

the season of you

season blueprint

Instructions: This is your master document for the next 90 days. Keep it somewhere visible. It is the single point of truth for what you are doing and why you are doing it.

The Container

Season Name

Start Date

End Date (Day 90)

The Core

My Anchor Goal (Specific, measurable, applicable to your real life.)

The feeling I'm chasing by achieving this is:

The Guidelines

These are the non-negotiable binary guidelines that will get you there.

Guideline #1

Guideline #2

Day Zero Checklist

I have completed the
Current Reality Audit.

I have run my guidelines
through the binary test.

I have my 90-Day
Tracker open and ready
to use.

I have scheduled 15 min
every Sunday for my
Weekly Scouting Report.

I have communicated
my boundaries to the
people who need to
know.

1

2

3

4

5

Commitment: I am not trying to change my whole life overnight.

I am executing this specific blueprint for 90 days. I will rely on the mechanics, not my willpower.

Signature

Date