

YOUR WORKING DOCUMENT

BREAK THE CODE

Name: _____ Start date: _____

The code I am breaking: _____

What will be different in 90 days if I do the work?

The rule: choose one measurable outcome. Then decide what you will actually do this week.
You can revise the plan when evidence changes. Do not replace action with motivation.

The evidence I will use to know I made progress

This workbook is an educational planning tool. It does not promise a financial, health, credit, housing, business or other outcome. Keep sensitive personal records off this page.

ONE GOAL, ONE STANDARD

THE 90-DAY OBJECTIVE

My objective (specific result and date)

Why this matters to me and the people who depend on me

Current baseline / starting point

What is in my control each week?

BREAK THE OBJECTIVE INTO STAGES

MILESTONES

DAYS 1-30 / BUILD THE FOUNDATION

Milestone and evidence

DAYS 31-60 / PRACTICE AND TEST

Milestone and evidence

DAYS 61-90 / MEASURE AND FINISH

Milestone and evidence

REPEAT FOR EACH OF 13 WEEKS

THE WEEKLY TOP 5

Week beginning: _____ Monthly milestone: _____

01

02

03

04

05

Friday review: completed / missed / lesson / adjustment

MAKE PROGRESS VISIBLE

TODAY'S ACTION

Date: _____ This week's priority: _____

The one action I will finish today

When and where will I do it?

What evidence will I record?

If interrupted, my reset step will be

MODULES 01 AND 02

CHARACTER & DISCIPLINE

Character: a commitment matters most when keeping it costs something.
Discipline: design a repeatable action and a reset for the day you miss.

Three observable commitments I will keep

My seven-day action, time and place

The obstacle I expect and the reset I will use

MODULES 03 AND 04

MONEY & LEADERSHIP

Financial responsibility begins with honest information, not a perfect spreadsheet.
Leadership begins by listening, setting a clear expectation, and owning your response.

One spending decision I will change (do not enter private account details)

A conversation I need to have: person, purpose and question

What did I learn from the response?

MODULES 05 AND 06

EXECUTION & ACCOUNTABILITY

Bring the plan back to your calendar. Report the evidence, not just the intention.

What I completed and how I can verify it

What did not work and what I will change

Who will review my progress and when?

My next 90-day objective