

90-Day Vision

Imagine your life 90 days from now, after following this system consistently.

What would be different in your health, energy, mindset, and daily life?

- How do you feel when you wake up?
- What does your body feel like?
- What habits are now normal?
- What problems have improved or disappeared?
- What are you proud of?

Write your 90-day vision below. Describe how your life feels, not just what you achieve.

[illegible]