

WIN THE DAY
every day

PRESENTED BY: VICKI AND KEVIN

90day.biz

DEFINE THE BIG

Picture



What's your outcome?

Before you even commit to your next set of goals, this next section is crucial.

We encourage you to go through this carefully and refer back to the video support for reminders and prompts.

Why we believe clarity about your outcome is so important for you?

We've been journaling for many years and it works.

We know how powerful, but also how challenging it can be at the same time.

We've often found the **hardest part is coming up with the right goals to start with**, and sometimes we'll realise halfway through a journal that we started with the wrong goal, but this whole process is about **progress not perfection**.

The main aim of journaling is to get you **thinking about your thoughts** and to **question why you do what you do**.

Journals are in common use across the globe, and it would be easy for us to use what's already available, but after trialing many we've identified a few missing elements we'd like to see...

...hence our own version.

Where do you start?

In a moment, we'll give you a place to write your thoughts and record what you're thinking and feeling today.

We start with a bigger vision, looking at your future life in 5 years.

Then, we chunk it down to the next 2 years.

Then we ask what would life look like for you in, say, 12 months time?

The final action is to set measurable, meaningful goals for just the next 90 days.

This gives you a real sense of urgency and a clear action plan to follow.

Then what?

You'll be reminded to **refer back to these goals frequently** in our reflection sections. We know from experience how easy it is to set a goal, then forget what you set out to achieve a few weeks in!

Why do we keep a journal for 90 days?

The benefit of journaling over a 90 day period is that it's just long enough to believe you can achieve **meaningful results**, and just short enough to induce a **sense of urgency** to get things done. At the end of 90 days comes a natural break to review and change direction if need be.



Here are the three things you'll need in order to get the best out of your journal:

1. CLARITY - Create a clear vision where you can measure your progress

If you aim at nothing, you'll probably hit it!

Knowing which **direction** you are heading is a start, but getting **clarity** of the **milestones** and the **steps** to get there requires thought and work.

If you think about this for a moment...

Where you are today is a direct result of the past decisions and goals you set (or didn't set) over the previous 5 years.

This journal is not designed to be a tool for managing your time, but its purpose is to help you **understand the thoughts and emotions that drive your behavior**, ultimately affecting what you achieve every day.

Where your attention goes, your energy flows, so it's good to have a clear end in mind.

2. ENTHUSIASM - If your goals don't excite you they'll probably never happen

If you've ever tried and failed to hit a goal before, it's probably because you weren't that excited about it.

Excitement comes when your goals are aligned with your true values.

Each day, we have included a series of questions to promote deeper thinking about what gives you energy and what drains you.

It also brings to the surface **the most important tasks that must happen each day** to keep you on track.

