



SAMPLE SAMPLE SAMPLE

TRANSFORMATIONS

IN 90-DAYS!

A SERIES OF 90-DAY STRATEGY & GOAL
PLANNING TRANSFORMATION GUIDE

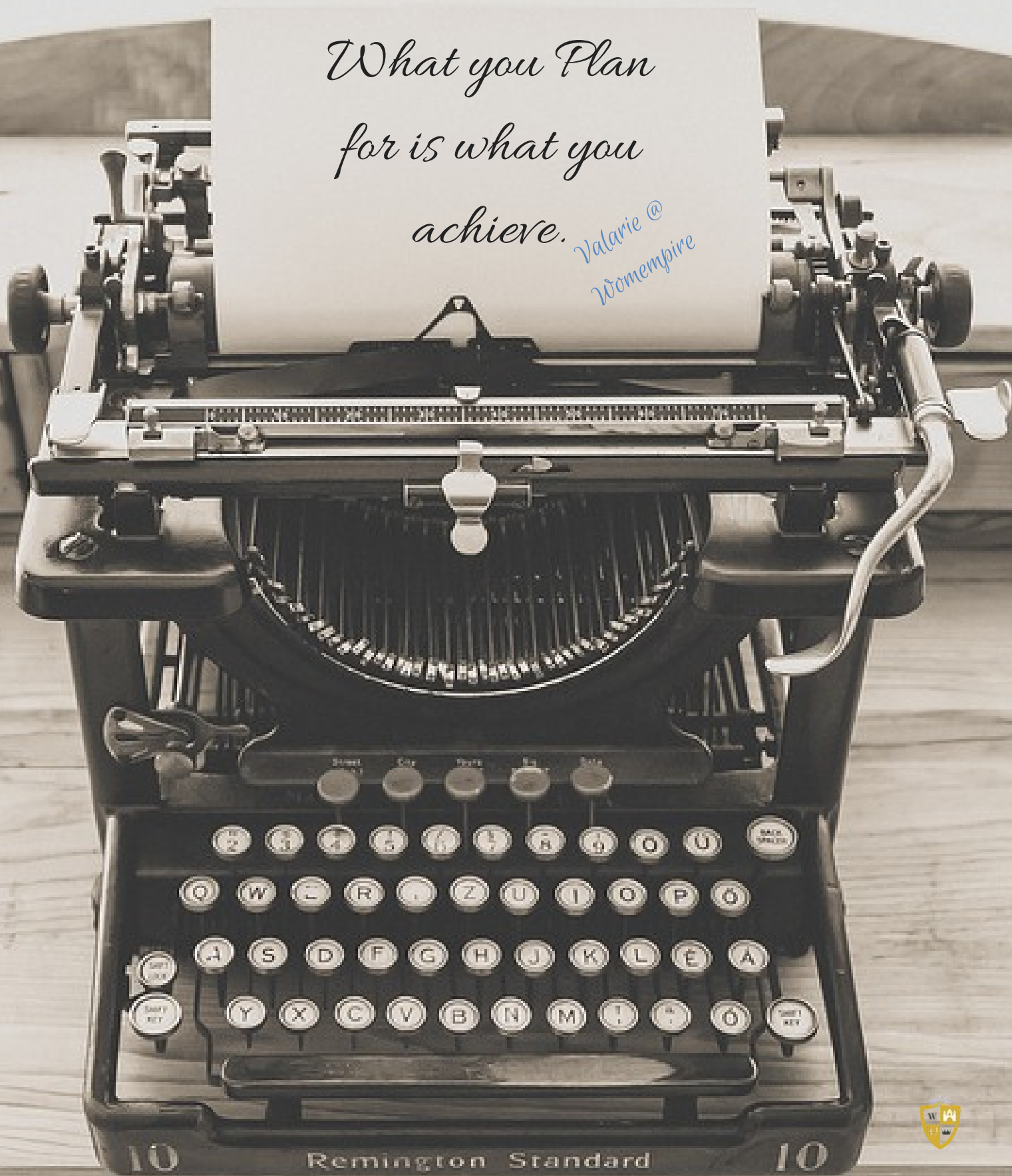
THE ACTIONABLE PLANNING SYSTEM TO GAIN MORE LIFE
SUCCESS, REMOVE STRESS & GROW YOUR CONFIDENCE

Womempire Publications



*What you Plan
for is what you
achieve.*

*Valarie @
Womempire*



T A B L E O F C O N T E N T

W O M E M P I R E

YOUR PATH TO SUCCESS

Content for the 90 Day Life Transformations Workbook

ONE

- SO WHAT'S IS THE LIFE GPS WORKBOOK?

