

- Your Vision, Mission & Top 5 Values
- 7 Gardens Life Assessment
- 1-page 5-Year Goals ... each Garden
- 1-page 1-Year Goals ... each Garden
- 1-page 90-Day Focus ... which Garden(s)
- Assess your emotional state

SOS ... Daily

Sphere of Silence

Duty 30 min

Yesterday 10 min

Review the success of tasks planned & identify reasons for any failures.

Today 10 min

List down today's activities.

Future 10 min

Short-Term Goals
Tomorrow & **7-Day Focus**

Mid-Term Goals
1-page **90-Day Road Map**

Long-Term Goals
1-page **1-Year** Garden Goals
1-page **5-Year** Garden Goals

555? *wytayba*

Use of 7 leveling-up questions?
Am I moving the Legacy Needle?

SOS ... Daily

Sphere of Silence

Knowledge 20 min

Recollect 5 min

Review notes taken the previous day to refresh your mind ... short-term memory.

Read 10 min

Prioritize your reading to support your next 90-day Garden(s) focus. Read from psychology, philosophy, religion and/or other fields of academic study, vocational or motivational.

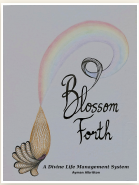
Summarize 5 min

Write down what you remember in your journal.

Devotion 10 min

Write down your discussion with God ... gratitude and guidance needed.

I accepted the 90-day challenge!



After getting the book I was sent this bookmark to assist with the challenge. See more at

BlossomForthBook.com

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