

# 90 Day Goal Planner

A crucial part of learning agility is forming the habit of success. Once you have the habit of setting goals and achieving them, you will constantly seek increasingly bigger goals.

One popular method to build habits is called the 21/90 rule. The rule is simple: Commit to a personal or professional goal for 21 straight days. After three weeks, the pursuit of that goal should have become a habit. Once you have established that habit, you continue to do it for another ninety days. If you can keep up something for three weeks and then ninety days, then it should become a permanent lifestyle change.

Take time to focus on your most important goals. Think about what goals are possible within the next 21 days, and then the next 90 days. If a goal seems overwhelming, break it up into smaller chunks to conquer large obstacles.

Consider both professional and personal goals, then write down the goals. Take a look at the following example:

Start	End	Goal	Completed
July 1	July 22	Meditate at least 20 minutes each morning.	Yes
<b>Benefit:</b> Relieves stress from hectic schedule and allows time to re-focus on work. I will continue to do so beyond my end date.			



**Pro Tip-** Take time to focus on your most important goals. Think about what goals are possible within the next 21 days, and then the next 90 days. If a goal seems overwhelming, break it up into smaller chunks to conquer large obstacles.

Now, to repeat the importance of goal setting, take time to think of the benefits of these goals. Imagine yourself completing each one and write down the positive impact of reaching that victory.

Start	End	Goal	Completed
Benefit:			
Benefit:			
Benefit:			
Benefit:			
Benefit:			