

If found, please return to:

Name _____

Phone _____

Email _____

Reward _____

Created by ALoN
www.90xactionplanner.com
www.90x.co

Design by Efy Weizman
www.studioagol.com

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AP

Action Planner

AP

Action Planner

w w w . 9 0 x . c o

    #90XGoalPlanner

AP PLANNER

90X DAYS TO YOUR FUTURE

The 90x Action Planner is all about helping you achieve your most important goals in the next 90 days. Even those life-changing successes—the big items on your Five Year Plan—depend on what you do over the next three months, and it all starts with today: Day 1.

So congratulations! One thing all productive people know is that being attentive to their goals on a daily basis is essential to their success, and that is the entire focus of the 90x Action Planner.

This planner exists to help you easily track every day for the next three months, so you're able to see your progress, evaluate your challenges, and catalog big wins on the way to achieving your goals.

I spent years looking for planners to help me reach my goals, but I could never find one that included everything I needed. So I created 90x Action Planner to help me by not just being a piece of paper to scribble out my agenda, but to also provide a plan and a routine that helps me recognize my big and small dreams, and a progress system that ensures I stay on the right track.

The 90x Action Planner contains a goal system, daily planner, action steps, design and free writing space, and follow up and to-do lists (which we call "follodo"). There's also helpful tips, daily quotes, and a social media backdrop where you can share your productivity habits and wins.

I hope you challenge yourself for the next 90 days. Make every moment count, remembering that time is the one thing you can never get back, and the one thing that will change your life forever.

Work smart, not hard



ALoN

GETTING STARTED GUIDE

Here's a brief description of what makes up each section of your new Action Planner. Use it as an informal "How To Use This Book"—especially for the first couple of days, you might need to refer back to this guide to refresh yourself on what each element is for. But also you should feel at liberty to make any adjustments to these instructions. The most important thing is that the book works for you and your goals. Not everyone wakes up at the break of dawn. You might be a bartender, or self-employed, or have a job on the graveyard shift, but there's nothing in these pages that can't be customized to suit your needs. The most important rule is to keep this book handy, and open it every single day.

// GOALS

The goals section is where you'll write down your Top 3 goals that you want to achieve in the next 90 days. Your goals should be S.M.A.R.T: Specific, Measurable, Achievable, Relevant, and Time-based. You can include anything you want to achieve in the next X days (and note that each week you'll rewrite this), like "start a weight training program that I'll actually stick to." Keep in mind that it's the small steps you take every day that will make you successful.

// WHY

This section covers the most important part of goals setting, the why. Your motivation for each goal has to be strong and compelling. If your reasoning is not meaningful to you, it will be very hard to focus—that means you need to be real with yourself when you fill out this section. Once you can articulate your WHY and keep it at the forefront of your actions, the road to success will open before you.

// ACTIONS

This area is where you outline the steps to your goals. It's your roadmap, listing the specific route you'll take. So write down 3 actions that you are willing to do to get nearer to your goals every day. There is also space where you'll begin to formulate a timeline—every action should have a target date by which you should complete this action.

// OPEN SPACE

No one can be “all business all the time,” so throughout the Action Planner we've sprinkled some open space. This area is for you to get creative and sketch out your ideas, draft your passions, or doodle any brainstorms that for one reason or another will facilitate your productivity. Have fun with it. For some people, this will be the most important part of the book, the thing that makes them keep coming back.

// FOLLODO

FolloDo is a unique word that was created so you can have your personal To Do list, work To Do list and your Follow-Up list for everything all in one place, so you don't have to spend extra time figuring out where you're supposed to track these important tasks. Just start writing so you can get to work on the things that matter.

// LAST WEEK'S WINS & LESSONS LEARNED

Time to reflect! On this page, you'll write down how your past week went. What wins did you have? Reflect seriously on the week. What lessons did you learn? Could you have done anything different to get better results? What are some areas for improvements? Write it down. This is one of the things that all successful people do; they create a plan based on past wins and lessons learned and use it to tackle the week ahead.

// MOVING FORWARD TO NEXT WEEK

Maybe you do this already—at the end of a restful Sunday, maybe you'll sit back in your favorite chair and think about the week ahead, whether it's going to be clear and sunny or chock full of stressful meetings, and maybe you'll outline a plan in your head. Now take that plan and put it in writing in this space.

