90-DAY WONDER[™] If you know what you want, you can say no to what you don't want.

FIRST QUARTER 2024

TIME CODES BLUE SKY MELLOW YELLOW

NAME.

PHONE.

TIME CODES RED TAPE GREEN MACHINE

							_ PHONE			
90-DAY VISION									MY Q1 PRO.	JECTS %
	r		1							
	SUN	MON	TUE	WED	THU 4	FRI 5	SAT			
		1	2	3	4	5	6			
				10		10				
	7	8	9	10	11	12	13			
R	14	45	16	47	10	10				
U P	14	15	10	17	18	19	20			
JANUARY										
	21	22	23	24	25	26	27			
		00								
	28	29	30	31	1	2	3			
						9				
	4	5	6	7	8	9	10			
7	11	12	13	14	15	16	17			
JARY		12	13	14	15	10	"			
FEBRU	18	19	20	21	22	23	24			
	10	15	20	21	22	25	24			
	25	26	27	28	29	1	2			
	20	20		20	25		-			
	3	4	5	6	7	8	9			
					-	· ·				
	10	11	12	13	14	15	16			
т										
MARCH	17	18	19	20	21	22	23			
ЧÞ					-		-			
	24	25	26	27	28	29	30			
	31									
								F	INAL SCORE	%

90-DAY WONDERTM If you know what you want, you can say no to what you don't want.

SECOND QUARTER 2024

TIME CODES
BLUE SKY
MELLOW YELLOW

NAME

PHONE____

 TIME CODES

 RED TAPE

GREEN MACHINE

90-DAY VISION									MY Q2 PROJECTS	%
										Τ
	SUN	MON	TUE	WED	THU	FRI	SAT			
		1	2	3	4	5	6			
	_									
	7	8	9	10	11	12	13			
APRIL	14	15	16	17	18	19	20			
AP										
	21	22	23	24	25	26	27			
	28	29	30	1	2	3	4			
										1
	5	6	7	8	9	10	11			1
7	12	13	14	15	16	17	18			1
МАҮ										1
	19	20	21	22	23	24	25			+
	26	27	28	29	30	31	1			+
										+
	2	3	4	5	6	7	8			+
	9	10	11	12	13	14	15			+
										+
JUNE	16	17	18	19	20	21	22			+
	23	24	25	26	27	28	29			+
										+
	30							F	INAL SCORE	%

90-DAY WONDER[™] If you know what you want, you can say no to what you don't want.

THIRD QUARTER 2024 TIME CODES BLUE SKY

TIME CODES RED TAPE GREEN MACHINE

MELLOW YELLOW NAME

_ PHONE_

			NAIVIE				_ PHONE			
90-DAY VISION									MY Q3 PROJECTS	%
	SUN	MON	TUE	WED	THU	FRI	SAT			
		1	2	3	4	5	6			
	7	8	9	10	11	12	13	-		
JULY	14	15	16	17	18	19	20			
	21	22	23	24	25	26	27	-		
	28	29	30	31	1	2	3			
F	4	5	6	7	8	9	10	-		
AUGUST	11	12	13	14	15	16	17			
٩٢	18	19	20	21	22	23	24	-		
	25	26	27	28	29	30	31			
	1	2	3	4	5	6	7			
3 E R	8	9	10	11	12	13	14			
SEPTEMBER	15	16	17	18	19	20	21			
SEP	22	23	24	25	26	27	28			
	29	30						F	INAL SCORE	%

©2023 Cotton Coach Inc. • Permission to copy granted for personal use only • www.nobrowndays.com

90-DAY WONDERTM If you know what you want, you can say no to what you don't want.

FOURTH QUARTER 2024

TIME CODES
BLUE SKY
MELLOW YELLOW

NAME

PHONE___

 TIME CODES

 RED TAPE

GREEN MACHINE

			90-D/	%	MY Q4 PRO	JECTS %					
	SUN	MON	TUE	WED	THU	FRI	SAT				
			1	2	3	4	5				
	6	7	8	9	10	11	12				
2	0	1	0	5	10		12				
OCTOBER	13	14	15	16	17	18	19				
CT	20	21	22	23	24	25	26				
0	20	21		20	24	23	20				
	27	28	29	30	31	1	2				
	3	4	5	6	7	8	9				
Ш	5	•	5	Ū		0	5				
NOVEMBER	10	11	12	13	14	15	16				
0 V E	17	18	19	20	21	22	23				
Z											
	24	25	26	27	28	29	30				
	1	2	3	4	5	6	7				
		_				-					
~	8	9	10	11	12	13	14				
DECEMBER	15	16	17	18	19	20	21				
CEV											
DE	22	23	24	25	26	27	28				_
	29	30	31								_
								F	INAL SCORE	%)

©2023 Cotton Coach Inc. \cdot Permission to copy granted for personal use only \cdot www.nobrowndays.com

Preparing your 90-Day Wonder™

Wouldn't it be great to enjoy a positive, wonderful, balanced life by designing strategic plans every 90 days for the rest of your life? The 90-Day Wonder[™] is a valuable tool to help you create your strategic life plan for the next 90 days. Now you know why we chose the name 90-Day Wonder[™]. Review the sample 90-Day Wonder[™] at our website.

