

90 Day Power Plan Action Pages

D'vorah Lansky, M.Ed.

Tracking Sheets to Help You
Track Your 90 Days of Power

My 90 Days of Power Start Date: _____

Notes and Reflections

A Note From D'vorah Lansky, M.Ed.

You have in your hands a collection of take-action worksheets and activities to support you on your success journey.

Once you download this action guide to your computer, go ahead and print it out. That way you'll benefit most as you'll have it at your fingertips.

Track your activity and results over the next 90 days, and prepare for miracles.

You can connect with me at:

ShareYourBrilliance.com

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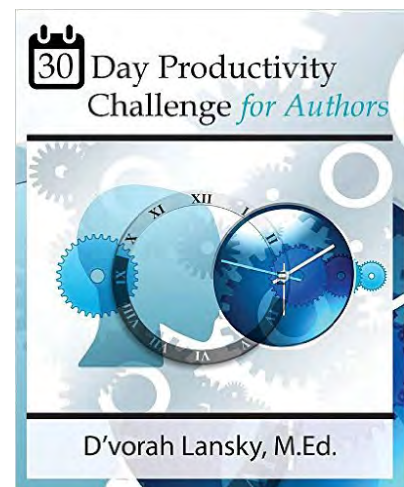
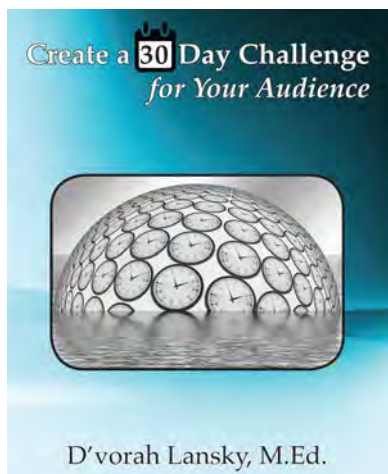
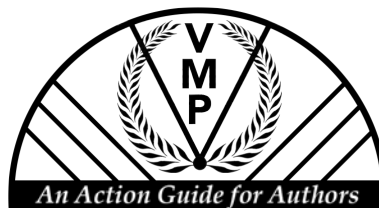
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Here's to your success,
D'vorah



D'vorah Lansky, M.Ed., is the author of more than 30 published books, workbooks, and planners and over 40 online training programs. Since 2007 she's taught online marketing, productivity strategies and course creation strategies and workbook publication to thousands of authors and entrepreneurs across the globe. D'vorah loves bringing authors and entrepreneurs together and specializes in creating a warm and caring community, where participants learn, share and prosper.



Cast a Vision for Where You'd Like to Be in 90 Days

In today's busy world time seems to zip by. Before you know it, another 90 days will fly by... where will you be? The first step to to cast a vision for where you'd like to be. From there you can create a plan and plot your course to get there.

When will you begin your 90 Day Power Plan? _____

What will the date be 90 days from then? _____

Spend Some Time Writing and Reflecting

What would you love to see going on in your **personal life**, 90 days from now?

What is one thing you can do, or do differently, to get the ball rolling?

What would you love to see going on in your **business**, 90 days from now?

What is one thing you can do, or do differently, to help you reach this goal?

Prioritize Time for Your 90 Day Power Plan

Open your calendar and schedule times to focus on your goals. Treat these appointments with yourself as you would an appointment with your best client.

To reach my goals I know I need to schedule time to study and apply what I learn. To prioritize my 90 Day Power Plan I'll schedule recurring times in my calendar.

Here are recurring times I'll focus on taking action towards achieving my goals:

Day of Week: _____ Time of Day: _____

Day of Week: _____ Time of Day: _____

Day of Week: _____ Time of Day: _____

Things I can do to keep on track and keep me moving towards my goals:

- _____
- _____
- _____

Print 12 Copies of the 90 Day Power Plan Weekly Goals and Accountability Page
For these 90 days, fill out your weekly pages. Keep these pages on a clipboard and review your progress. You'll be amazed at how much you'll accomplish.