// SOCIAL MEDIA ICONS

You'll notice that on the bottom of these pages there are icons for Facebook, Twitter, Instagram, and Pinterest. If you're savvy with any of these social media platforms, you should use #90XActionPlanner or tag us @90XActionPlanner to join the community of creative, productive people just like you, who are reaching their goals all over the world. You can share anything you want, or just tune in for more encouragement and inspiration on your 90x Days to the Future.

// WHAT'S NEXT?

Once you finish this Action Planner, you'll probably notice one thing is true: you're still alive.

You might be wondering, what's next?

Well, if you're alive, then you should continue to work toward your goals! Get yourself another Action Planner or try 90x Goal Planner and dive in. And just as importantly, if you have any questions or comments, we'd love to hear them! By now you know how to reach us through any of our social media accounts.

How to Fill Out

These Pages

THE PIE OF WEALTH

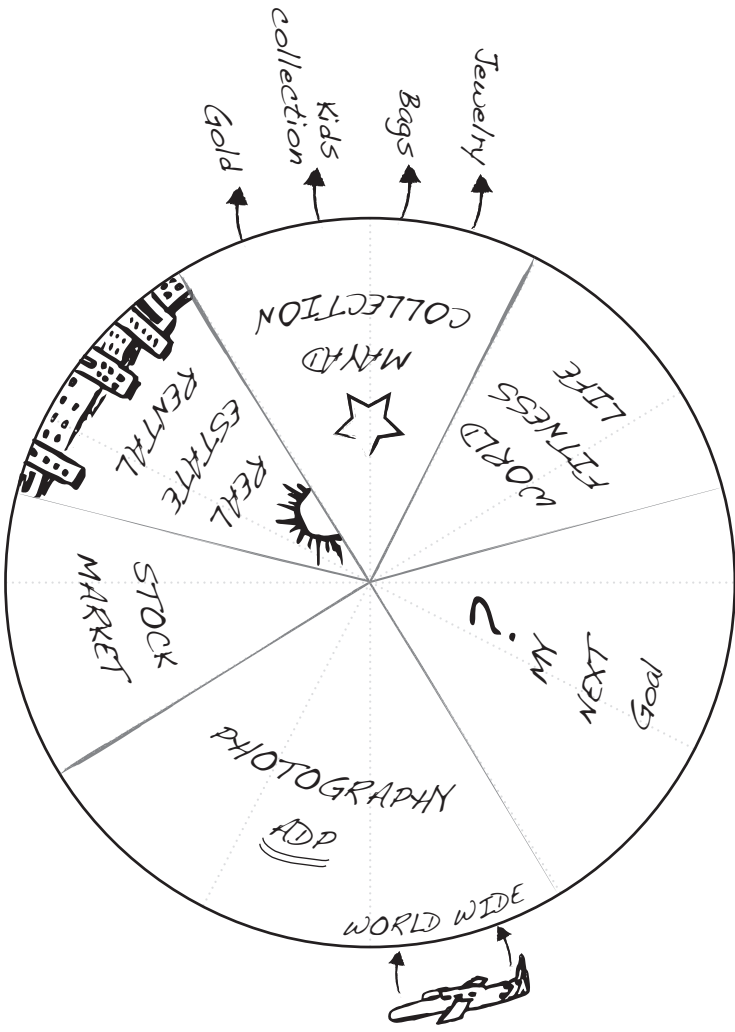
It is known that rich people have multiple streams of income, that is the way they become richer. If one of your goals is to be financially free then start by adding more streams of income and track yours with **The pie of wealth.**

This page will help you track your multiple streams of income. Use the pie to track your sources of income by filling up the pie and adding the percent from each of your streams of income.

// Income

// Percentage

| | | |
|----|---|------------|
| 1 | <i>Photography ADP</i> | <i>35%</i> |
| 2 | <i>Real Estate Rental</i> | <i>20%</i> |
| 3 | <i>Stock Market</i> | <i>15%</i> |
| 4 | <i>Maya D Collection</i> | <i>10%</i> |
| 5 | <i>World Fitness Life</i> | <i>20%</i> |
| 6 | | |
| 7 | | |
| 8 | <i>What else can bring me income???</i> | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |



The goals section is where you'll write down your Top 3 goals that you want to achieve in the next 90 days. Your goals should be S.M.A.R.T: Specific, Measurable, Achievable, Relevant, and Time-based.

