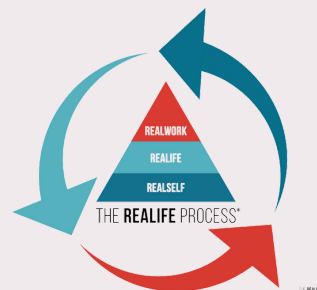


# Setting Up Your First 90 Days for *Success*



A process to help you start this year  
balanced, productive, and purposeful!



# 90 Day Planning

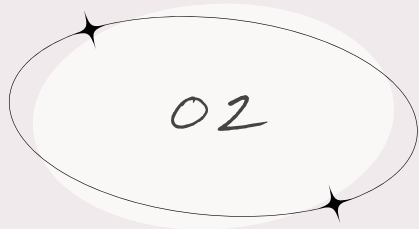
5 STEP

## PROCESS



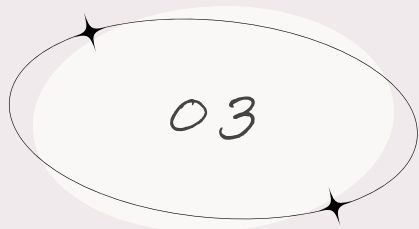
### BIG PICTURE

SET YOUR HOPES AND GOALS FOR THE YEAR. NAME WHY THEY'RE IMPORTANT. CELEBRATE WHAT'S LED YOU TO THIS POINT. SET YOUR INTENTION FOR THE COMING 90 DAYS.



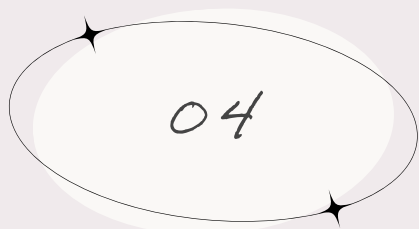
### PRESENT

CONSIDER YOUR PRACTICES OF SELF-CARE AND SOUL-CARE. WHAT ARE YOU ALREADY DOING THAT YOU WANT TO CONTINUE? WHAT DO YOU WANT TO START DOING (OR DO MORE OF)?



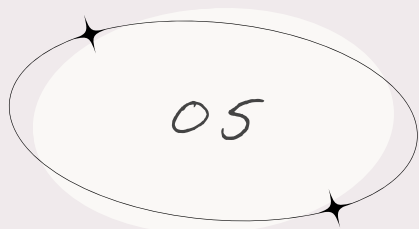
### PEOPLE

WHO ARE THE PEOPLE YOU WANT TO INVEST IN DURING THE NEXT 90 DAYS? CONSIDER FAMILY, FRIENDS, WORK RELATIONSHIPS, ETC. WHICH RELATIONSHIPS ARE LIFE-GIVING TO YOU?



### PROJECTS

PRE-DECIDE THE 2-3 IMPORTANT PROJECTS TO FOCUS ON IN THE FIRST 90 DAYS OF THIS YEAR. USE A MIND MAP TO IDENTIFY ALL THE ACTION STEPS. LIST ALL STEPS WITH DEADLINES.



### WEEKLY REVIEW

SET ASIDE TIME EACH WEEK TO REVIEW THE 90 DAY PLAN AND THE PAST WEEK. UPDATE PROJECT PLANS AND ACTION STEPS. PLAN THE COMING WEEK, MAKING SURE TO INCLUDE TIME BLOCKS FOR PRESENT, PEOPLE, AND PROJECTS.



# 90 Day Planning

90 DAY VIEW

## WORKSHEET

### BIG PICTURE

WHAT are my annual goals? New Year's Resolution? Word of the Year?

WHY are those important to me?

WISH: If these come true, I will...

WANT: In 90 days, these 3 words will describe my life:

### PRESENT

KEEP DOING:

START DOING (or DO MORE):

### PEOPLE

PROJECTS: Identify each project, why it's important to you, what values it serves

REVIEW: Remember, you either REVIEW WEEKLY or you review WEAKLY.



# Meet Kathy Goller

## Life & Leadership Coach & Facilitator

Kathy Goller helps people who are stuck, stale, or starting something new to get confident about their strengths and clear about what matters most so that they can live on purpose and make a greater impact on others. With 20+ years of personal and leadership development experience, Kathy accompanies individuals and activates groups with deep listening, powerful questions, and creative processes. Based in Western New York and serving nationally and internationally, Kathy founded Teal Horizon Coaching LLC in 2022 to help others lead their whole lives with purpose.



tealhorizoncoaching.com | kathy@tealhorizoncoaching.com | 716-445-3939



## About The REALIFE Process®

The REALIFE Process® is a four-component framework to help you develop a unique Modern Day Rule of Life™ so that you can create and live a life that feels more joyful, balanced, and purposeful. You will name what matters most to you, make progress on important projects, plan your time so that it reflects what matters most, and create a pattern of rhythms and routines that make this cycle of living sustainable. This process helps people live from a place of rest, not rush, and keep their lives focused on their unique purpose in life. Learn more at [therealifeprocess.com](http://therealifeprocess.com), and check out "Do What Matters" by Teresa McCloy wherever you buy books.