- At the beginning of each week, create a weekly action plan. I've scheduled a recurring time in my calendar to do this. Day & Time of Week: _____
- At the end of each week, record your progress and reflections. I've scheduled a recurring time in my calendar to do this. Day & Time of Week: _____

90 days will come and go. However, by creating a laser focus you'll accomplish a great deal. To help you keep on track, you'll want to make it a priority to do things to celebrate and have fun. **What can you do to celebrate along the way?**

- _____
- _____
- _____

What I'm Most Committed to Accomplishing This Week:

Why This is Important:

What I'll Do to Keep on Track:

My End of the Week Accomplishments for This Week:

1. _____
2. _____
3. _____

What I'll Do to Celebrate and Have Fun:

What I'll Focus on Next Week:

1. _____
2. _____
3. _____



Take Time to Enjoy Life

It is important that you take time to unplug and time to recharge. This will give you renewed energy for your work, writing, family, friends, and other areas of your life. Making it a priority to have fun and enjoy life will enrich you in many ways!

What do you love doing? _____

What brings you joy? _____








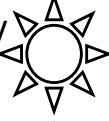
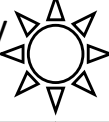





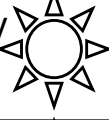
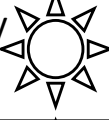



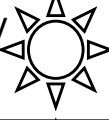


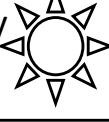



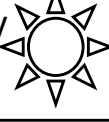

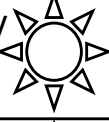
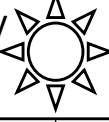
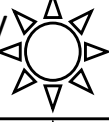

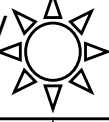
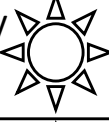


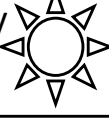

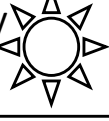

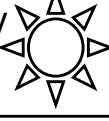
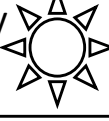














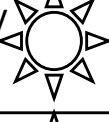
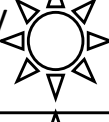
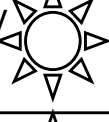

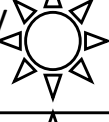
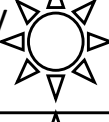

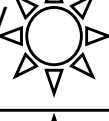
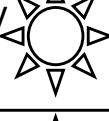
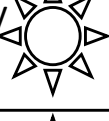
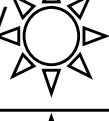
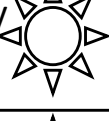
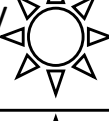
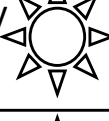
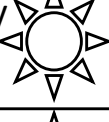
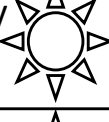
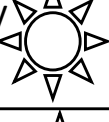

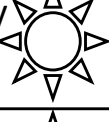
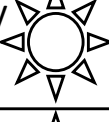
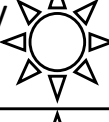
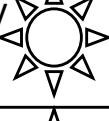
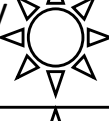

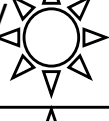
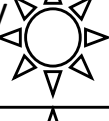
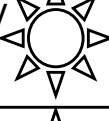

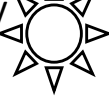





Make a list of special activities you'd love to make time for: _____

- _____
- _____
- _____
- _____
- _____

Track Your 90 Days with Colorful Stars

Do something (even something small) each day, to help you achieve your goals.

Color in a daily star to indicate that you did something towards your goals.