TOP 3 GOALS

// **What are your Main Goals** for the next 90 days?

1

I will earn \$100,000 from a combination of new contracts, a Kickstarter campaign, and new strategic investments.

2

I am easily going to buy a home in Point Loma, CA. I want it to be about 2500 square feet, with a pool. It should be in a good neighborhood.

3

I want to have compiled my best poems and be actively seeking a publisher, or even have a book deal!

Get social with your goals using the hashtag #Actionplanner

This section covers the most important part of goals setting: the why. Your motivation for each goal has to be strong and compelling. If your reasoning is not meaningful to you, it will be very hard to focus—that means you need to be real with yourself when you fill out this section.

WHY THESE GOALS

// What will motivate you to reach each goal?

1

I need the \$100K to hire the necessary staff to take my business to the next level. I've proven that my creative consultancy will work, but to really sustain a high quality of life for my family, I need to expand.

2

The new house will be bigger, which is important as our family is adding a new member! Also Point Loma is a safer neighborhood with better schools.

3

I feel like my poetry is communicating something that other books aren't doing. Also I can share my ideas with my community. And, of course, having a book out is a great way to prove to myself that my ideas matter!

This area is where you outline the steps to your goals. It's your roadmap, listing the specific route you'll take. So write down actions that you are willing to do to get nearer to your goals.

MAIN ACTIONS

// What will you do to achieve your goals?

1

I will improve sales by 20%
 Get 10 referrals from past clients
 Launch a Kickstarter

by
 by
 by 3/1
 by 1/15
 by 3/15
 by
 by
 by

2

Find a good real estate agent in Point Loma
 Work on the down payment for the home
 Look at banks & rates for the loan

by
 by
 by Next Week
 by 2/1
 by 1/15
 by
 by
 by

3

Get feedback on poems from an editor
 Talk to Claudia and Phuong about how they got their book deal
 Find 10 presses accepting poetry submissions

by
 by
 by Next Week
 by 1/15
 by 1/20
 by
 by
 by

This area is for you to get creative and sketch out your ideas, draft your passions, or doodle any brainstorm that for one reason or another will facilitate your productivity.

IDEAS

// What are you thinking about?

MORE SALES

MORE SALES

POINT LOMA BEACH
HOUSE on the beach

Home price \$700,000.00

10% Down

\$70,000.00

Closing cost

\$7500.00

Down payment need

\$77,500.00

Gym or CrossFit ???

This area is for you to have an overview for next week big or small.

WEEK // 2

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?
 What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--------|--------------------|----------------------|--------------------|
| | <i>Gym time</i> | | <i>GYM time</i> |
| | | | <i>Newsletter</i> |
| | | <i>Team</i> | <i>must be</i> |
| | <i>Meeting</i> | <i>Meeting, make</i> | <i>send today</i> |
| | <i>with ABC</i> | <i>sure to send</i> | |
| | <i>Corp about</i> | <i>agenda by</i> | |
| | <i>c-suite</i> | <i>9am</i> | |
| | <i>headshots</i> | | |
| | <i>for their</i> | | |
| | <i>March event</i> | | <i>Photo shoot</i> |
| | | | <i>and video</i> |
| | | | <i>production</i> |

// Last week's **wins & lessons learned:**

Good job being in focus when closing the deal with Jerry
Spend more time on the leads and spread sheet
Keep working with the team on the Photo production

In this area, write down how your past week went. What wins did you have? What lessons did you learn? Could you have done anything different or better.

AP

MONTH January

| THURSDAY | FRIDAY | SATURDAY | Notes |
|---------------------|-------------------|--------------------|-------------------|
| | <i>GYM time</i> | ↑ | <i>Maybe call</i> |
| <i>Focus on</i> | | | <i>Jerry w/</i> |
| <i>Hotels to</i> | | | <i>Thank You</i> |
| <i>get into the</i> | <i>Head shots</i> | ↓ | <i>for the</i> |
| <i>vendor list</i> | <i>for ABC</i> | | <i>Full Day</i> |
| | <i>Corp 180</i> | <i>Photo shoot</i> | |
| | <i>people</i> | | |
| | | | |
| | | | |
| | | | |
| | | | |

// Thoughts for next week:

Work on main system for the photography work follow
Work on staying focused on meetings and hotels
Newsletter content info for the next 2-3 weeks.
Podcast X Find someone that can help.

