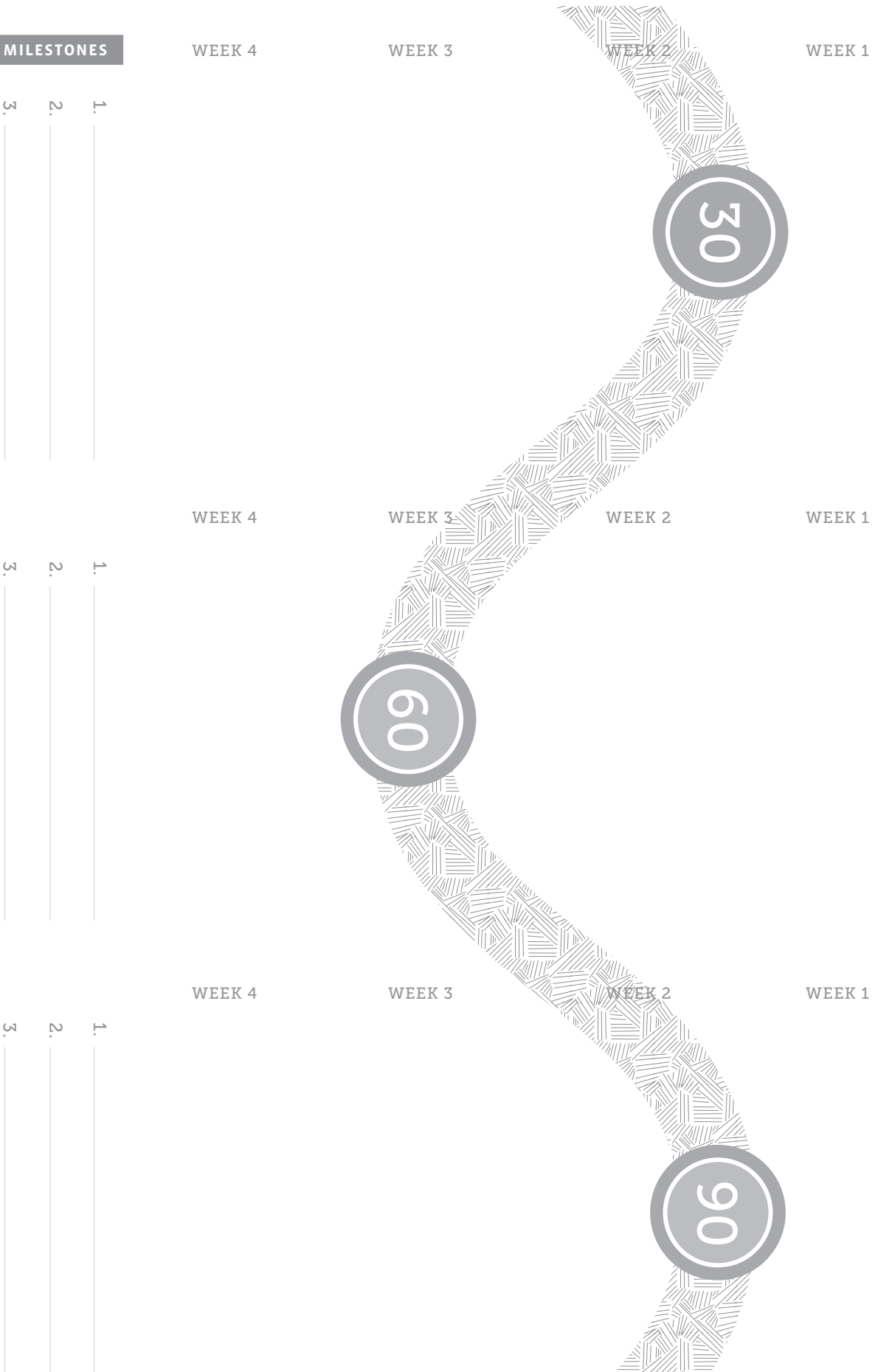


Transfer your 30-day milestones from the 90-Day Timeline to the 30/60/90 Plan. Then, use sticky notes and write out the tasks you must do each week to stay on track to accomplish each milestone.



**MILESTONES**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_