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10 Goals To Reach in the Next 90 Days

What are the goals you most want to set for yourself for the next 90 days? Please select only those goals, which you really want, not the ones you should, could, ought, or might want. Look deep inside and then write down your 10 personal and professional goals and discuss these with your coach. When you set the right _____ you should feel excited, a little nervous, ready and willing to go for it!! Don't select the goals you historically have chosen, but never reached, unless you're in a much better position to reach them now.

Start Date	Finish Date	The Specific Measurable Goal	Completed
_____	_____	1. _____	___
_____	_____	2. _____	___
_____	_____	3. _____	___
_____	_____	4. _____	___
_____	_____	5. _____	___
_____	_____	6. _____	___
_____	_____	7. _____	___
_____	_____	8. _____	___
_____	_____	9. _____	___
_____	_____	10. _____	___

Please develop a 3-step action plan or strategy for each goal and fine-tune this with Crystal Stairs.

What are the personal/professional benefits to you of accomplishing each of these goals?

1. _____
2. _____
3. _____
4. _____
5. _____