In this area, write down how what thoughts and ideas you have for next week, whether it's going to be clear for you to have a better week.

Start every day by using these pages to write the 3 things on your To Do list that day, the things that will get you closer to your goals.

DAY // 1

3 Actions Toward Your Goals

Date 1 / 15 / 18



- 1 Call 5 hotels & talk to catering office make sure to ask for director of catering
- 2 Start looking at homes in Point Loma. Look online and start by creating a online profile
- 3 Look for a robo invest company and open an acct

FOLLODO

Task under
2 mins

- FolloDo** is a unique word that was created so you can have your personal To Do list, work To Do list and your Follow-Up list for everything all in one place.
-
-
-
-

Less important
tasks

-
-
-

NOTES:

.....

.....

.....

.....

.....

// THE 8X8 RULE //

= 1/2 GALLON

DAY//2

3 Actions Toward Your Goals

Date 1 / 16 / 18

X^{fit}

1

2

3

FOLLODO

Task under
2 mins

- Follow up with Mark
- Set up time to talk to Carl
- Post on Instagram
- Pay studio rent
-

Less important
tasks

- Review orders that got mailed today
- Review inventory on Amazon
- Walk your dog (end of day)

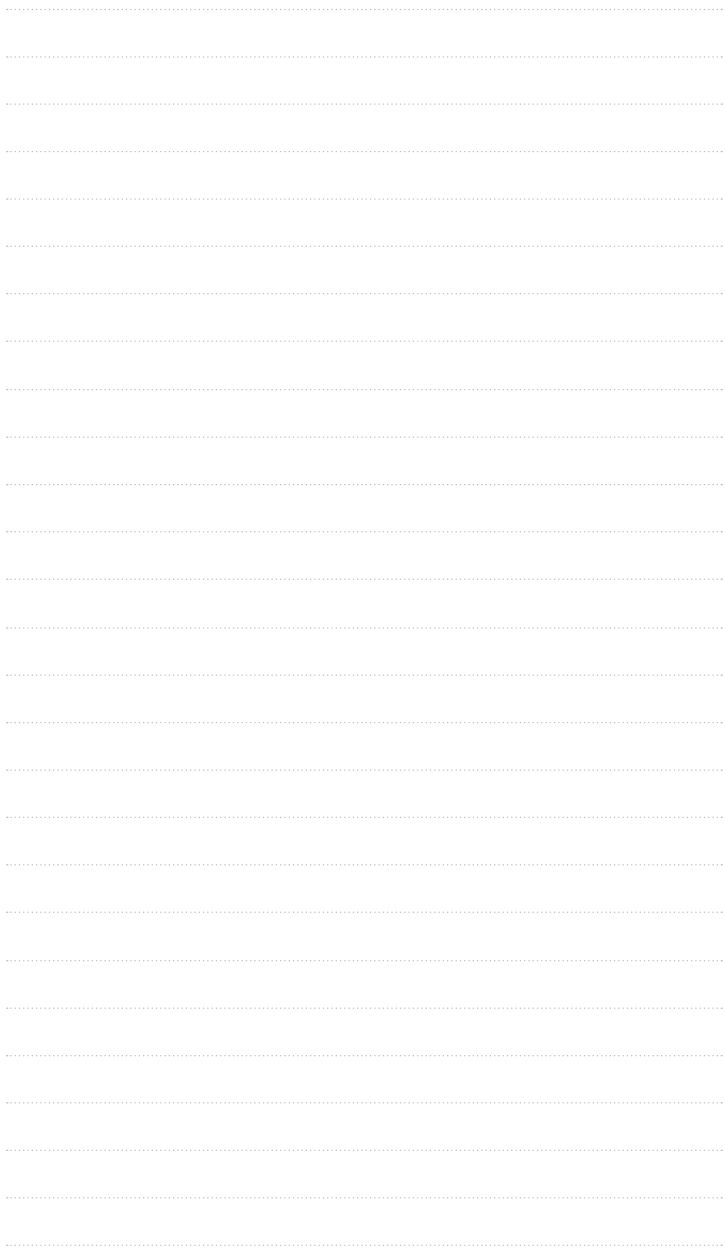
NOTES:

The health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon.