TWO

- USING THE POWER OF YOUR MIND

THREE

- MAKE BETTER DECISIONS - CHEAT SHEET AHEAD

FOUR

- WHY HABITS ARE IMPORTANT & HOW TO FORM THEM

FIVE

How To Overcome Obstacles

SIX

Goal Obstacle Worksheets

SEVEN

Goal & Strategy Planning Worksheets

EIGHT

Measure Your Progress

NINE

Personal Calendar For Your 90-Day Planning cycle

CREATE THE
SUCCESS YOU
WANT IN LIFE



WWW.WOMEMPIRE.ORG | CONTACT@WOMEMPIRE.ORG

purpose & plan.

Define your purpose & plan to make it happen!

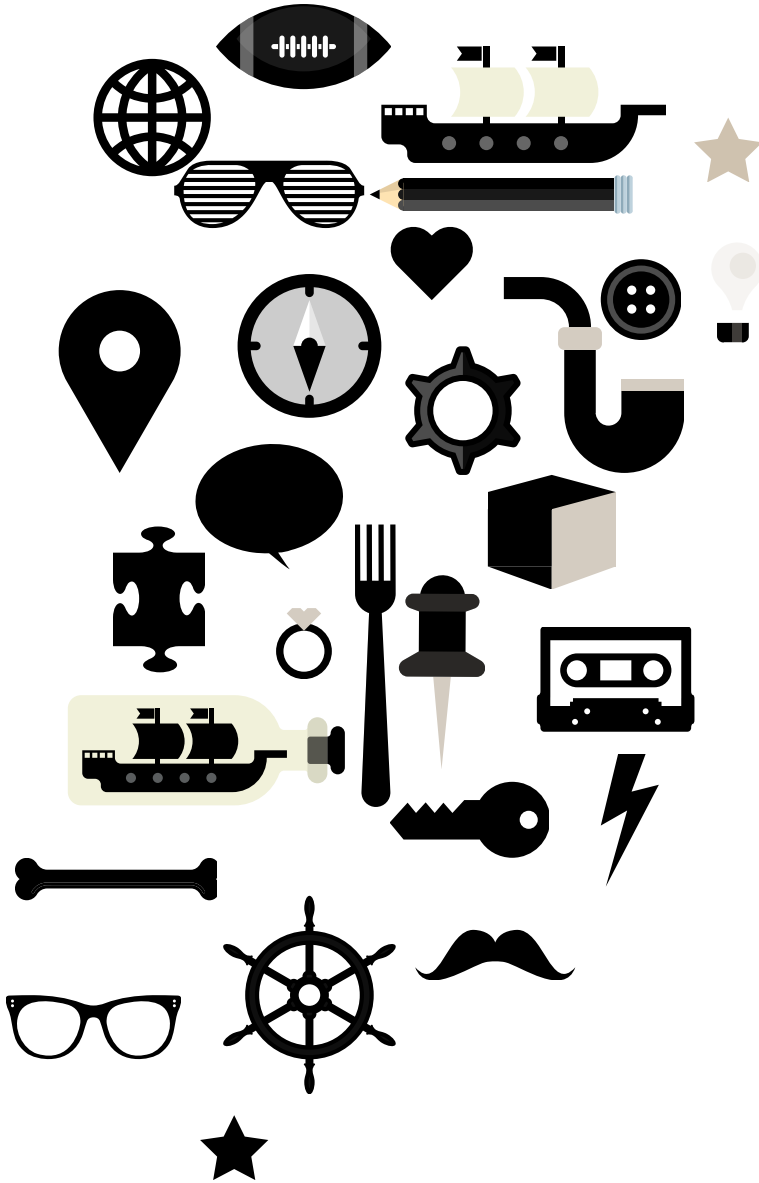
In order to build the life you desire, to create the world you deserve, you have to decide exactly what you want, how to get it and then go for it.

