### **Next Dimensions Life Group**

Questions to consider as you start your day

What energy do I want to vibrate at today?

What vibe do I want to send out into the universe?

What do I want from the universe (God) today?

# What I Want My Vision 90 day mission 12 month goal Notes

Action	
What do I need?	
What do I need to do?	
What could hold me back from taking action?	
NAME and I do to story forward?	
What can I do to stay focused?	

My flow state environment?
My flow state technique?
Notes:

Who Am I
Who am I right now?
NA/ha da linaad ta baaayaa ta yaasiya yay gaal/a)?
Who do I need to become to receive my goal(s)?
Who will I become because I achieved my goal(s)?
Notes:

### **My Habits** What habit(s) do I have that serve me? What habit did I replace? Old Habit **New Habit** What habit will I replace? **New Habit** Old Habit

What habit(s) do I want?

Success Reflection	
How did I get where I am today?	
	_
What have been my successes?	
what have been my successes:	
	_
What did I do to achieve prior successes?	
What did I do to achieve prior successes?	
	-
Who did I become in the process?	

### **Buffet Ideas List**

As our awareness rises, creative ideas start flowing. While some of those ideas are for now, most of them are for the future, and some ideas are to give away to someone else. Use this page to store your buffet and come back to them later.

### Column:

Now/Future/Others - is this idea is for now, for the future or for someone else Which area of life?/Who? – which area of life is the idea for (spiritual/relationship/financial/

Now /Future /Others	Which area of life? / Who?	What are ideas that I would like to take action on?

Opportunities What opportunities were presented to me that adds to my buffet and impacts my mission?
What will I eat?
How will this opportunity help me with my 90 day sprint?
Is this decision something I will take action on within 7 days or I'm just adding to my plate for later?
Who can I call to help me be rational with this opportunity?

### My Numbers

What are the numbers that I want to achieve by the end of the year?

Area of life	Numbers (Dollars / Clients / Weight)

Divide the Numbers by 11 months / 52 weeks / 325 days

Goal [	Monthly	vveekiy	Daily	Activity

### My 90 Day Numbers

What are the	numbers that	I want to achieve	hy and	of an days 2
what are the	numbers mac	i wani to acineve	by end	or 90 days?

Area of life	90 Day Numbers (Dollars / Clients / Weight)	Weekly Numbers
Alea of file	30 Day Numbers (Domais / Chemis / Weight)	Weekly Numbers

### What are my numbers at the end of each week?

Week	Area of life	Activity	Weekly Numbers
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Notes		

My Plan					
What's my 90 day pla	n?				
What are the task I no	eed to do in 90 days?				
What are the task I need to do in 90 days?  Task		How much time do I have to invest to complete?		Who needs to or  Due Date	
				can do the task?	
Who do I need?	Why?		What do I need?		
who do rheed.	vviiy:		What do the		

What decisions did I have to make for 90 days so I can focus on my 90 day sprint?				
What is one weakness that I have that could keep me from taking action?				
What can I do to make the weakness my new found strength?				
Notes				

## Weekly Reflection Looking at my schedule and activities, where did I spend my time? How much time did I spend on the different areas of life? How much time did I focus on my goal? What were my challenges / obstacles? How did I get through my challenges / obstacles? What distraction(s) did I have? What can I do to replace the distraction with focus?

What did I learn about Myself? What are my new awareness's?				
Vhere do I have opportunities to grow?				
Notes				

What do I want to share at the Next Dimensions Life Group session?				
What do I need to talk through? What stumbling blocks did I have?				
What are my successes?				

Notes	