

90-Day Momentum Plan

Whether you're building a business or building a life, this page is for you.

Intention is not reserved for spreadsheets and strategy decks. Your life deserves the same clarity you give your work.

Where am I starting from?

Be honest. No one is grading this.

My Intentions

Use the prompts below for each interval. Business goals, personal goals, life goals — all of it belongs here.

30 Days

What I want to be true by then

60 Days

What I want to be true by then

90 Days

What I want to be true by then

What I need to make it possible

What I need to make it possible

What I need to make it possible

Who will hold me accountable?

Name someone in this room, in your life, or in your mirror.

My first step — this week

Not next month. This week. What is the one thing?