So, get a full cup of your beverage of choice and get in a quiet place. Now for the fun part, just dream – envision what you would like your world to look like, next year and in the years to come. Then start planning. Set goals, measure, assess where you are, if needed, set new goals and continue to move forward.

Become who you want to be & was purposed to be!

Be Blessed & Be Well. Be Safe.

Valarie @ Womempire



Chapter 1

so what is the 90 Day Transformation Workbook?

(what can you expect)



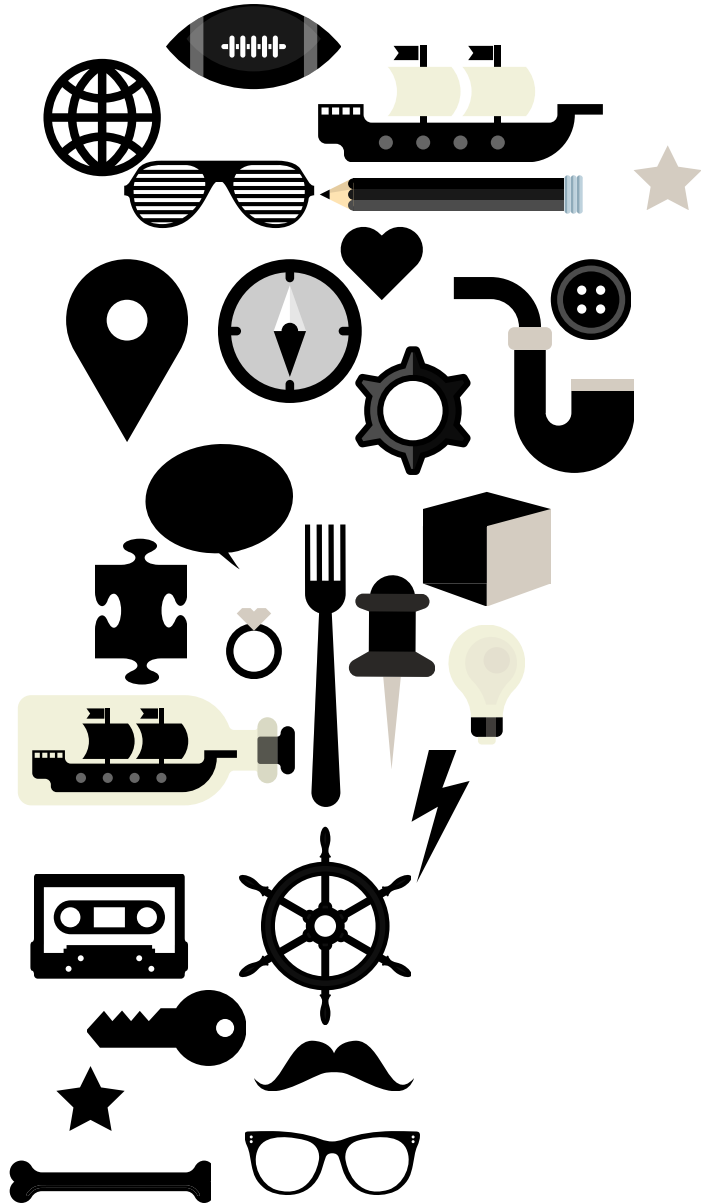
planning & strategy.

So what is the 90 Day Transformation Workbook??

I am sure you've heard of the analogy "there are two people driving to the same destination that neither of them have been to before. One of the drivers has a road map (GPS), the other does not. Who do you think will arrive at the destination first? Obviously the one with the road map/GPS. Having a road map (a tool, a resource) will provide you the exact roads you need to be on, when you need to make a turn and a GPS will also provide you when there's heavy traffic (obstacle) and guide you to an alternative route to get you to your desired destination.

A successful life needs the same process. When you determine what type of life you want (who you want to be, what type of career you want, where you want to live, marriage?, children (how many)? - that is when you need a personalized road map/GPS to make sure you get exactly what you determined you wanted in life. Your personalized life action plan will prepare you by determining what path (roads) you need to be on, what turns to make (as well as when not to make a turn), it can help guide you around life obstacles (heavy traffic) to increase your rate of having the exact successful life that you envisioned for yourself and your family.

