

The 90 Day Sprint

Millionaire
SUCCESS
Habits

So here's how to start a small, doable sprint. I bet you can imagine doing anything for 90 days. It's a tiny slice of your life; think of it as a testing period where you'll see results that will become addicting. So let's break it down to 90 days—what I like calling a sprint. Go ahead and imagine it's 90 days from today, and you've made some astonishing shifts in your life. Follow the process I shared in chapter one. What does the greatest 90 days of your life look like? You can focus on income or career and you can also project these 90 days on any area of your life. To help give you even more clarity on how to do this sprint, answer the following questions in writing from the perspective of 90 days in the future looking backwards:

What specifically happened during the past 90 days? What has changed in your job, your business, your relationships, and your community?

What success habits have you introduced into your life; what habits did you replace that weren't serving you well?

How did you get those new success habits in your life; what actions did you take to make things happen; what did you say or do that created this change?

With all the positive shifts and accomplishments, how do you feel emotionally? What level is your confidence at, your happiness and who do you see when you look in the mirror?

Who are you spending more time with and who less?

What is your state of mind like? What are you grateful for?