

# GROW OR DIE !

Use the following categories to build small steps to obtain your goal. If helpful print and hang the sheets near your desk so that you may look at them. Revisit every 90 days.

# IF YOU ARE NOT GROWING YOU'RE DYING

Timeline

1-3 Months ( 90 days)

4-6 Months 90 days

1-9 months (90 days)

1--12 Months ( 90 days)

End Goal

12 Growth areas

End of the year goal

Relationship Intimate

Action

Small manageable action to meet Goal

New action toward goal building on previous action and results

Results

Assessment of action after 90 days

Dashboard: Red, Yellow, or Green

Example

Physical Exercise

Action

Run 2 Miles 3 times a week  
Work out 20 min a day

Add 1 mile per run  
3 miles 3 times a week  
Up workout to 30 Min

Results

Cut time down to 20 min for each mile \_  
Consistent -5 days a week

Lose 10 LBS and be able to run a 10 K

# IF YOU ARE NOT GROWING YOU'RE DYING

1-3 Months ( 90 days)

4-6 Months 90 days

1-9 months (90 days)

1--12 Months ( 90 days)

End Goal

## Relationship Intimate

Action

Results

## Relationship Friends and Family

Action

Results

## Spiritual

Action

Results



# IF YOU ARE NOT GROWING YOU'RE DYING

1-3 Months ( 90 days)

4-6 Months 90 days

1-9 months (90 days)

1--12 Months ( 90 days)

End Goal

## Physical Exercise

Action

Results



## Nutrition

Action

Results



## Creativity

Action

Results



# IF YOU ARE NOT GROWING YOU'RE DYING

1-3 Months ( 90 days)

4-6 Months 90 days

1-9 months (90 days)

1--12 Months ( 90 days)

End Goal

**Weath**

Action

Results

**Professional**

Action

Results

**Knowledge**

Action

Results



# IF YOU ARE NOT GROWING YOU'RE DYING

1-3 Months ( 90 days)

4-6 Months 90 days

1-9 months (90 days)

1--12 Months ( 90 days)

End Goal

**Health  
( medical)**

Action

Results

**Home**

Action

Results

**other**

Action

Results