Without a road map/GPS, you are guessing every time you set on a path and make a turn. You are not as prepared for the life obstacles & challenges.



Chapter 2

Using the Power of Your Mind



planning & strategy.

Using the Power of Your Mind

Realistically all inventions and amazing things we have and do started with the mind, with a single thought. Either a thought as in an idea or mind power to be inspired to progress forward - we think, we are. I am sure you've heard it before, what you think about or focus on most of the day or most of the time is what you make a reality in your life. So what is your focus?

Using that power that your mind can generate from obvious things like knowledge, but also things like maintaining a positive mindset are critical ingredients in success or at least will help you reach success faster.

Below are a few things to assist you.

1. You have an idea for a great product or service, you spend several months, maybe even a year to get it to perfection, but emotionally you didn't feel secure enough to move the product or service to production. Because of this, no one gets to benefit from your great idea. You don't become a successful entrepreneur, no win-win, why? Because you didn't have a positive mindset empowering you to move forward.

2. Now let's go with an opposite mindset, a negative mindset. Someone with a negative mindset, who would probably often think negatively and speak negatively about what they are interested in or are considering.

Womempire

Listing Your Thoughts

Positive Thoughts

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Negative Thoughts

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Positive Thoughts

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Negative Thoughts

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



Decisions

WHY THEIR IMPORTANT

We all make decisions, even children make some level of decisions. What I can tell you without a doubt or hesitation, decisions are powerful. Each decision made directs your life to a certain path. You are exactly where you are today because of all the previous decisions you've made. The decisions you've made recently will have an immediate effect on where you will stand in life in the near future. Decisions can help or hurt your success and happiness.

Here's the concern, there are at minimum, two factors that directly affect your decision making, hence your life:

1. When a decision needs to be made it can be a mistake to decide the path you're going to go without the due diligence for that decision. What does that mean? When considering each potential decision, think about each result that decision could give you. Is it an end result that you would be OK with? Is there a decision that can gain you better end results? Will that one decision affect multiple things in your life & if yes, are you OK with those multiple results? Are you aware of any negatives that potential decision can give you? These things should be reviewed prior to a decision being made.
2. When we each become comfortable, we can make what I call "unconscious decisions". These are decisions that we make out of habit and comfort. We don't think about it, we just decide. This can become challenging, because if no detailed consideration, planning, forecasting (as much as possible) was conducted before we made a decision, then we really don't know the ripple effect that decision can have on our lives or the lives of those around us (kids, family).





WOMEMPIRE

Decisions Cheat-Sheet: Thoughts to Consider

Have clarity
about what
you want.

Will your
decision make
a permanent
change? Is
that ok?

Look at all the
benefits

Look at all
the Risks

Look at any
alternatives
that may be
available

Depending on
your findings,
possibly decide
to change plans
or for now, do
nothing



planning & strategy.

Tips to Overcome Obstacles

Of course facing obstacles can be difficult and challenging and will require you to be very honest with yourself and giving yourself "real talk" on a regular. It will require you to stay away from the "complaint counter" - there's no success there.

