

# *Your 90 Day Goal Sheet*

What are 3 professional and 3 personal goals you'd like to accomplish in next 90+ days of 2022? What are 2 action steps per goal, that you could take to move in that direction?

As you are writing your goals, you may want to ask yourself questions such as:

**What do I want in my life that I do not have right now?  
What do I want to have more or less of?**

**Professional Goal:**

- Action step 1:
- Action step 2:

**Professional Goal:**

- Action step 1:
- Action step 2:

**Professional Goal:**

- Action step 1:
- Action step 2:

**Personal Goal:**

- Action step 1:
- Action step 2:

**Personal Goal:**

- Action step 1:
- Action step 2:

**Personal Goal:**

- Action step 1:
- Action step 2:

