

# 90 Days of Nourishment

**My Nourishment Plan for the next 90 Days includes the desire to reach certain goals or change these behaviors/habits:**

- 1.
- 2.
- 3.

**I want to reach these milestones (or goals) so that...**

**To me, nourishment includes...**

**What mindsets do you need to let go of? Excuses?**

- 1.
- 2.
- 3.

**How can you let it be easy? Or stop overthinking this?**

**I commit to this because...**

# 90-Day Business Goals

**My goals for the next 90 days include:**

- 1.
- 2.
- 3.

**I want to reach these milestones (or goals) so that...**

**To me, freedom means...**

**What mindsets do you need to let go of? Excuses?**

- 1.
- 2.
- 3.

**Who can help me with these goals?**

**How can you let it be easy? Or stop overthinking this?**

**I commit to this because...**