This process will help you plan each quarter and it will provide you with clarity on both time allocations and specific projects. The 90-Day Wonder[™] provides you with a method of setting clear objectives and measuring your results. Make a commitment to complete your current 90-Day Wonder[™] by the end of the first week of each calendar quarter.

As with the Annual Roadmap[™], the preparation of your 90-Day Wonder[™] should include discussions with the significant people in your life. Use colored highlighter pens to complete the form. You will need four colors: blue, red, green and yellow.

Blue Sky

Blue Sky is strategy time—time you need to plan your life to achieve both personal and professional goals. Use this time to work on your life and your business; not just in them. Focus on your personal and business objectives and commitments. What do you want to accomplish in the next 90 days?

Enter your objectives in the blanks on the right side of the 90-Day Wonder[™]. Include blue objectives to help you build a better business, red objectives for clean-up projects, green objectives that lead to income, and yellow objectives that enhance your personal life. You have room for four headings and 20 objectives each 90-day period.

Every 90 days, ask yourself three key questions:

- 1) How did I do in the last 90-days? Refer to your last 90-Day Wonder[™] to identify your accomplishments. Define your objectives at the beginning of each quarter, including the completion percentage you wish to achieve. Then at the end of the quarter, enter the percentage you feel you actually achieved for each project. Compare your objectives to your results to obtain your final score at the bottom of the page. If you consistently achieve 100%, you are probably not challenging yourself enough. If you are consistently below 60%, you may be trying to accomplish too much! Learn to defer, delegate or drop lower priority projects.
- 2) What are my present challenges? This is an important consideration. What are the things that are preventing you from moving forward? Include the items that you know you have to clean up in order to move forward. Resolve the important issues that will enhance your ability to move forward.
- 3) What are my objectives for the next 90 days? Now it is time for you to bring forward unfinished projects from the last quarter and integrate them with the projects you plan to complete in the next 90 days. Narrow the list down to 20 items or less that fall under the four headings of *Blue Sky*, *Red Tape*, *Green Machine* and *Mellow Yellow*. Don't put in little things, like daily tasks. Leave that for daily planning.

Synchronize your time plans with everyone who is on your support team. Ninety day planning makes it easier to manage your business and your team. It will also have a very positive impact on the relationships with the important people in your personal life!

Mellow Yellow

Mellow Yellow is personal time. Plan yellow time and set it aside first, rather than trying to fit in personal time when everything else is done. If you don't block this time first, you may not have it at all! Yellow days are important to your health.

Color all Saturdays and Sundays yellow. Then provide for some yellow time at the end of each quarter. This gives you the all important break between quarterly challenges. Maybe you should take some time off in the middle of the quarter. If you are the type of person that beats yourself up when you take two weeks off in a month, it is time to forget monthly planning and start planning in 90-day intervals. It is a lot easier to mentally take two weeks off in the middle of a ninety day plan.

Red Tape

Red Tape is for clean-up, industry meetings, education or other involvements that can't be classified as work or play. Try setting aside one day per week for *Red Tape* activities. Fridays are great *Red Tape* days. That way, you don't end up doing all your clean-up on Saturdays. If you have some major projects that don't fit under the other colors, put them here. Set aside time to get them done.

Green Machine

Green Machine days are revenue generation days. They are now quite limited, which means you need to figure out how to get the job done. Make your green days really count. What are the key things you need to do to achieve your green goals? Think of ways you can increase the value of a green day.

Each quarter, scan your business process. Look for the areas that need improvement. When you find one that can be improved, extract it from the process, analyze it and turn the problem into a process. Put it back in place and then run for another 90 days. Then look again. Soon you will have a very strong business model.

Summary

The top of your 90-Day Wonder[™] states that, "If you know what you want, you can say no to what you don't want." By defining what you want to accomplish in both your personal and professional life, you sidestep all the diffusion generators that constantly come your way. After all, you want a great score at the end of this quarter. The 90-Day Wonder[™] will help you improve your personal accountability.

We all need and want *Mellow Yellow* time. Yellow days are important to our personal lives, including our health, mental well being and personal satisfaction. And don't forget, it costs more to play than it does to work! If you want to play, you need to learn how to work more effectively. Planning your time and life commitments are the first steps in preparing your 90-Day Wonder[™].