// THE 8X8 RULE //



= 1/2 GALLON



Let's
get
Started

90 DAYS

| | | | | | | |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| 43 | 44 | 45 | 46 | 47 | 48 | 49 |
| 57 | 58 | 59 | 60 | 61 | 62 | 63 |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 |
| 85 | 86 | 87 | 88 | 89 | 90 | |

AP

Action Planner

| | | | | | | |
|----|----|----|----|----|----|----|
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 36 | 37 | 38 | 39 | 40 | 41 | 42 |
| 50 | 51 | 52 | 53 | 54 | 55 | 56 |
| 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 78 | 79 | 80 | 81 | 82 | 83 | 84 |

FROM **TODAY**

THE PIE OF WEALTH

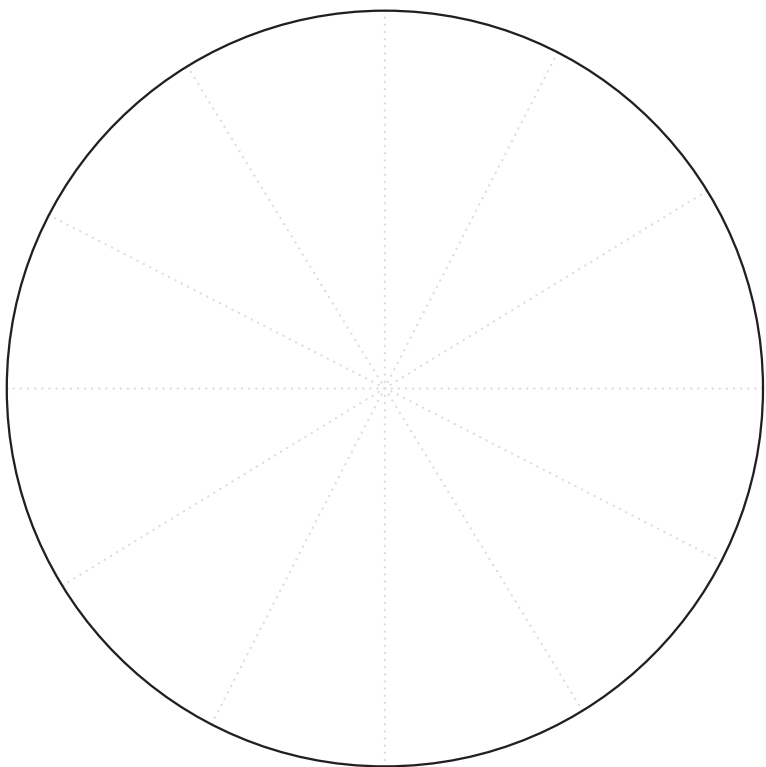
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This page will help you track your multiple streams of income. Use the pie to track your sources of income by filling up the pie and adding the percent from each of your streams of income.

// Income

// Percentage

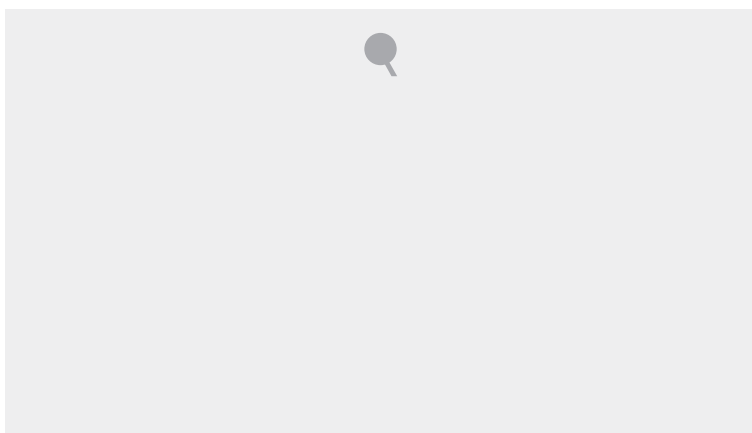
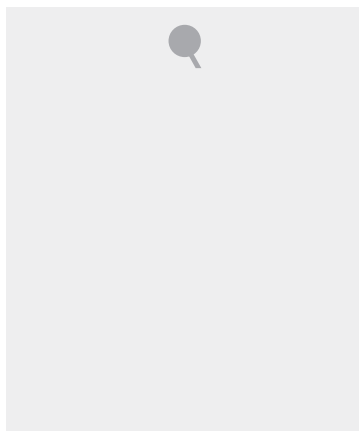
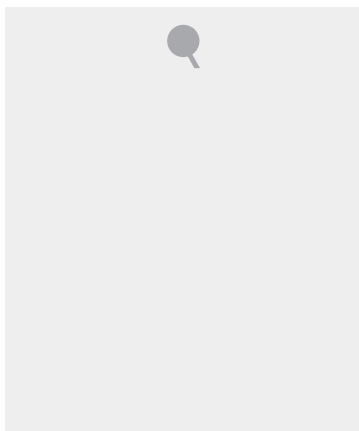
| | | |
|----|-------|-------|
| 1 | _____ | _____ |
| 2 | _____ | _____ |
| 3 | _____ | _____ |
| 4 | _____ | _____ |
| 5 | _____ | _____ |
| 6 | _____ | _____ |
| 7 | _____ | _____ |
| 8 | _____ | _____ |
| 9 | _____ | _____ |
| 10 | _____ | _____ |
| 11 | _____ | _____ |
| 12 | _____ | _____ |
| | | _____ |



