

# DO THE DANG THING!

Date: \_\_\_\_\_

It is (insert date 90 days from today), \_\_\_\_\_  
and I have...

*Now finish the sentence with as much detail as possible.*

What are 5 *things* that you could do  
over the next 90 days to get you to what you just  
envisioned?

Out of those 5 things, what is the #1 'Dang Thing' that you need to prioritize?

**S** Specific → What do you want to achieve?

**M** Measurable → How will you track your progress?

**A** Attainable → How can you reach your goal? (3 action seps)

**R** Relevant → Why is this goal important?

**T** Timely → When will the goal be accomplished?  
**90 DAYS!**

Who is holding you accountable?

In 90 Days I will

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x

