

HEALTHY WEALTHY AND WISE™ COACHING PROGRAM

90 Day Momentum Planner

Financial Goals

1.1 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.2 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.3 OBJECTIVES:

What specific **action steps** can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?

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Emotional Goals

1.4 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.5 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.6 OBJECTIVES:

What specific action steps can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?

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Physical Goals

1.7 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.8 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.9 OBJECTIVES:

What specific action steps can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?

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Spiritual Goals

1.10 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.11 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.12 OBJECTIVES:

What specific action steps can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?

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Professional Goals

1.13 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.14 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.15 OBJECTIVES:

What specific action steps can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?

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Relationship Goals

1.16 OBSTACLES:

What obstacles could prevent you from achieving your goal? (List as many as possible)



1.17 SOLUTIONS:

What specific action steps can you take to remove each obstacle?

1.18 OBJECTIVES:

What specific action steps can you take to make this goal happen?

What feelings can lead you to achieve this goal?

What can you do on a daily basis to feel this way?

What can you think on a daily basis to feel this way?