

**Focus On Your  
Next 90 Days:  
Take Charge Of  
Goal Setting In  
Your Business**

*Jenn Renee Consulting*



## HELLO THERE!

As entrepreneurs, we're great at dreaming up big ideas and starting new projects. But we're not always so great at following through with those plans! Entrepreneurs that successfully create momentum in their business are often the ones that focus on projects within 90 day time frames, which seems to be the sweet spot for productivity and success. 90 days is long enough to complete a project or make huge progress towards completion, but it's not long enough to get distracted or bored. So many experts in this field have written books or talked about this, and it really works!

The following guide is how to learn to have 90 day projects to get our best business year completed!  
Let us Begin!

- Jenn -

# STEP ONE: THEMES

---

IF YOU'VE STRUGGLED TO STAY FOCUSED FOR 90 DAYS ON ACHIEVING A GOAL, THEN CHOOSING A CORE THEME FOR YOUR 90 DAYS SPRINTS WILL HELP YOU START TO SEE AMAZING MOMENTUM. WHEN YOU CHOOSE A THEME, ALL OF YOUR GOALS ALIGN WITH THAT PURPOSE AND YOU'LL SEE AN EXPONENTIAL RETURN ON YOUR TIME AND ENERGY INVESTMENT.

FOR EXAMPLE, IF YOU'RE AT THE STAGE OF YOUR BUSINESS WHERE YOU JUST NEED TO GET IT OUT THERE INTO THE WORLD, THEN VISIBILITY WOULD BE A GREAT THEME. YOUR GOALS AND ACTIONS FOR THE NEXT 90 DAYS WOULD BE PRIMARILY FOCUSED ON FINDING NEW OPPORTUNITIES TO GET IN FRONT OF NEW AUDIENCES AND SHOWING UP CONSISTENTLY FOR YOUR EXISTING AUDIENCE.

---

So take some time to think of the theme you should focus on throughout the next 90 days. What needs to be addressed urgently? What does your business really need right now? Write your theme below and commit to focusing on that for the next 90 days.

# STEP TWO: CHUNKING

---

YOUR 90 DAY GOALS SHOULD BE THE MILESTONES TO YOUR BIGGER GOALS FOR THE YEAR. FOR EXAMPLE, YOUR 12 MONTH “BIG PICTURE GOALS” COULD BE:

- Growing your business to \$100,000 annual revenue
- Creating and launching a new group coaching program
- Growing your email list to 5,000
- Publishing weekly podcasts
- Hiring a virtual assistant

YOU PROBABLY HAVE A LOT MORE GOALS IN MIND, BUT PICK THE TOP 5 THAT YOU WOULD REALLY LIKE TO ACCOMPLISH THIS YEAR AS EVERYTHING WILL TAKE SOME WORK TO BUILD UP TO.



WE'RE THEN GOING TO BREAK THESE BIG GOALS UP INTO 90 DAY CHUNKS. SO BASED ON THESE EXAMPLES, THE 90-DAY GOALS COMING OUT OF YOUR BIG PICTURE GOALS COULD BE:

- We know that we want to make six figures this year, so we're going to start by generating \$5,000 of baseline revenue per month. This is recurring revenue that can come from payment plans, consistent clients etc.
- We're going to break down the goal to add 5,000 email subscribers by focusing on adding 1,000 subscribers.
- We're going to create a brand new irresistible freebie to grow the email list.
- We're going to publish 13 weekly podcast episodes, on track to publish 50 by the end of the year.

# STEP TWO: CHUNKING

---

START BY LISTING 3-5 GOALS FOR THE NEXT 12 MONTHS

1

2

3

4

5

# STEP TWO: CHUNKING

---

NOW CHUNK THOSE INTO 90 DAY GOALS

1

2

3

4

5

# STEP THREE: STEPS

Once you have your 3-5 goals to focus on for the next 90 days, it's time to grab a pack of post-its and start brainstorming all of the action steps to make that goal a reality. Post-its will come in really handy later on when we start to put these into our calendar. They also help you to just get into the brainstorming process, where you're free to think of absolutely everything you can do and all the action steps you can take to make that goal happen. So grab your post-its and a pen and let's start planning! Use the below space to brainstorm if you need it.

This a system that you can just rinse-and-repeat, so take each one of your goals and brainstorm the action steps you need to take in order to make that a reality. Once you've come up with all the tasks, list them down below.



# STEP THREE: STEPS

2

---

3

---

4

---

5



## SO HOW DID IT GO?

So we just covered 90 day goal setting in your business.

WHEW!

I know how overwhelming that it can be to set so many goals but it helps in focusing your energy and attention on solid action steps instead of being in a constant state of panic. Think of how great it will feel when you can start making REAL progress with your business. How proud you will be when you can look back and see how much you have grown both personally and professionally.

I am here to help get those goals achieved. I would love to hop on a free 30 minute strategy call to learn more about your business specifically and give you some additional guidance on goal setting and intention goals.

- Jenn -