Day 1 	Day 2 	Day 3 	Day 4 	Day 5 	Day 6 	Day 7 
Day 8 	Day 9 	Day 10 	Day 11 	Day 12 	Day 13 	Day 14 
Day 15 	Day 16 	Day 17 	Day 18 	Day 19 	Day 20 	Day 21 
Day 22 	Day 23 	Day 24 	Day 25 	Day 26 	Day 27 	Day 28 
Day 29 	Day 30 	Day 31 	Day 32 	Day 33 	Day 34 	Day 35 
Day 36 	Day 37 	Day 38 	Day 39 	Day 40 	Day 41 	Day 42 
Day 43 	Day 44 	Day 45 	Day 46 	Day 47 	Day 48 	Day 49 
Day 50 	Day 51 	Day 52 	Day 53 	Day 54 	Day 55 	Day 56 
Day 57 	Day 58 	Day 59 	Day 60 	Day 61 	Day 62 	Day 63 
Day 64 	Day 65 	Day 66 	Day 67 	Day 68 	Day 69 	Day 70 
Day 71 	Day 72 	Day 73 	Day 74 	Day 75 	Day 76 	Day 77 
Day 78 	Day 79 	Day 80 	Day 81 	Day 82 	Day 83 	Day 84 
Day 85 	Day 86 	Day 87 	Day 88 	Day 89 	Day 90 	



Inspiring quotes, thoughts, and affirmations can really help to keep us on track. Having a Power Statement can help to keep you grounded and focused. Post your power statement where you can see it daily.

You can recite your power statement throughout the day, as you would a positive affirmation statement or mantra. What will you choose as your power statement?

A large, empty, cloud-like shape with a dashed border, intended for writing a power statement. The shape is identical in style to the one in the title, but it is completely blank and ready for user input.

Looking for Ways to Carve Out Time? Use a Color Coded Calendar Page

Color code your activities with various colored highlighter pens and create a key, by making a dot of each color followed by it's category, so that you know what each color stands for. Example: Red=Writing time, Blue=Study time, etc. Outline the time frames for each of these activities on this color coded calendar page. This will allow you to identify times you can focus on writing, creating, marketing, etc.

Color Code:

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							

Feeling Overwhelmed by Lists, Ideas & Projects?

Create a Master To-Do List

Gather up all your project ideas and to-do lists and transfer them to a master to-do list page. Print off this page multiple times, as needed.

Put related tasks together in the boxes below and give each box a label. This will make it easier for you to group tasks and projects. For items that aren't a priority at this time, you may want to use the labels; "someday maybe" or "future projects".

<p>Label: _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Label: _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
<p>Label: _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Label: _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>

My Top Three Goals for the Next 90 Days

In the boxes below list things you'd like to accomplish. From this list, select the top three things you'd like to accomplish in the next 90 days. In the table at the bottom of this page, write your top three goals in prioritized order. Compose a to-do list of what you'll need to accomplish in order to achieve each of those goals.

1.	4.	7.
2.	5.	8.
3.	6.	9.

Goal 1:	Goal 2:	Goal 3:
To-Do List	To-Do List	To-Do List
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Main Project for the Next 30 Days Days 1-30 Days 31-60 Days 61-90

Print off three copies of this page. At the start of each 30 day period, map out an action plan for the next 30 days. Draw from your: *My Top Three Goals* sheet.

My main project or focus for the next 30 days: _____

Why this is important to me: _____

I've scheduled recurring times in my calendar to focus on achieving my goals.

Action Steps and To-Do Items	
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes:

Celebrate Your Accomplishments at the End of 90 Days

Before planning for the next 90 days, spend some time reflecting on all of the things you've accomplished over the **past 90 days**.

What I Accomplished Over the Past 90 Days
(Refer to Your Weekly Accountability Pages)

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How does it feel to see your accomplishments in writing? (So often we forget how much we've achieved as we're busy climbing the next mountain before us.)

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<hr/>

What I will do to celebrate these incredible accomplishments: _____

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