

# 90 DAY GOAL PLANNER



SARAH REIMANN  
SPEAKER | TRAINER | MENTOR

DATE START:

DATE DUE:

GOAL  
01

GOAL  
02

GOAL  
03

Remember the SMARTER system of goal setting: Specific, Measurable, Actionable, Risky, Time - Keyed, Exciting, Relevant. We can make our goals more attainable by ensuring they written down and are inline with our current season of life, values, mission and vision.

Your what needs a why. Identify your key motivations for achieving the goals. What's at stake for you? What are the positives and negatives? How will I overcome obstacles and lack of motivation if it arises? How will you celebrate your achievement? List a reward.

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DATE START:

DATE DUE:

GOAL  
01

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Think about all of the actions and tasks you need to undertake to make this goal a reality. Break down your tasks into weekly actions.

DESCRIPTION

DATE

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How will you overcome obstacles and respond to them?

Key Motivators: Why this goal is important to achieve:

Reward:

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GOAL  
02

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Think about all of the actions and tasks you need to undertake to make this goal a reality. Break down your tasks into weekly actions.

DESCRIPTION

DATE

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How will you overcome obstacles and respond to them?

Key Motivators: Why this goal is important to achieve:

Reward:

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DATE DUE:

GOAL  
03

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Think about all of the actions and tasks you need to undertake to make this goal a reality. Break down your tasks into weekly actions with date.

DESCRIPTION

DATE

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How will you overcome obstacles and respond to them?

Key Motivators: Why this goal is important to achieve:

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Review your progress monthly to help you stay focused.  
Write your reflections each month.

- Rejoice if you have completed a goal and passed a milestone
- Recommit to unaccomplished goals
- Revise, revisit and change if necessary
- Remove the goal and replace if you need to

MONTH

01

Blank space for reflections for Month 01.

MONTH

02

Blank space for reflections for Month 02.

MONTH

03

Blank space for reflections for Month 03.

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## ACTION PLAN

- Break down big goals into manageable steps and do the easiest task first
- Look at and review your goals daily, to keep them 'top of mind'
- Schedule weekly priorities into your calendar or task management system
- Review goals, daily, weekly and monthly to keep you focused and motivated
- Anticipate obstacles and identify what comes easy to do and what's hard, and how you will respond to negative emotions
- Seek outside help if you get stumped or stuck

*Remember: Many people feel stuck or fail to make progress because they can't make the connection between their yearly goals and their daily tasks. Scheduling and breaking down tasks is a great way of keeping up momentum.*