

The 100-day plan was adapted from Leader Breakthru (leaderbreakthru.com) and ideas, paradigms, and concepts from the teaching of Dr. J. Robert Clinton. (www.bobbyclinton.com)

MOVE YOUR INSIGHT TO NEW BEHAVIORS

- How you respond in the next 100 days will be crucial.
- New insights, learning, and self-discovery must turn to action to see sustained breakthroughs.

WHY THE 100-DAY PLAN?

We've all been in times of great inspiration and motivation, but without a clear action plan, new insights and learnings will remain only as great ideas. You've discovered and invested too much to turn back now. Now is the time for forward progress and change. The length of 100 days gives enough time for real change and attainable goals to be implemented.

WHAT IS IT?

A 100-day plan is an action plan to guide you through the first few crucial months of implementing new insights into your life. Simply put, it's a plan to be intentional about what is most important to you.

First, recognize one primary goal to pursue, then take small tangible steps to follow through. Small wins will create momentum in this new area of breakthrough and will catalyze you for more. So often, as leaders, we get passionate about pursuing something, yet life can get busy and in the way. This plan will help you create achievable, focused, and tangible goals for you and by you.

THE POWER OF "ONE"

For the next 100 days, focus on one thing and go after it ruthlessly.

ONE KEY INSIGHT	----->	DISCOVERED
ONE GOAL	----->	INITIATED
ONE CHANGE	----->	IMPLEMENTED

BRAINSTORM

Based on key insights or new perspectives you've gained from your coaching, list a series of potential goals you may consider implementing in the next 100 days.

- > _____
- > _____
- > _____
- > _____

ONE GOAL TO BE INITIATED

What is one achievable, focused, and tangible goal that you are committing to in the next 100 days?

THE PLAN*

FOCUS: Break down your one goal into tangible, smaller steps.

Day 1 - 10: _____

Day 11 - 30: _____

Day 31 - 60: _____

Day 61 - 90: _____

Day 91 - 100: _____

100 days from today / /

*We recommend a minimum of two check-in sessions with your coach during your 100-day plan.

BRAINSTORM

Based on key insights or new perspectives you've gained from your coaching, list a series of potential goals that you may consider implementing in the next 100 days.

- > Prioritizing my time to slow down to be present with God and myself to find rest
- > Intentionally pursue deeper relationships with my family and close friends
- > Focusing on what's best for me and saying "no" to good opportunities
- > Complete marketing strategy to launch in Quarter 3 next year

ONE GOAL TO BE INITIATED

What is one goal that is achievable, focused, and real that you are committing to in the next 100 days?

Focusing on what's best for me and saying "no" to good opportunities

THE PLAN*

FOCUS: Break down your one goal into tangible, smaller steps.

- Day 1 - 10: Assess what's on my plate: where am I over-extended in my time and energy?
- Day 11 - 30: Schedule one day a week to rest, and do things I enjoy (ex. drawing, sports, reading, etc.)
- Day 31 - 60: Identify ways to step back from activities, demands, or relationships that drain me
- Day 61 - 90: Create a "yes" & "no" list according to my values and priorities for future decision making
- Day 91 - 100: Reflect on the past 100 days and celebrate what I have done well - time to celebrate!

100 days from today

8 / 27 / 2023