3. ATTITUDE - Positivity and persistence is the key to achieving your true potential

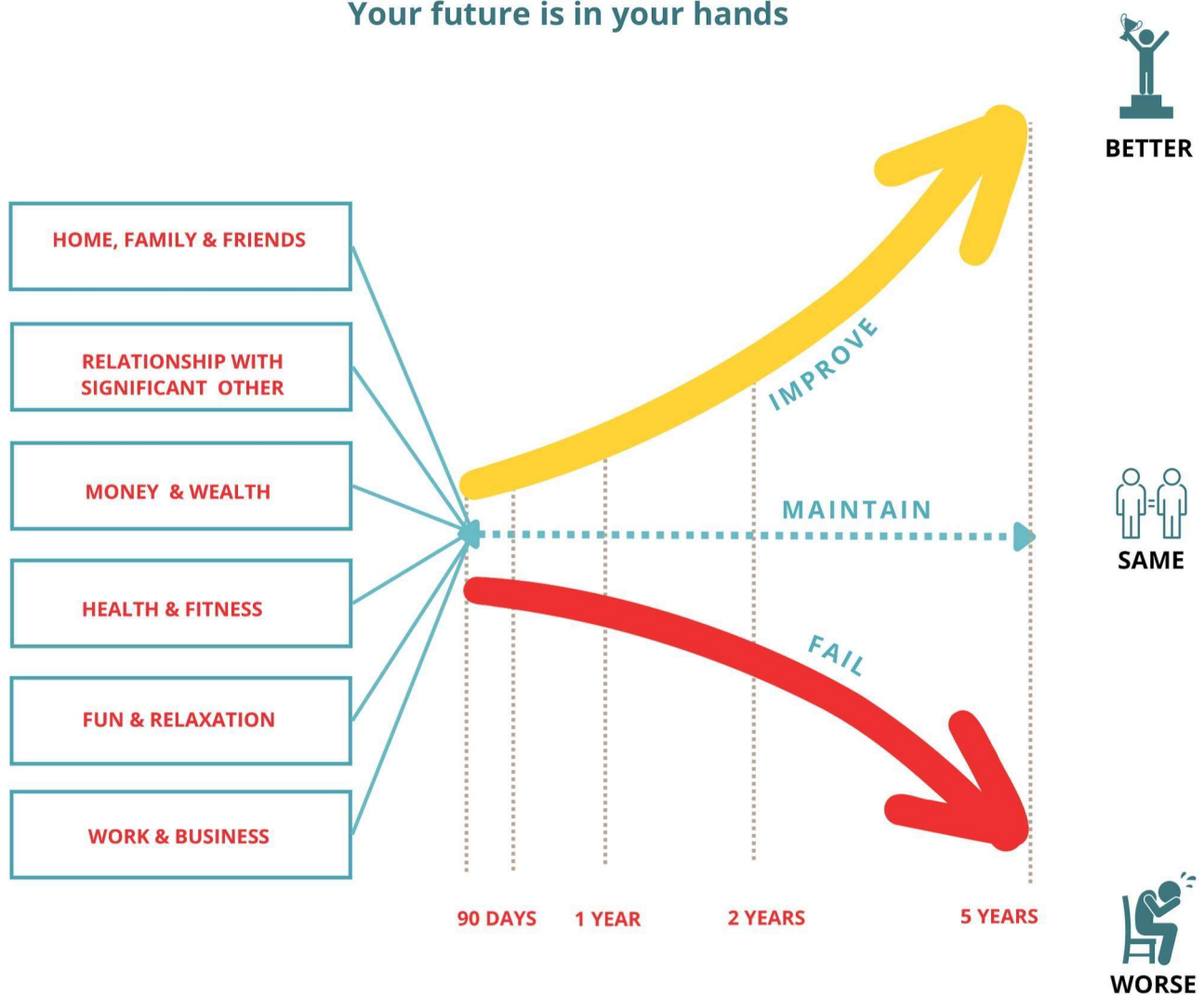
We all want to feel better, but how do we measure "better"?

We do this by carefully looking at the different areas of your life, including things like **morning rituals, self care and mindset**.

We encourage you to look at **what drives good feelings and emotions**, and more importantly **how you react when things don't go your way**.

THE GOOD NEWS AND THE BAD NEWS!

Your future is in your hands



Take a moment and ask yourself:

What is your life going to be like in 5 years if you **a: make no changes** or **b: make improvements**?

If you're on the wrong path already - getting into more and more debt or noticing your health deteriorating, **if you don't make any changes then things will be worse in 5 years time.**

Even if you make no changes, **certain things in your world will change anyway**, for instance children changing schools, going to university or potentially leaving home.

Maybe it's a significant age you are reaching!

Maybe there's something like your mortgage maturing.

Critical preparation to get you fired up for your future



It could be that something is likely to happen, but you can't predict exactly when, and unless and until it does you might feel you have to stay put.

Maybe you care for elderly relatives and they are poorly or likely to need to go into a home. We don't like to think of their demise, but it's a fact of life and it could be something that needs considering.

Perhaps you simply know you need to blow everything up and change your whole life!

Making the right goals starts with taking all such things into consideration.

Life always throws us curve balls, but it's good to anticipate as much as possible.

Watch the Critical Pre-training Deep Dive videos first

We will now take you through a two deep dive exercises and walk you through the process of getting a clearer picture of where you want to be in 5 years time.

By the end of the Deep Dive, you'll be ready to make your 90 day goals, so **please don't miss this crucial step!**

THE DEEP

Dive



TIME TO DIVE DEEPER

Now we want to dig in a bit deeper. This will help you understand and identify what your next set of goals should be about

HOME, FAMILY AND FRIENDS

What's working well for you?	What needs improvement?
<i>Example: I have a great relationship with my kids</i>	<i>Example: I spend my weekends cleaning the house instead of relaxing</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: I need to see more of my friend, Chris.</i>
Maintain!	<i>Example: I need to keep up my great relationship with my kids</i>
Start!	<i>Example: I need to instigate dates with friends - not just wait until they ask me.</i>
Stop!	<i>Example: Stop cleaning and hire a cleaner for the house</i>



