Joy & Ease

90-DAY PLANNER

Clarity | Intention | Alignment | Execution

why 90 days?

When you have a big vision or dream for yourself, success lies in breaking that dream down into smaller goals and milestones that are also spaced out along a timeline. Trying to cram everything into a short period of time is like trying to study for a big exam the night before - frustrating, stressful, and a recipe for burnout.

A 90-day plan is long enough to work on a "big" dream, and short enough to minimise procrastination and delay. Set a goal for each 30 day interval, and evaluate your progress every week to see whether you're on track or not. This also lets you be responsive to external situations and not be caught off-guard.

This planner is designed to help you stay on track while making sure you focus on the most important activities that will give you the best return on your time and energy. But first, it's important to look back and reflect on what happened in the last few months, before looking forward.

When you take the time to reflect, you are giving yourself to opportunity to discover things about yourself that you might have otherwise overlooked. You will become aware of what your current season of life is, what your frame of mind is. This is what you will base your decisions about the theme for your next quarter, why you want to achieve your goal, as well as the micro goals and baby steps you'll need to take along the way.

Remember, you are in the right place at the right time. You have enough time to make your dreams come true. Be kind to yourself as you plan, stay realistic, and be sure to pencil in enough buffers so that you can stay agile when circumstances change.

How to use this planner:

This planner has been designed to be your constant companion over the next 3 months, so that you can take intentional action and experience tangible results. The way this works is by breaking up your journey into smaller sections, each 30 days long. Your mini-goal is all you need to focus on for the next 30 days.

And in fact, you're going to break that down further into 4 action steps, so you never have to be confused or wonder what you should be working on next. Goodbye overwork and overwhelm, hello clarity and ease!

As with everything, you know what works best for you, but here are some best-practice recommendations to get the most out of your planner:

1. Don't try to plan all 90 days right away. Work through the exercises till page 5 right away, and preferably in one sitting. This will ensure you have the big picture firmly in your mind.
2. Start with the first 30 days section next. Again, don't try to plan every single thing for the next 4 weeks. Break up your mini-goal into 4 main action steps, and just focus on Step 1.
3. At the end of each week, there is a section where you can review everything that happened, and how you're feeling as you build your momentum. Take some time every week to plan the next week based on what you've accomplished and what you've learnt.
4. Make sure you celebrate every single win, no matter how tiny. This is how you're going to inspire yourself to keep going.
5. Some months have 5 weeks. Use this week as a bonus - catch up if you're behind, rest, have fun!

Reflections on the last quarter:

What worked? What didn't work? What are you most proud of? What could you have done even better? How have you been feeling, physically, emotionally, mentally?

Your 90-day goal:

Overarching 90-day theme:

What's your why? Why do you want to achieve this goal?

Your bird's eye view of your next 90 days:

This is where you break down your dream into 3 mini-goals, each to be achieved in the next 30, 60, and 90 days respectively.

Each mini-goal is then further divided into 4 micro-goals. Each week, you'll work on one micro-goal. This way, you will not feel overwhelmed, and will be able to generate momentum and build upon each week's efforts and wins.

MINI-GOAL:

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Make sure these mini-goals are sequential, and you are doing the most important tasks first.

CURRENT MONTH:

WORD FOR THE MONTH:

Mini-Goal:

Step 1:

Step 2:

Step 3:

Step 4:

Current Month:

Word for the Month:

Step 1:

Daily Action Items:

Mandatory joy-bringer!

Tasks for the Week:

Monday	Tuesday	Wednesday	Thursday	Friday

CURRENT MONTH:

WORD FOR THE MONTH:

Step 1:

WEEK IN REVIEW:

Current Month:

Word for the Month:

Step 2:

Daily Action Items:

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WORD FOR THE MONTH:

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Step 4:

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Tasks for the Week:

Monday	Tuesday	Wednesday	Thursday	Friday

CURRENT MONTH:

WORD FOR THE MONTH:

Step 4:

WEEK IN REVIEW:

Bonus Week

What necessary tasks have you been putting off?

Which of your favourite people have you not connected with recently?

How can you focus on self-care this week?

CURRENT MONTH:

WORD FOR THE MONTH:

Mini – Goal:

WHAT ARE YOU MOST GRATEFUL FOR?

WHAT DID YOU LEARN?

HOW ARE YOU CELEBRATING?

Notes and Insights

CURRENT MONTH:

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Congratulations!

You've just made it through 90 days of planning and execution! Take a minute or two to just savour this feeling, pat yourself on the back, and marvel at how far you've come!

Over the last 90 days, you've prioritised what is truly important, taken intentional action, and made tremendous progress. This is even more exciting, because now you can do it all over again for the next 90 days. The beauty of this system lies in its simplicity and reproducibility.

If you had any upheavals along the way, please know that this is completely normal. The best of systems can sometimes collapse in extreme conditions. And this says nothing bad about you, or your desire to make your dreams come true.

What it does indicate is a need to shore up your support structures. Take a closer look at what you currently have in place, and - more importantly - notice if you have been letting yourself use this support during the difficult times.

If you find gaps in your support system, it might be time to work one-on-one with a coach. It makes a significant difference to know that there's someone unequivocally in your corner, rooting for you, and there to help you troubleshoot and course-correct.

Sound appealing? You can sign up for a complimentary, no-obligation consult with me to get more clarity on whether this is the right next step for you. Use this link: https://amritamadhusudan.as.me/consult

About Amrita

Hi! I'm Amrita Madhusudan, a heart-centered mindset coach, and I work with visionaries like you who want to make their dream a reality.

Whether it's to write a book, reach a goal weight, or run a marathon, it's your personal pot of gold at the end of the rainbow.

The only problem is that you've been trying, and trying, and trying, and never seem to get there.

It doesn't have to be that way.

By partnering together, you'll have the skills to finally make your dreams come true – no more wistful wishing on stars!

You'll be able to make plans and follow through, and feel calm and steady in the face of obstacles and uncertainty. The tools you'll learn will have a significant impact in all areas of your life.

Ready to truly become your own biggest supporter? Sign up for your free consult here: https://amritamadhusudan.as.me/consult