VISION BOARD

Free your mind...

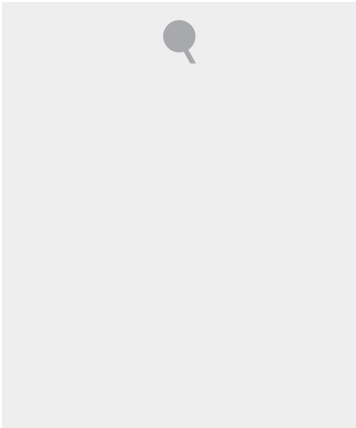
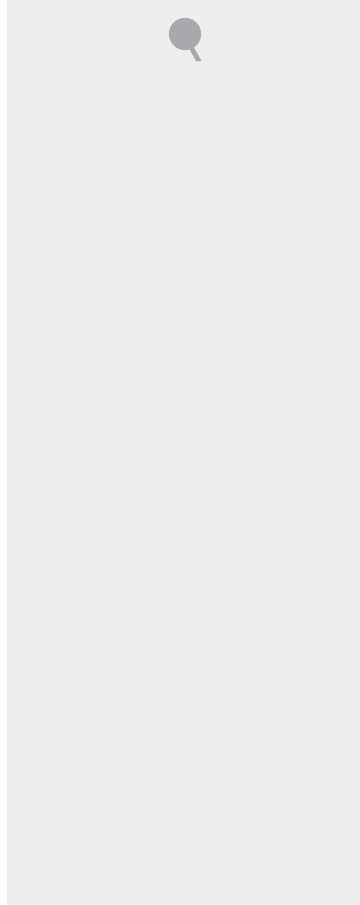
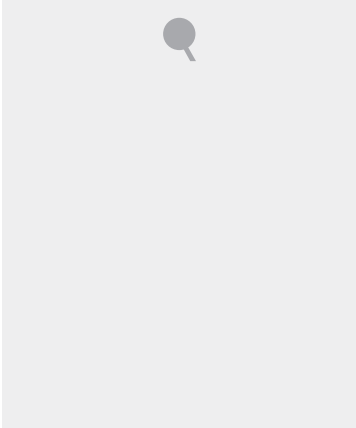
Think... Dream... Feel It... See it...



Now circle the Top 3 goals that you want to work toward in the next three months.

Imagine you have unlimited time and money. You can do whatever you want, go where ever you want, speak to whomever you want to in order to achieve your goals. Great! But what are your goals?

Brainstorm in the boards below. What are your big dreams? What are the small ones? Don't bother with the why and the how right now – just free write your best "blue sky" ideas, the goals that make you who you are.



You'll write them down on the next page and 90x will help you make it happen.

TOP 3 GOALS

// *What are your Main Goals for the next 90 days?*

1

2

3



WHY THESE GOALS

// What will motivate you to reach each goal?

1 _____

2 _____

3 _____

MAIN ACTIONS

// *What will you do to achieve your goals?*

1 _____ by.....
_____ by.....
_____ by.....
_____ by.....
_____ by.....
_____ by.....
_____ by.....

2 _____ by.....
_____ by.....
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3 _____ by.....
_____ by.....
_____ by.....
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_____ by.....
_____ by.....
_____ by.....