RELATIONSHIP WITH SIGNIFICANT OTHER

What's working well for you?	What needs improvement?
<i>Example: We're good at talking things through</i>	<i>Example: We rarely have time alone together</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: More date nights</i>
Maintain!	<i>Example: Keep having breakfast together</i>
Start!	<i>Example: Start taking pottery classes together - we keep saying we will, but don't do it</i>
Stop!	<i>Example: Stop spending precious time with people who drain our energy</i>



MONEY AND WEALTH

What's working well for you?	What needs improvement?
<i>Example: I'm in a good habit of saving money every month</i>	<i>Example: I haven't made a will yet</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: Find ways to increase my income 25%</i>
Maintain!	<i>Example: Keep saving every month</i>
Start!	<i>Example: Write a will</i>
Stop!	<i>Example: Check my DD's and cancel anything I no longer want or need</i>



HEALTH AND FITNESS (PHYSICAL AND MENTAL)

What's working well for you?	What needs improvement?
<i>Example: I walk the dog every day</i>	<i>Example: I need to cut down on the booze</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: Cook more healthy meals from scratch</i>
Maintain!	<i>Example: Keep taking vitamins</i>
Start!	<i>Example: Start playing tennis</i>
Stop!	<i>Example: Have 2 alcohol free days per week</i>



FUN AND RELAXATION

What's working well for you?	What needs improvement?
<i>Example: I'm not working weekends any more</i>	<i>Example: I'm not sleeping well</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: Finish work by 6pm at least 3 times a week</i>
Maintain!	<i>Example: Keep the weekends free</i>
Start!	<i>Example: Take up windsurfing again</i>
Stop!	<i>Example: Stop checking my phone in bed before I go to sleep</i>



WORK AND/OR BUSINESS

What's working well for you?	What needs improvement?
<i>Example: I feel as if I have all the skills I need</i>	<i>Example: My time management</i>

What do you want more of, what do you want to maintain, what do you want to start or stop doing?

More!	<i>Example: More focus on running my diary well</i>
Maintain!	<i>Example: Keep up great communication with my team</i>
Start!	<i>Example: Putting end times on meetings</i>
Stop!	<i>Example: Going to meetings I don't need to be in</i>

THE
Outcome



WHAT'S YOUR OUTCOME?

Start with the end in mind



How do you want to feel at the end of 90 days?

Example: I want to feel calmer at work, more relaxed at home, and excited about my future

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What needs to have happened for you to feel this way?

Example: I need to get good at managing my time at work, I need to shut off from work when I get home. I need to find something to get excited about in the future

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“To begin with the end in mind means to start with a clear understanding of your destination” Steven Covey - The Seven Habits of Highly Effective People



WHY IS YOUR OUTCOME IMPORTANT TO YOU?

Why does it matter?



Having a strong why will keep you going when things feel tough

Example: Feeling disorganised at work stresses me out. I'm grumpy at home and I upset people I love.

Who else will benefit from your success?

Example: My spouse, children, team and clients will all benefit if I'm more productive, happier and nicer to be around.

*“Activity without purpose is the drain of your life”
- Tony Robbins*



TRIED AND FAILED

What have you tried before if anything and what could you do differently this time?

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“Words may inspire but only action creates change”
- Simon Sinek

Critical preparation to get you fired up for your future



Notes:

Critical preparation to get you fired up for your future



Notes:

THE
Batteries

SETTING
90 day
GOALS



WHAT MAKES A GOOD 90 DAY GOAL?

The time will pass anyway, so you might as well use it wisely!

Now, we take stock of all your thoughts and make some decisions about what you believe you could actually achieve in the next 90 days.

Goals need to be believable and yet it's **good to stretch yourself**.

This might mean you could fail! (Don't worry we'll cover this in the videos...)

The key is to make your goals measurable.

Vague goals like feeling happier, being fitter, or better at time management aren't really measurable.

Here's a few examples of goals we've set recently. Do what feels right for you and if you get stuck, reach out and ask us.

You can set more than one goal for each section, but **best not to overload yourself**.

After 45 days there will be a chance to review and reset if necessary.