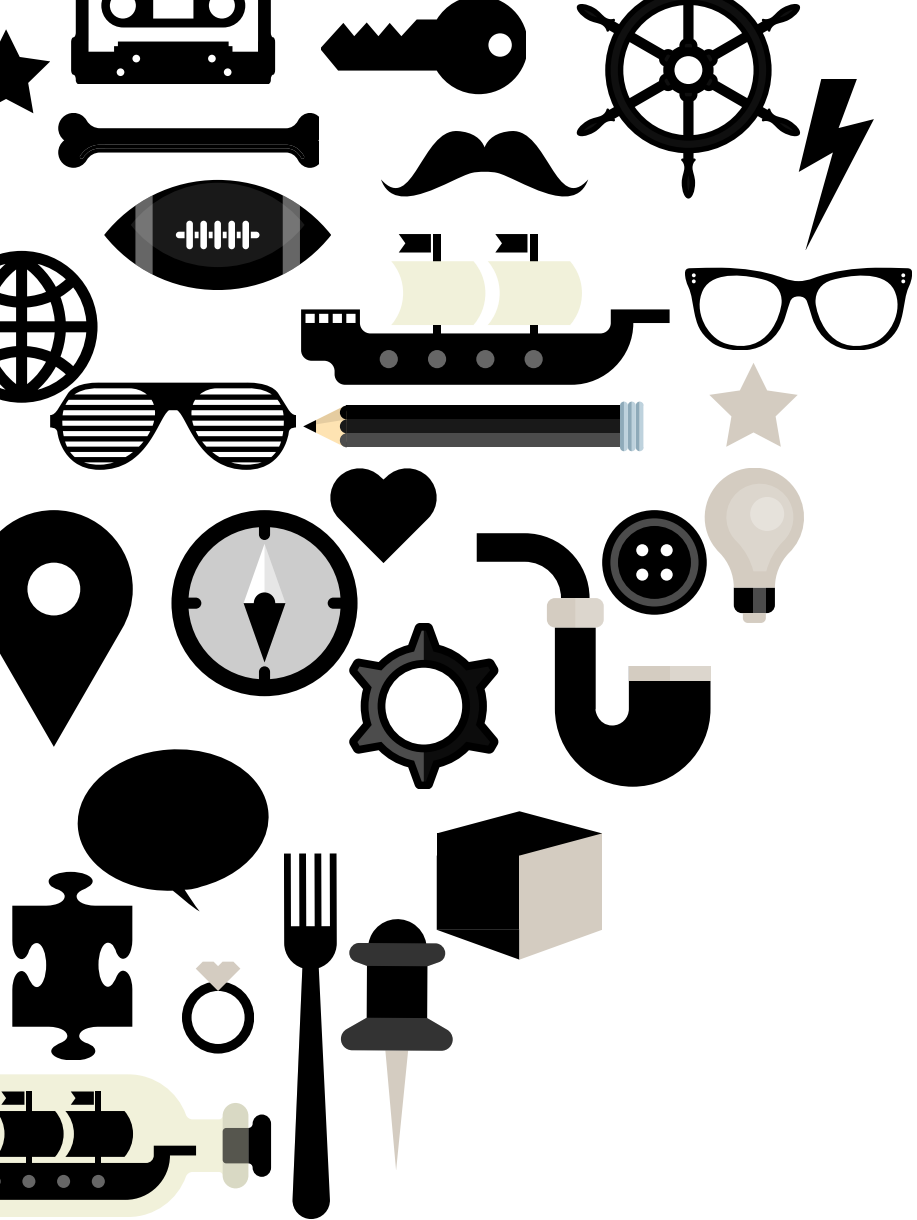
OK, let's get going.

1 - Analyze the obstacle

In order to get rid of the obstacle you have to understand them, know what your dealing with, why they are there. That will help you figure out whats holding you back. When reviewing the issue/obstacle, be specific as possible.

For example, if you say "I don't have enough time to ____" - consider how you prioritize your time, what you spend your energy on. The real obstacle could be procrastination which is a time killer or external plans and events which can exhaust our time as well.





Chapter 7

and now,
your goals & strategy
planning sheets





IN ORDER TO GET WHAT YOU WANT YOU HAVE TO PLAN
AND YOU HAVE TO HAVE A STRATEGY. ONCE YOU HAVE
THAT, YOU HAVE TO PUT IN THE WORK.

Planning & Strategy

I am sure you've heard this before, but
anything worth having (achieving) will take
effort & consistent work on your part.

ON THE FOLLOWING PAGE CONTAINS THE STRATEGY
DIRECTIONS FOR YOU TO FOLLOW TO GAIN SUCCESS
WITH THE GOALS THAT YOU HAVE IDENTIFIED THAT
YOU WANT TO ACHIEVE.



STEP ONE: NAME YOUR GOAL

In this section write in your goal, to consciously, keep your goal in front of you.

STEP THREE: LIST RESOURCES

In this section, since you eliminated or minimized your obstacles, now make a list of resources that can help you reach your goal. Note: A person can also be a resource.

STEP TWO: SET A DUE DATE

In this section, determine a due date of when you want to accomplish this goal.

Make this due date responsible – something that you can obtain & reach.

