



DAY 90 · LOOK BACK

What moved

Everything that moved in 90 days, big and small. Flip back through your proof lines. You'll be surprised.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Did my wish come true? ☐ Yes ☐ Partly ☐ Not yet

WHAT WORKED BEST FOR ME

THE OBSTACLE I LEARNED TO HANDLE

WHO I'VE BECOME *In one sentence.*

My belief on Day 1 _____ Day 45 _____ Day 90 _____ Steps taken _____ of 90

WHAT'S NEXT

Your next NOW card

The skill works on the next wish, too. Fill this in while this round is fresh: one wish for the next 90 days, exciting, believable, and mostly up to you. Then photograph it and make it your lock screen.

N MY NEXT WISH *Present tense.*

THE SCENE, IN ONE SENTENCE

O MY MAIN OBSTACLE

W MY IF-THEN PLAN

If _____

then I will _____

MY FIRST STEP

I'll start on _____

How much I believe it today

1

2

3

4

5

6

7

8

9

10

Signed _____ Day 1 _____

I'm starting now.

WHY I'M EXCITED ABOUT IT
