

Templates for your 90-Day Run.  
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the full 90-Day Journal.

# GPS

GOAL PLANNING STRATEGY

*90-Day*

# POWER

*Journal*

Your Companion Handbook to  
The GOAL Formula

# 90-Day Run

## PERSONAL CONTRACT

I, \_\_\_\_\_ will accomplish my number one goal of completing my **90 Day Run**. I acknowledge that the accomplishment of my goals is extremely important to me and will also have a positive impact on everyone in my life.

I will *Think GREAT* during my entire **90 Day Run**. I will break bad habits and implement great habits. I will be a beacon of positive energy and will strive to inspire others to achieve greatness in their lives.

I understand that my **90 Day Run** will have some challenges, but I will stay persistent and consistent in everything that I do. During my **90 Day Run**, I will control my thoughts and actions. I will eliminate the option of failure.

Most importantly, I will pour my heart into my *GPS*. I will do the same for my GREAT partner. I will commit to reviewing my *GPS* daily and focus my efforts on making my life GREAT!

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
My GREAT Partner's Signature

\_\_\_\_\_  
Date

# 90-Day Run

## OVERVIEW

Start Date: \_\_\_\_\_ Completion Date: \_\_\_\_\_

In order to achieve a greater life, I will accomplish the following  
Long-Term Goals:

<u>Long-Term Goals</u>	<u>Fantastic Five</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

My Great Partner: \_\_\_\_\_

### Communication Sessions

Daily (Time): \_\_\_\_\_

Weekly (Day): \_\_\_\_\_ Time: \_\_\_\_\_

# 90-Day Run

## SHORT-TERM GOALS

### Personal Goals

### Fantastic Five

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Shared Goals

### Fantastic Five

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# 90-Day Run

## **G.R.E.A.T. GOAL SHEET #1**

**Goal #1:** \_\_\_\_\_

**Reasons:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Expectations:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Actions:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Tracking:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 90-Day Run

## GOAL STATUS SHEET #1

Goal #1: \_\_\_\_\_

Timeline for Completion: \_\_\_\_\_

I commit to eliminating these habits:

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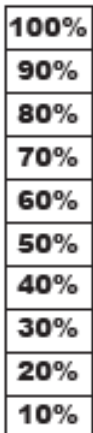
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I commit to adding these habits:

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**0/0**  
**COMPLETE**

Personal Network:

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# 90-Day Run

## DAILY ACTION PLANNER



<u>Time</u>	<u>Multiple Action Items</u>	<u>Type</u>	<u>Done</u>
1.	_____	_____	<input type="checkbox"/>
2.	_____	_____	<input type="checkbox"/>
3.	_____	_____	<input type="checkbox"/>
4.	_____	_____	<input type="checkbox"/>
5.	_____	_____	<input type="checkbox"/>
6.	_____	_____	<input type="checkbox"/>
7.	_____	_____	<input type="checkbox"/>
8.	_____	_____	<input type="checkbox"/>
9.	_____	_____	<input type="checkbox"/>
10.	_____	_____	<input type="checkbox"/>

<u>Time</u>	<u>Single Action Items</u>	<u>Type</u>	<u>Done</u>
1.	_____	_____	<input type="checkbox"/>
2.	_____	_____	<input type="checkbox"/>
3.	_____	_____	<input type="checkbox"/>

# 90-Day Run

## JOURNAL



Strengths: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Weaknesses: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How I Can Improve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GREAT thoughts for today: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Think GREAT Today:

*Do not just sit back and watch others achieve greatness.  
Think GREAT and achieve it in your own life.*



# 90-Day Run

## SHORT-TERM GOALS

# *Congratulations!*

GOAL

DATE COMPLETED

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

# *GREAT Job!*

## **YOUR NEXT 90 DAYS**

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By completing your **90 Day Run**, you have done so much to enhance your life. You have accomplished short-term goals and put yourself on track to accomplishing your long-term goals which will help you to achieve further levels of greatness.

By staying on track for 90 days you have not only made a major impact in your life, but I am confident that you have made an impact in the lives of many others. Use your time in between your **90 Day Runs** to reflect on your accomplishments and focus on other areas of your life you would like to improve.

As you accomplished your goals, you undoubtedly started to think about your new goals which would be life-changing and remarkable in magnitude. Start the habit of linking together your **90 Day Runs** to achieve your long-term goals.

Below, write down five new important goals you need to accomplish on your next **90 Day Run**.

### **YOUR NEXT 5 IMPORTANT GOALS**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

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