DAY//1

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//2

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 3

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//4

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**



DAY//5

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 6

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON



DAY // 7

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

**“Passion
is energy**

Feel the power
that comes from

focusing

on what
excites you

”

Oprah Winfrey

WEEK//2

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?

What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|---|--------|---------|-----------|
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| // Last week's wins & lessons learned: | | | |
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| | | | |
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AP

MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
|-----------------------------------|--------|----------|-------|
| | | | |
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| <i>// Thoughts for next week:</i> | | | |
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| | | | |

AP

DAY//8

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 9

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____  **AP**
_____ = **1/2 GALLON**

DAY // 10

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//11

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO



Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** // _____
_____  **AP** 
_____ = **1/2 GALLON**

DAY // 12

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//13

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE // **MP**

○○○○○○○○
= 1/2 GALLON

DAY // 14

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

**“A goal
properly
set
is halfway
reached
”**

Zig Ziglar

WEEK//3

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?

What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
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// Last week's wins & lessons learned:

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// *Thoughts* for next week:



DAY // 15

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//16

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON



DAY // 17

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//18

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:



// THE 8X8 RULE //



= 1/2 GALLON

DAY // 19

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 20

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:



// THE 8X8 RULE //



= 1/2 GALLON

DAY//21

3 Actions Toward Your Goals

Date

___/___/___

Xit

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

**“Do one
thing
every day
that
scares
you
”**

Eleanor Roosevelt

WEEK//4

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?

What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
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// Last week's wins & lessons learned:



MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
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// **Thoughts** for next week:

Area with horizontal dotted lines for writing thoughts for the next week.



DAY // 22

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//23

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:



// THE 8X8 RULE //



= 1/2 GALLON

DAY // 24

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 25

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:



// THE 8X8 RULE //



= 1/2 GALLON

DAY // 26

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 27

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:



// THE 8X8 RULE //



= 1/2 GALLON

DAY // 28

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

**“This one
step
choosing
a goal
and sticking to it
changes
everything
”**

Scott Reed

REWRITE YOUR GOALS

// *Your Top 3 Goals*

1

2

3

REWRITE YOUR ACTIONS

// *What will motivate you to reach each goal?*

1

2

3

AP 

WEEK//5

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?
What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
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// Last week's wins & lessons learned:

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MONTH _____

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// Thoughts for next week:

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DAY // 29

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 30

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins


- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

AP 

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//31

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 32

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○



NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 33

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 34

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

MP 

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 35

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

“ The people
who are **crazy**
enough to think
they can change
the world
are the
ones who
do
”

Steve Jobs

AP

MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
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// **Thoughts** for next week:

Dotted lines for writing thoughts for next week.



DAY // 36

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 37

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins


- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

AP ■

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 38

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 39

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○



NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 40

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//41

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

AP ■

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY//42

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

**“Define
success**

on your own terms,

achieve it

by your own rules,

& build

a life you're
proud to live.

”

Anne Sweeney

WEEK //7

// **Use this page to create an overview for next week.**

What big (and small) events do you have to look forward to?

What are you dreading? **JOT IT DOWN!**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
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// Last week's **wins & lessons learned:**



AP

MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
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AP

// **Thoughts** for next week:

DAY//43

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//44

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins


- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

AP 

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//45

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 46

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

AP ■

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //
○○○○○○○○
= 1/2 GALLON

DAY // 47

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//48

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

MP 

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY//49

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

“Without goals,
and plans to
reach them,

**you are
like
a ship**

that has set sail with
no destination
”

Fitzhugh Dodson

WEEK // 8

// Use this page to create an overview for next week.

What big (and small) events do you have to look forward to?

What are you dreading? JOT IT DOWN!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--------|--------|---------|-----------|
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// Last week's wins & lessons learned:

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DAY//50

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//51

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

AP ■

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //
○○○○○○○○
= 1/2 GALLON

DAY//52

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 53

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins


- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

AP ■

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//54

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 55

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

AP ■

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 56

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

**“It is our
choices**

that show
what we truly are,
far more than

**our
abilities”**

J.K Rowling

REWRITE YOUR GOALS

// *Your Top 3 Goals*

1

2

3

REWRITE YOUR ACTIONS

// *What will motivate you to reach each goal?*

1

2

AP



3

AP

MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
|-----------------------------------|--------|----------|-------|
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| // Thoughts for next week: | | | |
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DAY // 57

