

# 90-Day Goals for You & Your LifeWave Business

A goal is “a desired result or purpose toward which you are working.” Your mind will not reach toward achievement until it has clear objectives. Goal setting accomplishes three very important things:

1. Goals help you turn dreams into reality. Dreaming is necessary, but most of the time dreams are so vague that you can't get a handle on them. Goals help you turn wandering generalities into meaningful specifics.
2. Goals turn things you want ... into things to do. Map out a specific game plan. Once you decide what it is that you really want, work out a strategy for achieving it. Now you can develop a Daily Plan of Action.
3. Goals help you measure your progress. For example, when you set a goal to talk to four new prospects about your business each day, then you have a clear way to measure your success.

Pursuing worthy goals will help you expand and grow. Overcoming obstacles and achieving goals can give you a deep sense of fulfillment and happiness. However, planning to achieve your goals is not enough! You must want your goals badly enough that *you are willing to do whatever it takes!*

## 1. Health & Personal Development Goals

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## 2. Income Goals

Monthly within 90-Days \_\_\_\_\_  
A comma in your monthly \_\_\_\_\_  
A comma in your weekly \_\_\_\_\_  
Ultimate monthly income \_\_\_\_\_

## 3. Time & Investment Goals

Hours each day \_\_\_\_\_ Hours each week \_\_\_\_\_  
Upgrades: Core \_\_\_\_\_ Advanced \_\_\_\_\_ Premium \_\_\_\_\_  
Inventory for Sampling & Selling \_\_\_\_\_

## 4. Activity Goals

**Daily:** New Contacts \_\_\_\_ Videos Sent \_\_\_\_ Zoom Invitations \_\_\_\_  
3-Way Calls \_\_\_\_ Samples \_\_\_\_ Follow-up \_\_\_\_

**Weekly Enrollments:** Brand Partners \_\_\_\_ Customers \_\_\_\_

**Zooms and Events:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 5. Achievement Goals (Target Dates)

Manager \_\_\_\_\_ Director \_\_\_\_\_ Sr. Director \_\_\_\_\_  
Exec Director \_\_\_\_\_ Presidential \_\_\_\_\_ Sr Presidential \_\_\_\_\_