



GROWTH GRID

The 90 Day Commitment Action Plan

You are only a view steps away from the biggest transformation of your life!

What's the process?

For growing companies, launching products, building big businesses or incomes, staying in peak physical fitness, or achieving massive results, the 90-Day Commitment is broken down into what each calendar year could look like. Success is rarely as simple as 1-2-3, and it rarely works out to be precisely seven days of this or thirty days of that. However, numbers like that allow certain behaviors to be tied to specific periods of time. The process is broken down into twelve equal weeks and three post-process recovery weeks.

The annual 90-Day Commitment formula looks like this:

Quarter 1

90 Day
Commitment

Quarter 2

Post 90 Day
Commitment

Refresh
Regroup
Recharge

Quarter 3

Post 90 Day
Commitment

Quarter 4

Post 90 Day
Commitment

Refresh, Regroup
Recharge, Plan, DO, Review
and adjust with ALL-Out
Intensity and Focus

WEEK 1

Activity 1

Identify up to 3 clear objectives

Activity 2

Determine daily habits and schedule changes

Activity 3

Determine appropriate daily behaviors and activities

Activity 4

Identify the top two or three critical behaviors or activities that are required to achieve your objectives

WEEK 2

Go a full week implementing your chosen behavioural and activity changes. Review what's working and what's not at the end of the week and adjust as needed. Develop a tangible or verbal action to do or say to yourself when you want to quit during the 90-Day Commitment. Follow the "Plan, Do, Review, and Adjust" formula.

WEEK 3

Increase the intensity of daily activities. Identify schedule gaps and fill them with behaviours and activities that support your objective. Confirm your schedule indicates focus on the critical few, not the trivial many. Follow the "Plan, Do, Review, and Adjust" formula.

WEEKS 4 - 12

Be at full intensity, all-out behaviour.
Assess your attitude and have a provision to keep you engaged when you want to quit the 90-Day Commitment.

Commit to having no schedule gaps.
Remove all distractions from your objective.
Confirm your schedule indicates focus on the critical few, not the trivial many.
Follow the “Plan, Do, Review, and Adjust” formula.

Follow this annual formula for one year, and your life will never be the same. Your finances will never be the same. Your career will never be the same. Your health and fitness will never be the same.

The Post-Commitment Plan is very strategic to your success and, done right, will solidify your efforts and results during the 90-Day Commitment and give you the stamina, desire, and energy you need to follow the annual 90-Day Commitment formula.

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