Blossom Forth Focusing Tool LEGACYU 90-day Sprint *Road Map*

From _____ To _____

Goals: Select **one goal** in each of the **7 LegacyU** areas. For clarity keep it simple and specific. Also, in SOS hour, monthly check to see if your top 5 values need adjusting. What is your priority garden?

THE SEVEN DAY FOCUS:

*At the beginning of each week select the **3 most important things** you want to accomplish. Choose activities that will move you toward completion of goals in the 7 LegacyU areas. Make contact with habit focusing partner(s) to review progress.* ***What will help you move the legacy needle the most this week?*** *Remember **555** from SOS.*

LEARNING & Personal New Skills Books, seminars, online courses, etc. Personal: Projects Writing book, Adventure Growth, Hobbies		**Week 1**	Habit Partner Yes No	**Week 7**	Habit Partner Yes No
		1		1.	
		2		2.	
EXERCISE & Health Physical, Mental, and Nutrition plan		3.		3.	
		Week 2	Habit Partner Yes No	**Week 8**	Habit Partner Yes No
		1.		1.	
		2.		2.	
GUIDANCE...Spiritual		3.		3.	
		Week 3	Habit Partner Yes No		
		1.		**Week 9**	Habit Partner Yes No
		2.			
ACHIEVEMENT (**FAT**) **F**inancial, **A**wards, **T**hings F. I am earning I am saving		3..		1.	
				2.	
		Week 4	Habit Partner Yes No	3.	
		1.		**Week 10**	Habit Partner Yes No
CONTRIBUTION Charitable, Community, or Donations		2.		1.	
		3.		2.	
		Week 5	Habit Partner Yes No	3.	
YOUR (**YCB**) **C**areer & **B**usiness		1.		**Week 11**	Habit Partner Yes No
		2.		1.	
		3.		2.	
Ur.. Relationships & **FUN**		**Week 6**	Habit Partner Yes No	3.	
		1.		**Week 12**	Habit Partner Yes No
		2.		1,	
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EMOTIONS →	VALUES →	LEGACYU		3	

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