

Transform your life in 90 days workshop

why 90 days? You can realistically
imagine what changes you can make
over the course of 3 months

Resources

The Mountain Is You

The Big Leap

Breaking The Habit Of Being Yourself

Atomic Habits

Before getting started

Its always good to have constrast after a
transformation

Reflect on how you are feeling today, how life is going for you right
now, what are you
currently experiencing in the physical world? What area of your life is
going well?
Which areas could use some improvement?

what is your *why* for committing to the next 90 days?

How would you feel? who would it
impact other than yourself?

If you could choose one area of your life
what would you focus on?

90 days doesn't sound like a lot of time
but when you focus on it, it is $\frac{1}{3}$ of the
year

Journal on these questions

What would you like to experience more of in your life?
What projects would you like to start and complete in 90 days?
Do you want a new job/career?
Do you want to loose weight?
Would you like to increase your income?
What would you like your relationships to look like?
What are you hungry for?
What do you need to say no to?
What do you need to say yes to?

A letter to yourself.

Dear Lulu, I am so proud of you for studying so hard and passing the NMLS
I am so proud of you for setting aside time and really getting clear on what you want
to accomplish, you could not have known how much your life was going to change in
90 days. You now have a job with wonderful people, you get paid well, the office
is amazing, you love your window desk and view, you feel so comfortable. Your work caters
lunches often, provide a freely stocked kitchen
you have made new work friends that are expanders for you, you connect well with them
it is fun going to lunch and your job also provides a free gym membership. You are free to
work as you please, without anyone looking over your shoulders. You respect your bosses and
managers. They inspire you to work hard. You love that your income is increasing more and
more each month. You are making 10k a month and saving and investing 3k every month. You
started waking up earlier and working out. You have also started reducing your portion sizes
and are releasing weight every week.