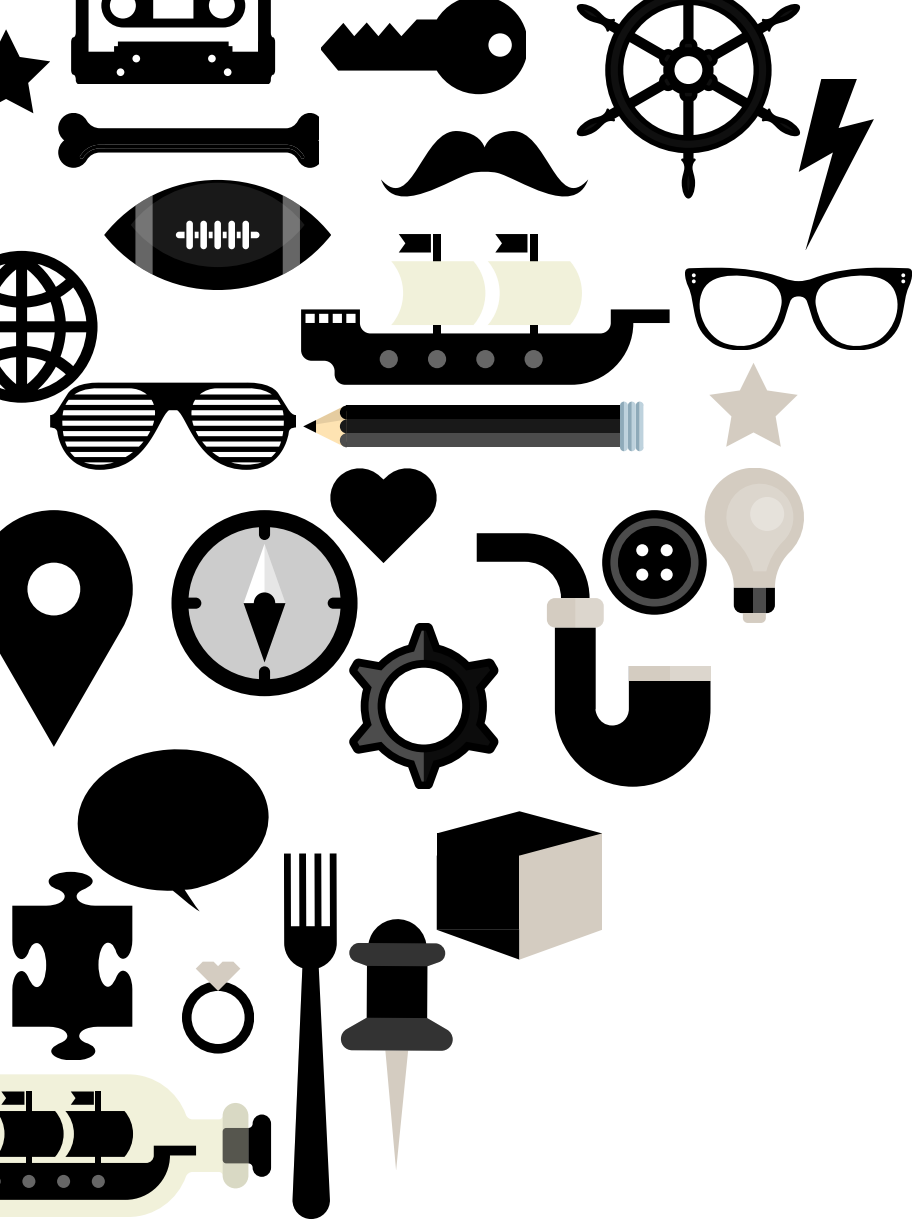
STEP FOUR: DETERMINE STRATEGY

In this section, determine the steps that you need to take to get you to the goal that you want to reach. This will be your strategy plan.

STEP FIVE: MEASURE

In order to also determine if you are on track for success (or how far off track you are so you can adjust yourself) periodically, measure your status. If you're not going to reach the pre-set due date you may need to change something in your strategy plan, like using a different path to reach your goal or using different resources to assist you





Chapter 8

Measuring Your Progress



Measuring Your Progress

planning & strategy.

When you are setting goals and working towards gaining something better and something new in your life (as mentioned throughout all of this workbook) you have learned you have to have a plan.

Within that plan, when you set your goals you should have also set deadlines for when you wanted to reach each of those goals, you should have also identified the tools you will use to accomplish each individual goal.

