

# 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

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## 90 day mission

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## 12 month goal

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## Notes

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## Action

What do I need?

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What do I need to do?

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What could hold me back from taking action?

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What can I do to stay focused?

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## Who Am I

Who am I right now?

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Who do I need to become to receive my goal(s)?

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Who will I become because I achieved my goal(s)?

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# My Habits

What habit(s) do I have that serve me?

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What habit did I replace ?

Old Habit	New Habit

What habit will I replace?

Old Habit	New Habit

What habit(s) do I want?

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## Success Reflection

How did I get where I am today?

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What have been my successes?

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What did I do to achieve prior successes?

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Who did I become in the process?

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## Opportunities

What opportunities were presented to me that adds to my buffet and impacts my mission?

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What will I eat?

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How will this opportunity help me with my 90 day sprint?

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Is this decision something I will take action on within 7 days or I'm just adding to my plate for later?

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Who can I call to help me be rational with this opportunity?

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# 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	Weekly	Daily	Activity

## My 90 Day Numbers

What are the numbers that I want to achieve by end of 90 days?

Area of life	90 Day Numbers (Dollars / Clients / 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			

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What decisions did I have to make for 90 days so I can focus on my 90 day sprint?

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What is one weakness that I have that could keep me from taking action?

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What can I do to make the weakness my new found strength?

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## 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?

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What were my challenges / obstacles?

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How did I get through my challenges / obstacles?

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What distraction(s) did I have?

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What can I do to replace the distraction with focus?

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