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 58

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO


Task under
2 mins

- _____ ○ **AP**
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 59

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 60

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○ **AP** ■
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY//61

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 62

3 Actions Toward Your Goals

Date

___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO

Task under
2 mins

AP 

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 63

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

“ I think goals should
never **be easy**
they
should
force you
to work,
even if they are
uncomfortable
at the time”

Michael Phelps

DAY // 64

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 65

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO



Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 66

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 67

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

1 _____ ○
_____ ○
2 _____ ○
_____ ○
3 _____ ○
_____ ○

FOLLO DO




Task under
2 mins

○ _____ ○
○ _____ ○
○ _____ ○
○ _____ ○
○ _____ ○

Less important
tasks

○ _____ ○
○ _____ ○
○ _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 68

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 69

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLO DO




Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 70

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

**“Believe
you can
and you’re
halfway there
”**

Theodore Roosevelt



MONTH _____

| THURSDAY | FRIDAY | SATURDAY | Notes |
|----------|--------|----------|-------|
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// Thoughts for next week:

Handwriting practice area with multiple horizontal lines.

DAY//71

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 72

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

AP 

FOLLO DO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY//73

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 74

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○



FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 75

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 76

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

MP 

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 77

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

“As an entrepreneur,
you **can**
always
find
a **solution**
if you try hard
enough
”

Lori Greiner

DAY//78

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 79

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

MP 

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 80

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 82

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ ○○○○○○○○○
_____ = **1/2 GALLON**

DAY//83

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

MP 

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 84

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

“If something is
important
enough,
**even if the
odds are
against
you,**
you should still do it
”

Elon Musk

DAY // 85

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 86

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

MP

FOLLODO

Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

// THE 8X8 RULE //



= 1/2 GALLON

DAY // 87

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 88

3 Actions Toward Your Goals

Date ___/___/___ **X**'it

- 1 _____ **MP**
- 2 _____
- 3 _____

FOLLODO


Task under
2 mins

- _____
- _____
- _____
- _____
- _____

Less important
tasks

- _____
- _____
- _____

NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 89

3 Actions Toward Your Goals

Date ___/___/___ **X**it

- 1 _____ ○
- 2 _____ ○
- 3 _____ ○

FOLLODO


Task under
2 mins

- _____ ○
- _____ ○
- _____ ○
- _____ ○
- _____ ○

Less important
tasks

- _____ ○
- _____ ○
- _____ ○


NOTES:

_____ // **THE 8X8 RULE** //
_____ 
_____ = **1/2 GALLON**

DAY // 90

3 Actions Toward Your Goals

Date ____/____/____ **X**'it

1 **AP** 

.....

2

.....

3

.....

FOLLODO

Task under
2 mins

.....

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Less important
tasks

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NOTES:

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// THE 8X8 RULE //



= 1/2 GALLON

CONGRATULATIONS ON ACHIEVING YOUR GOALS **YOU MADE IT!**

Write the goals that you've achieved.

How will you reward yourself for each accomplishment?

1

2

3

What is your reward for each goal you've achieved?

1

2

3

WHAT IS **NEXT FOR YOU?**

WHAT GOALS WOULD YOU **LIKE TO ACHIEVE** NEXT?

**THANK YOU FOR USING 90X ACTION PLANNER.
WITHOUT YOU, WE WOULDN'T EXIST.**

YOU are the one who made it happen and we hope that we were able to help you achieve your goals with our 90 day system. We would like to ask you for a favor: please email us at 90x@90xactionplanner.com and share your experience using 90X Action Planner.

Please let us know what you would like to see more of in the next 90X Action Planner—what helped you and what didn't? We want to make sure that the next 90X Action Planner will make it even easier to reach your goals and increase your productivity.

A series of horizontal dashed lines for writing.

Lined writing area with horizontal dashed lines.

A series of horizontal dashed lines for writing.

Lined writing area with horizontal dashed lines.

*I would like to thank all the people that
helped me bring 90X to LIFE.
Without you this would not be possible.*

*My wife Maya and my amazing kids Emmanuel,
Shaked, Leeam and Yarin.
Efy Weizman, Marc Garica, Vivian Wu
and Natalie Malul.*



Created in San Diego ~ Designed in Tel Aviv ~ Assembled in China