These things are not just important to accomplish each goal but also to measure the goal to make sure you're on track to accomplish each goal.

How to measure:

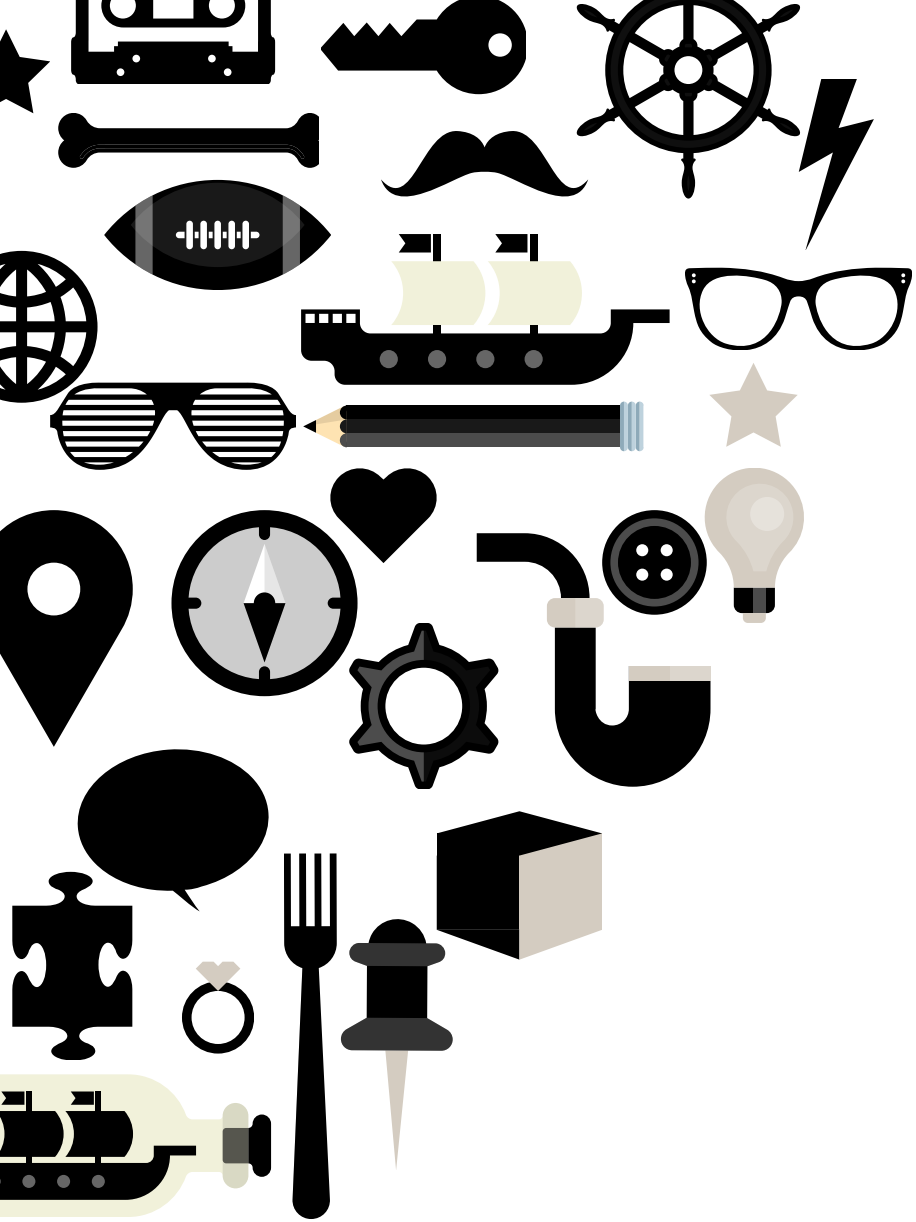
1. Facts & Figures:

The obvious tools are when your goals are numbers, the scale or dollars. It will be easier to see if you are gaining or losing, if you're on track or if you're way off - if you need to adjust your plan or if you are exactly where you need to be.

ex: the goals are losing weight or saving money



Chapter 9



Personal Calendar For Your 90-Days



90 DAY PLAN: MONTH ONE

DATE:

SUN	MON	TUE	WED	THU	FRI	SAT





Womempire
contact@womempire.org