

We are kept not
from our goal but by
by obstacles but by
a clear path to
a lesser goal.

Robert Brault

Step 1 Complete your Weekly Reflection Guide for the prior week.

Step 2 Evaluate the accomplishment of your 90-day goal.

Color or check, the circle below to represent how you are progressing toward your goal.



- Record any ideas, reflections or prayers as you look back to consider your personal performance with your 90-day goal. Consider the following questions:
- 1. Do I have the tendency to set a goal that is too easy or difficult to achieve? Why?
 - 2. What was your greatest learning?
 - 3. What obstacles were unexpected?
 - 4. What did God do that was unexpected?
 - 5. What is God trying to teach or reveal to you?

MY 90-DAY GOAL REFLECTIONS

Coaching Myself: What do you want to remind yourself as you set your next 90-day goal? State your advice to yourself in one sentence.

Step 3 Read and reconfirm your 1-year and 3-year horizons.

My Long-Range Horizon Storyline Review:

- 1. Read your 3-year, beyond-the-horizon vision.
- 2. Make any minor adjustments to your 3-year vision.
- 3. Read your four, 1-year objectives of your background vision.
- 4. Make any minor adjustments to your four, 1-year objectives.

Step 4 Track the pattern of your storyline weekly review.

For each of your storylines below, track your 90-day (12 week) journey of thriving, surviving and reviving. Select one dot in each column below based on your Weekly Reflection Guide. The 12 columns represent your last 12 weeks of weekly reviews.

Storyline 1:

Thriving

Surviving

Reviving

| | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Storyline 2:

Thriving

Surviving

Reviving

| | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Storyline 3:

Thriving

Surviving

Reviving

| | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Storyline 4:

Thriving

Surviving

Reviving

| | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |

Step 5

Determine your next 90-day goal.

Use the following questions to help you select your next 90-day goal. First you will select a 90-day emphasis. Then you will select a measurable goal.

Questions to help you select your 90-day emphasis:

- 1. When I look at my 1-year objectives, what do I sense is most urgent?
- 2. What is most important?
- 3. When I look at my 1-year objectives, what am I most motivated to accomplish?
- 4. What do the trends within my storylines indicate? How does that affect the selection of my next 90-day goal?
- 5. What single goal would have the greatest impact on all of my 1-year objectives?
- 6. What single goal would make me feel like I am making progress toward my 3-year vision?

Make a list of possible 90-day emphases in the funnel. Pray for guidance. Decide on your 90-day emphasis and record it in the box at the bottom of the funnel. Don't select one until you have listed at least 4-6 ideas in your funnel.

My 90-Day Emphasis

Now, use the following questions to determine your specific 90-day goal, based on your chosen emphasis. Make your goal SMART: Specific, Measurable, Attainable, Results-oriented and Time-bound.

- 1. Do I tend to overachieve or underachieve?
- 2. Do I need to stretch myself right now or set my targets on a "sure win" to build some confidence?
- 3. What will motivate me best for the next 12 weeks?
- 4. Is there another way of stating the goal to make it more motivational?
- 5. Would I be excited to share this goal with people in my family, small group or cohort?
- 6. What will it feel like once this goal is accomplished?
- 7. Am I thinking big enough?

My 90-Day Goal

Step 6

Determine your next action steps using your Foreground Horizon Template.

Use the Foreground Horizon template, introduced in Session #10 of Journey 2, to determine your next four rhythm steps, one for each storyline. This is the step of creatively applying a new rhythm (daily, weekly, monthly or quarterly) in each storyline. Aim each of these rhythms toward the accomplishment of your 90-day goal.

| Session 10 Journey 2 | Storyline 1: | Storyline 2: | Storyline 3: | Storyline 4: |
|-------------------------|--------------|--------------|--------------|--------------|
| Role | | | | |
| Resource | | | | |
| Replenishment | | | | |
| Action Step | | | | |
| Rhythm | | | | |

Step 7 *Renew your Horizon Storyline by updating your 1-year goal and your rhythm steps. Then renew your LifePlan Snapshot to keep in a highly visible place.*

Use the Horizon Storyline template introduced in Session #10 of Journey 2, to record your new content for the two short-term horizons at the bottom of the page.

Beyond the Horizon (3 years)

Background Horizon (1 Year)

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Midground Horizon (90 Days)

Foreground Horizon (Action Step and Rhythm This Week)

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

What's Possible in 90 Days

A Moscow architectural firm will build you an environmentally friendly, 1,300-square-foot home within 90 days of order.

Boot camp makes a recruit into a Marine in just under 90 days.

Thru-hikers walk the Pacific Northwest Trail from the Continental Divide to the Pacific Ocean within 90 days.

A human baby in utero is fully formed and can open and close its hands and mouth by 90 days after its conception.

John Steinbeck wrote the first draft of *The Grapes of Wrath* in 90 days in 1938.

Mozart composed two piano trios; a violin sonata; two piano sonatas, including his most famous; his last three symphonies, arguably his greatest; and three other pieces of music in 90 days in 1788.