

90 DAYS

DESIGN YOUR LIFE

What do the past 70 days represent to me?

What habit, thought, recurrence has held me down?

What am I proud of that I have learned or integrated during covid19?

Which goal category for accomplishment means the most important to me?

WHY does this carry the greatest value?

WHAT would mean the most to me to accomplish 90 days from now?

What NEW habit or thought will I train the next 63 days?

WHO will I tell?

How will I remain accountable?



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