

YOUR 90-DAY
ABSOLUTE

yes

w o r k s h e e t



Setting goals is
the first step in
turning the
invisible into
the visible.

Tony Robbins

Not many people set goals. If you're someone who does, then you can count yourself among the minority. But an even smaller group still are those who actually achieve their goals. Why is this? Well, there are many reasons.

Some of us are great at knowing what we want but not very good at creating systems to make the necessary changes. Others of us are good at the day-to-day but can't really access what we truly want. Almost all of those who do set goals lose steam from time to time and need to be fired up to get on course. And on and on it goes.

So knowing this, how do we ACTUALLY do what is necessary to create the outcomes we want? How do we (as Tony Robbins asks in the above quote), make the invisible visible?

While I have lots and tips and tricks to answer that question, one tip stands out to me. We create and focus on a 90-Day Absolute Yes List!

Let me explain.



Many years ago I discovered the power of breaking down large goals into smaller increments. When I say I discovered it, I mean I found it worked for me. This wisdom has been around for millennium but I found out firsthand how powerful this small step could be.

During this particular time, I found if I committed to a small but potent list of goals I was juiced about for 90 Days, I could achieve unprecedented results. I called these 5 things my "Absolute Yes List" . . . meaning I was going to focus a lot of my attention toward these goals come hell or high water! And it worked! That summer I achieved EVERYTHING on my list! Without exception.

I contributed my success to these two factors:

First, a 90-Day (or 3 month) time period. 90 Days is enough time to allow for things to shift and see real results but short enough to require that we hit the ground running. I found I couldn't wait to get started. You can't drag your feet when you want to see results in only 3 months. 90 Days is the Goldilocks amount of time . . . it's Just Right!

Secondly, I only put items on the "Absolute YES List" that met two criteria: 1) they were immensely important to me at the time and 2) I had some juice or motivation to create the results. This didn't mean I didn't have any reservations or resistance at all but I had to have some juice or excitement about realizing this goal for it to make the list.

When I set goals in 90-Day increments (or quarterly goals) I was better able to focus my attention, break down my behavior (which lets face it, something's got to change if we want things to change) and stay motivated.



Tips to Create Your 90-Day Absolute Yes List!

Choose 3 - 5 things you will keep top of mind for the next 90 days. Many more than five and your attention will get too diluted.

Choose goals using the SMART methodology (Specific, Measurable, Achievable, Realistic, and Timely) This keeps you from setting goals which are too lofty, unclear, unrealistic, or nebulous.

Choose goals that, when complete at the end of 90 days, will bring you a high level of satisfaction or peace of mind.

Be sure you have GENUINE juice for these goals. It will not work to have a list of "shouldas" you aren't excited or motivated by.

Focus on what you will do NOT on what the outcome will be. For example, you may want 1000 new followers on Instagram but you have no real control over this. You DO have control over what and when you post. So your Absolute Yes may be "Daily posts on Instagram, experimenting with different times of day and styles of post with a goal of 1000 new followers."

In addition to stating what you will commit to, go a bit deeper and uncover/write down WHY this is important to you. This will be the fuel if and when your motivation begins to wane.

Put these in different places in your life: your planner, your bathroom mirror, next to your coffee pot or your screen saver.

Lastly, at least once a week, ask yourself "What do I need to do this week to bring me closer to my Absolute Yes? Then you schedule it in your planner.

You'll find an example worksheet and blank worksheets on the following pages.

90 Days of Purposeful Living

From July 1, 2021 To Sept 30, 2021

My Health

I COMMIT TO

I will eat healthy (lean meat, veggies and low carb) 90% of the time. Goal: lose 15 pounds

WHY I WANT THIS

I want to be able to wear everything in my closet and feel good on vacation.

My Podcast

I COMMIT TO

Create the system and operating procedures for having guests on my podcast. Goal: record 15 episodes with guests.

WHY I WANT THIS

To expand my reach and message into other's communities and continue to be of service to help people LOP

Morning Practice

I COMMIT TO

To get up no later than 6 AM and do the following: affirmations, mediation, visualization, read and journal.

WHY I WANT THIS

To begin my day on a positive note so I can move through it centered and connected to Source energy.

Exercise

I COMMIT TO

Exercise 5 times a week for at least 30 minutes: swim, walk, weights or gym

WHY I WANT THIS

I want to be a vibrant, healthy person so that I can enjoy life even more!

Home: Garage

I COMMIT TO

Reorganize and declutter the garage.

WHY I WANT THIS

I love to walk through an organized space. It brings me peace and satisfaction. Create literal and metaphorical space for more goodness to come into my life.

Social Media Presence

I COMMIT TO

Create and adhere to my social media and content calendar

WHY I WANT THIS

This allows me to broaden the reach of my business and for me personally. Connecting with others juices me!

Example

90 Days of Purposeful Living

From _____ To _____

I COMMIT TO
WHY I WANT THIS

I COMMIT TO
WHY I WANT THIS

I COMMIT TO
WHY I WANT THIS

I COMMIT TO
WHY I WANT THIS

I COMMIT TO
WHY I WANT THIS

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WHY I WANT THIS

90 Days of Purposeful Living

From _____ To _____

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90 Days of Purposeful Living

From _____ To _____

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WHY I WANT THIS

I hope you keep asking yourself how you can live On Purpose!

I'm here to help you keep moving in the direction of the life you want. As you've probably figured out, I'm passionate about helping individuals, leaders and teams stop just "showing up" and start performing so they can create real momentum and better results.

WE CAN STAY IN TOUCH A FEW WAYS :

- Become a member of my "**Design Your Life On Purpose**" Facebook Community! It's for people who don't want to settle. That's you, right?
www.cherihoneycutt.com/facebookcommunity
- Listen to my podcast "**Design Your Life on Purpose**". Apple, Spotify and More.
- Check out my books. Yes, I wrote them under a different name (Cheri Britton) but they're still packed with good ideas to help you live On Purpose! "**BOOM Thinking: The Gutsy Guide to Break Out of Old Mindsets**" and "**Work Your Buts Off!: A 30 Day Program to Help You Eliminate Excuses and Get Your Buts Off the Couch!**"

About Cheri

I'm a question asker, "but" kicker and I see possibility at every turn. I believe you can have the life, the team, and the business you really and truly want if and when you live *On Purpose*?

I'm hell-bent on helping people design the life they have always intended to live. I want to shout it from the top of tall buildings, "Wake up! Stop living by default! It's time to live the life you REALLY want!" I believe all of us have a purpose to fulfill and we gotta live ON PURPOSE to bring that to fruition.

I'm passionate about this because I've spent way too many years just getting by, drifting along, second guessing myself and not having much of what I wanted. Or so it seemed. In truth, in those "not so hot" years I was in fact crafting a plan to live my purpose and have the life I really wanted. I was designing my ideal life and now I want to help others do this too.

For over 20 years I've been offering individual and group coaching, providing professional facilitation & training for healthcare and learning communities, keynotes and retreat experiences. To contact me or learn more visit www.cherihoneycutt.com.