Here are a few of Vicki and Kev's real examples:

Home, Family and Friends

A home building project that could be finished within 90 days

6 meetups with friends

Taking children/grandchildren to 3 new attractions

Relationship with Significant Other

6 date nights

Organising a birthday surprise

12 focused conversations about our plans and dreams

Money and Wealth

Hit a sales target

Implement a new system or process

Create a detailed budget (personal or business)

WIN THE DAY, EVERY DAY



Health and Fitness (Physical and Mental)

70 meditations

Lose 1 stone

36 weights sessions

Fun and Relaxation

Buy windsurfing kit and go 6 times in 90 days

Go on 6 solo dates

3 monthly massages

Work and/or Business

Achieve a specific work target or project

Build a new product or service to sell

Take on a new key team member

WIN THE DAY, EVERY DAY



YOUR 90 DAY GOALS

HOME, FAMILY AND FRIENDS

What do you want to achieve in the next 90 days?

Why does this matter to you?

What if you didn't achieve it? (How would you feel and who else would be affected?)

What do you believe are the obstacles standing in your way?

Where do you expect to be at the 45 day check in?

WIN THE DAY, EVERY DAY



RELATIONSHIP WITH SIGNIFICANT OTHER

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WORK AND/OR BUSINESS

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What if you didn't achieve it? (How would you feel and who else would be affected?)

What do you believe are the obstacles standing in your way?

Where do you expect to be at the 45 day check in?

Critical preparation to get you fired up for your future



Notes:

YOUR
Rituals
AND
Habits

WIN THE DAY, EVERY DAY



DAILY RITUALS AND HABITS

Daily rituals are a set of habits you do every day, usually in the same order, at a regular time of day.

Morning and evening rituals frame your day. They help you **warm up** and **cool down** from work and give you the best chance of winning the day, every day.

Rituals don't have to be complicated.

From something as simple as making your bed, to a full session of routines including exercise and meditation, you can build on what you already do and stack new, helpful habits.

Habit tracker.

We've added an additional card as a tool called the "Habit Tracker"

These 30 day cards can be used as a page marker for the book as well as helping you record some of the **important habits you'd like to make part of your life.** These habits can be part of your morning or evening rituals, or ones you'd like to maintain throughout your week. You don't need to do everything every day - for example you might want to track 3 runs per week.

Examples include:

Read/listen to something educational

2 hour "Do Not Disturb" session at work

Took vitamins

Cardio Workout

Weights Workout

Stretching or Yoga

Drink a 2 litres of water a day

Meditation

10,000 steps

Alcohol Free Day

Make 10 sales calls

Complete your Win The Day - Every Day journal!

THE WEEKLY
Planner

WIN THE DAY, EVERY DAY



WEEKLY PLANNER

Weeks left in quarter _____

To become accountable, you need to make a commitment - to yourself!

Remind yourself what your 90 day goals are:

Home, Family and Friends	
Relationship with Significant Other	
Money and Wealth	
Health and Fitness (Physical and Mental)	
Fun and Relaxation	
Work and/or Business	

What's important to achieve this week?

What 3 tasks must take priority?

1	
2	
3	

Critical preparation to get you fired up for your future



Notes:

THE DAILY
Journal

WIN THE DAY, EVERY DAY



DATE:

Today I'm grateful for:

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Today's Affirmation:

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What are you most excited about today?

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WOTS HAPPENING TODAY?

Work On

What could you get better at today?

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What do you need to delegate/stop doing/postpone today?

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Opportunities

What could be an opportunity for you today and for the future?

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Who could help you?

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Threats

What could stress you out or sabotage you today?

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What would be a good way to deal with it?

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Strength

What gifts or talents are you using today?

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Today's top 3 goals to create huge value

Your 3 most important must do's today

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The daily reminder of your 90 day goals you are working on:

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WIN THE DAY, EVERY DAY



THOUGHTS AND IDEAS:

END OF THE DAY: TIME TO REFLECT AND LEARN

What went well for you today?

What were the best parts of your day?
(Anything for the Highlight Reel?)

Was there something you would have handled better today?

How are you going to handle this better next time it happens?

What are you grateful for this evening?

MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



ALCOHOL:



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The daily reminder of your 90 day goals you are working on:

20% 40% 60% 80% 100%

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WIN THE DAY, EVERY DAY



THOUGHTS AND IDEAS:

END OF THE DAY: TIME TO REFLECT AND LEARN

What went well for you today?

What were the best parts of your day?
(Anything for the Highlight Reel?)

Was there something you would have handled better today?

How are you going to handle this better next time it happens?

What are you grateful for this evening?

MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



ALCOHOL:



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WEEKLY REVIEW

How did your week go?

