four.

QUARTER ONE SPOTLIGHT



WRITE DOWN THREE BIG GOALS YOU WANT TO ACCOMPLISH IN
THE NEXT 90 DAYS

- GOAL
- WHY I WANT TO ACCOMPLISH THIS

ACCOMPLISH BY:

1

Large green rectangular area for writing goal 1.

Small green rectangular area for writing the deadline for goal 1.

2

Large green rectangular area for writing goal 2.

Small green rectangular area for writing the deadline for goal 2.

3

Large green rectangular area for writing goal 3.

Small green rectangular area for writing the deadline for goal 3.

MONTH ONE TRACKER



MONTH: _____

AFFIRMATION FOR THIS MONTH

GOAL ONE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL TWO

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL THREE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

WHEN I ACCOMPLISH MY GOALS FOR THIS MONTH I WILL REWARD MYSELF BY

WEEK ONE

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

EX: Monday @5pm for 3 hours

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK TWO

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK THREE

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

EX: Monday @5pm for 3 hours

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK FOUR

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

EX: Monday @5pm for 3 hours

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

A large, solid light-green rectangular area intended for writing and brainstorming ideas, highs, and lows.

MONTH TWO TRACKER



MONTH: _____

AFFIRMATION FOR THIS MONTH

GOAL ONE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL TWO

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL THREE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

WHEN I ACCOMPLISH MY GOALS FOR THIS MONTH I WILL REWARD MYSELF BY

WEEK FIVE

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

A large, solid light-green rectangular area intended for writing and recording brainstormed ideas, highs, and lows.

WEEK SIX

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

A large, solid light-green rectangular area intended for writing and brainstorming ideas, highs, and lows.

WEEK SEVEN

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK EIGHT

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

A large, solid light-green rectangular area intended for writing and recording brainstormed ideas, highs, and lows.

MONTH THREE TRACKER



MONTH: _____

AFFIRMATION FOR THIS MONTH

GOAL ONE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL TWO

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

GOAL THREE

MOVES I NEED TO MAKE

- _____
- _____
- _____
- _____

**WHEN I ACCOMPLISH MY
GOALS FOR THIS MONTH
I WILL REWARD MYSELF
BY**

WEEK NINE

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK TEN

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES

I WILL WORK ON THEM (DAY/TIME/LENGTH)







ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK ELEVEN

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES

I WILL WORK ON THEM (DAY/TIME/LENGTH)







ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS

WEEK TWELVE

WHAT THREE THINGS CAN I DO THIS WEEK TO HELP ME GET CLOSER TO MY GOAL?

THIS WEEK'S PRIORITIES







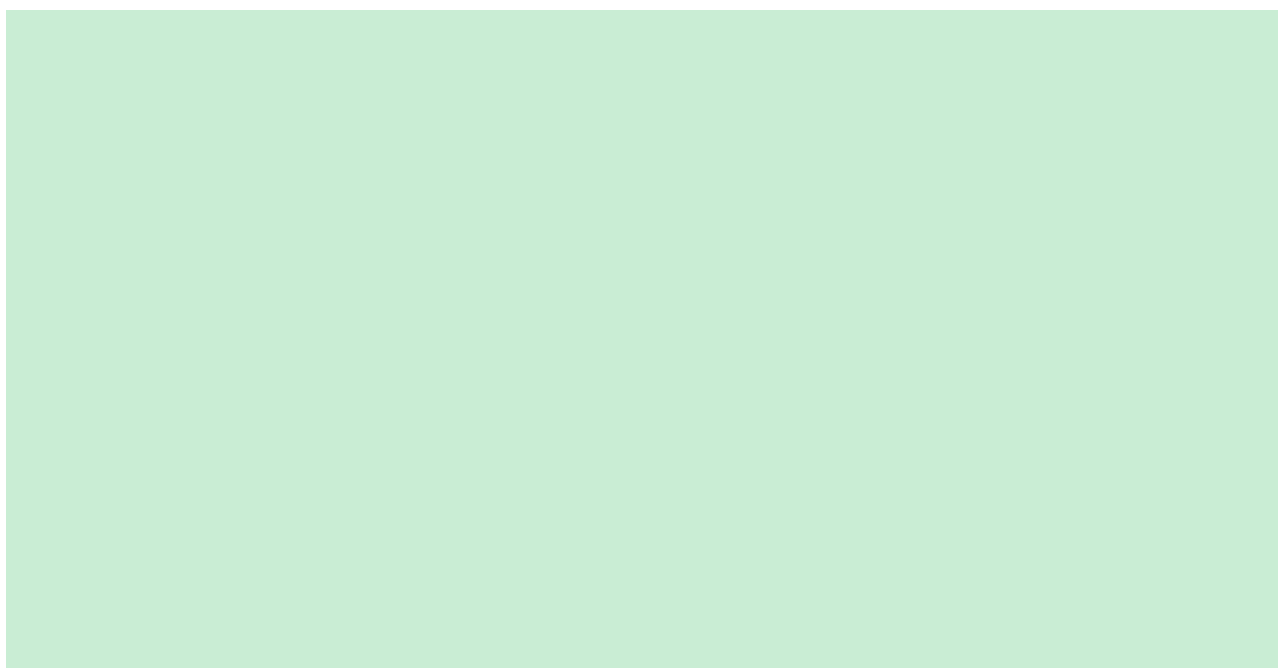
I WILL WORK ON THEM (DAY/TIME/LENGTH)

ACCESSIBLE RESOURCES

WHAT I NEED

who can assist me with obtaining this resource?

BRAINSTORM IDEAS-RECORD HIGHS AND LOWS



CELEBRATE GOOD TIMES

TOP ACHIEVEMENTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WHAT DID I LEARN DURING THIS QUARTER?

MENTAL BLOCKS/FEARS/ OBSTACLES

PEOPLE I LEARNED FROM

- _____
- _____
- _____
- _____

WHAT WAS NOT ACCOMPLISHED, WHY?