

YOUR

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.

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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.

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“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?

A series of horizontal dotted lines for writing.

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