Review your week and submit a photo of this page to complete your accountability!

My 6 Biggest wins this week were:

	List your wins	Further progress
1		
2		
3		
4		
5		
6		

Last week you set 3 important tasks, how did you get on?

Your Results

What 3 tasks took priority?	    
1	
2	
3	

If you didn't hit your 3 tasks 100%, what can you learn from this?

(Example - I was expecting too much of myself)

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What went really well this week?

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WIN THE DAY, EVERY DAY



WEEKLY REVIEW

What could you have done better?

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What will you do differently in the future?

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Do you have a question or need some help on this week's Q&A?

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Your total weekly screen time:

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WEEKLY PLANNER

Weeks left in quarter _____

To become accountable, you need to make a commitment - to yourself!

Remind yourself what your 90 day goals are:

Home, Family and Friends	
Relationship with Significant Other	
Money and Wealth	
Health and Fitness (Physical and Mental)	
Fun and Relaxation	
Work and/or Business	

What's important to achieve this week?

What 3 tasks must take priority?

1	
2	
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Critical preparation to get you fired up for your future



Notes:

WIN THE DAY, EVERY DAY



DATE:

Today I'm grateful for:

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What are you most excited about today?

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WOTS HAPPENING TODAY?

Work On

What could you get better at today?

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What do you need to delegate/stop doing/postpone today?

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How are you going to handle this better next time it happens?

What are you grateful for this evening?

MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



ALCOHOL:



WIN THE DAY, EVERY DAY



WEEKLY REVIEW

How did your week go?

Review your week and submit a photo of this page to complete your accountability!

My 6 Biggest wins this week were:

	List your wins	Further progress
1		
2		
3		
4		
5		
6		

Last week you set 3 important tasks, how did you get on?

Your Results

What 3 tasks took priority?	   
1	
2	
3	

If you didn't hit your 3 tasks 100%, what can you learn from this?

(Example - I was expecting too much of myself)

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What went really well this week?

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WIN THE DAY, EVERY DAY



WEEKLY REVIEW

What could you have done better?

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What will you do differently in the future?

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Your average daily screen time this week:

Your total weekly screen time:

WIN THE DAY, EVERY DAY



WEEKLY PLANNER

Weeks left in quarter _____

To become accountable, you need to make a commitment - to yourself!

Remind yourself what your 90 day goals are:

Home, Family and Friends	
Relationship with Significant Other	
Money and Wealth	
Health and Fitness (Physical and Mental)	
Fun and Relaxation	
Work and/or Business	

What's important to achieve this week?

What 3 tasks must take priority?

1	
2	
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Critical preparation to get you fired up for your future



Notes:

WIN THE DAY, EVERY DAY



DATE:

Today I'm grateful for:

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Today's Affirmation:

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What are you most excited about today?

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WOTS HAPPENING TODAY?

Work On

What could you get better at today?

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What do you need to delegate/stop doing/postpone today?

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Opportunities

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Relationship with Significant Other	
Money and Wealth	
Health and Fitness (Physical and Mental)	
Fun and Relaxation	
Work and/or Business	

What's important to achieve this week?

What 3 tasks must take priority?

1	
2	
3	

Critical preparation to get you fired up for your future



Notes:

WIN THE DAY, EVERY DAY



DATE:

Today I'm grateful for:

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Today's Affirmation:

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What are you most excited about today?

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WOTS HAPPENING TODAY?

Work On

What could you get better at today?

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What do you need to delegate/stop doing/postpone today?

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Opportunities

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Today's top 3 goals to create huge value

Your 3 most important must do's today

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8AM -----

9AM -----

10AM -----

11AM -----

12NN -----

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5PM -----

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MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



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(Example - I was expecting too much of myself)

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What went really well this week?

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THE
45 day
REVIEW

WIN THE DAY, EVERY DAY

45 DAY CHECK-IN



List where you thought you would be at this point:	Did you hit it?
Home, Family and Friends	YES NO
Relationship with Significant Other	YES NO
Money and Wealth	YES NO
Health and Fitness (Physical and Mental)	YES NO
Fun and Relaxation	YES NO
Work and/or Business	YES NO

List 10 of your biggest wins in the first 45 days

1	6
2	7
3	8
4	9
5	10

WIN THE DAY, EVERY DAY



What really worked for you? Why did you get these 10 wins?

What didn't happen? What didn't go so well?

What can you learn from this and if you needed to reset one or more goals, what would you set them to?

Having reviewed the first 45 days, what can you take forward/change or adapt to give you the best chance to win the next 45 days?

Critical preparation to get you fired up for your future



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WEEKLY PLANNER

Weeks left in quarter _____

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WOTS HAPPENING TODAY?

Work On

What could you get better at today?

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BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



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(Example - I was expecting too much of myself)

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WIN THE DAY, EVERY DAY



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END OF THE DAY: TIME TO REFLECT AND LEARN

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MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

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(Example - I was expecting too much of myself)

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What will you do differently in the future?

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20% 40% 60% 80% 100%

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WIN THE DAY, EVERY DAY



THOUGHTS AND IDEAS:

END OF THE DAY: TIME TO REFLECT AND LEARN

What went well for you today?

What were the best parts of your day?
(Anything for the Highlight Reel?)

Was there something you would have handled better today?

How are you going to handle this better next time it happens?

What are you grateful for this evening?

MOOD:

MEAL PLAN: GREAT FUEL OR GARBAGE?

BREAKFAST

LUNCH

DINNER

HYDRATION

WATER/SOFTDRINKS:



HOT DRINKS



ALCOHOL:



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WIN THE DAY, EVERY DAY



DATE:

Today I'm grateful for:

.....
.....
.....

Today's Affirmation:

.....
.....

What are you most excited about today?

.....
.....

WOTS HAPPENING TODAY?

Work On

What could you get better at today?

.....
.....

What do you need to delegate/stop doing/postpone today?

.....
.....

Opportunities

What could be an opportunity for you today and for the future?

.....
.....

Who could help you?

.....
.....

Threats

What could stress you out or sabotage you today?

.....
.....

What would be a good way to deal with it?

.....
.....

Strength

What gifts or talents are you using today?

.....
.....

Who could you positively influence today?

.....
.....

Today's top 3 goals to create huge value

Your 3 most important must do's today

.....

.....

.....

Today's Schedule:

6AM -----

7AM -----

8AM -----

9AM -----

10AM -----

11AM -----

12NN -----

1PM -----

2PM -----

3PM -----

4PM -----

5PM -----

6PM -----

7PM -----

8PM -----

9PM -----

10PM -----

11PM -----

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WEEKLY REVIEW

How did your week go?

Review your week and submit a photo of this page to complete your accountability!

My 6 Biggest wins this week were:

	List your wins	Further progress
1		
2		
3		
4		
5		
6		

Last week you set 3 important tasks, how did you get on?

Your Results

What 3 tasks took priority?	   
1	
2	
3	

If you didn't hit your 3 tasks 100%, what can you learn from this?

(Example - I was expecting too much of myself)

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What went really well this week?

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WIN THE DAY, EVERY DAY



WEEKLY REVIEW

What could you have done better?

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What will you do differently in the future?

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Do you have a question or need some help on this week's Q&A?

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Your average daily screen time this week:

Your total weekly screen time:

THE
90 day
REVIEW

WIN THE DAY, EVERY DAY



90 DAY WRAP UP

List where you thought you would be at this point:	Did you hit it?
Home, Family and Friends	YES NO
Relationship with Significant Other	YES NO
Money and Wealth	YES NO
Health and Fitness (Physical and Mental)	YES NO
Fun and Relaxation	YES NO
Work and/or Business	YES NO

List 10 of your biggest wins over the whole 90 days.

1	6
2	7
3	8
4	9
5	10

WIN THE DAY, EVERY DAY



What really worked for you? Why did you get these 10 wins?

What didn't happen? What didn't go so well?

What can you learn from this?

Having reviewed the last 90 days, what are you inspired to do in the next 90?
Come talk to us and see how we can help you even more!

YOUR
Highlights
REEL

WIN THE DAY, EVERY DAY



YOUR HIGHLIGHTS REEL

If you were to make a movie to remind you of the best bits of this 90 day period, what special moments would you include?

1
2
3
4
5
6
7
8
9
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11
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13
14
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17
18
19
20

WIN THE DAY, EVERY DAY



YOUR HIGHLIGHTS REEL

If you were to make a movie to remind you of the best bits of this 90 day period, what special moments would you include?

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Critical preparation to get you fired up for your future



Notes:

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Notes:

**DON'T FORGET TO
ORDER YOUR**

New Journal

Shoot an email to : raymond@primeentry.com

We will sort one out for you!