

Putting It All Together (Capstone)



Presented by
Amit.Fi

CAPSTONE – TIME TO PUT IT ALL TOGETHER



YOU NOW HAVE CLARITY, GOALS, HABITS, AND SYSTEMS

THIS MODULE TURNS EVERYTHING INTO A 90-DAY ACTION PLAN

SHORT ENOUGH TO FEEL DOABLE, LONG ENOUGH TO SEE REAL CHANGE

YOUR JOB NOW: DECIDE, COMMIT, AND START

Creating a 90-Day Goal Plan



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WHY 90 DAYS?

LONG ENOUGH TO MAKE REAL PROGRESS

SHORT ENOUGH TO STAY FOCUSED AND MOTIVATED

EASIER TO ADJUST AND REVIEW THAN 1-YEAR PLANS

THINK: 4 POWERFUL WEEKS × 3



STEP 1 – CHOOSE YOUR MAIN FOCUS AREAS



PICK 1–3 KEY AREAS FOR THE NEXT 90 DAYS (E.G., CAREER, HEALTH, STUDY)

TOO MANY GOALS = SCATTERED ENERGY

ASK: “IF I MADE BIG PROGRESS IN THESE AREAS, WOULD MY LIFE IMPROVE?”

FOCUS IS A SUPERPOWER

STEP 2 – DEFINE 1–3 MAIN GOALS



FOR EACH FOCUS AREA:

- SET 1 MAIN CLEAR GOAL (SMART/SMARTER STYLE)
- MAKE IT SPECIFIC, MEASURABLE, AND TIME-BOUND
- ENSURE IT MATCHES YOUR VALUES, LIFESTYLE, AND IDENTITY
- THESE ARE YOUR 90-DAY ANCHOR GOALS

STEP 3 – BREAK GOALS INTO MILESTONES



DIVIDE 90 DAYS INTO 3 BLOCKS: MONTH 1, MONTH 2, MONTH 3

SET 1–2 MILESTONES FOR EACH MONTH

ASK: “WHAT MUST BE TRUE BY THE END OF MONTH 1? MONTH 2?”

MILESTONES TURN 90 DAYS INTO CLEAR STAGES

EXAMPLE 90-DAY PLAN (SIMPLE)



GOAL: "STUDY 2 HOURS A DAY AND COMPLETE X COURSE IN 90 DAYS"

- MONTH 1: FINISH MODULES 1–3, BUILD STUDY ROUTINE
- MONTH 2: FINISH MODULES 4–6, DO PRACTICE TESTS
- MONTH 3: FINISH MODULES 7–8, FULL REVISION AND MOCK EXAMS

Writing a Personal Action Roadmap



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WHAT IS AN ACTION ROADMAP?

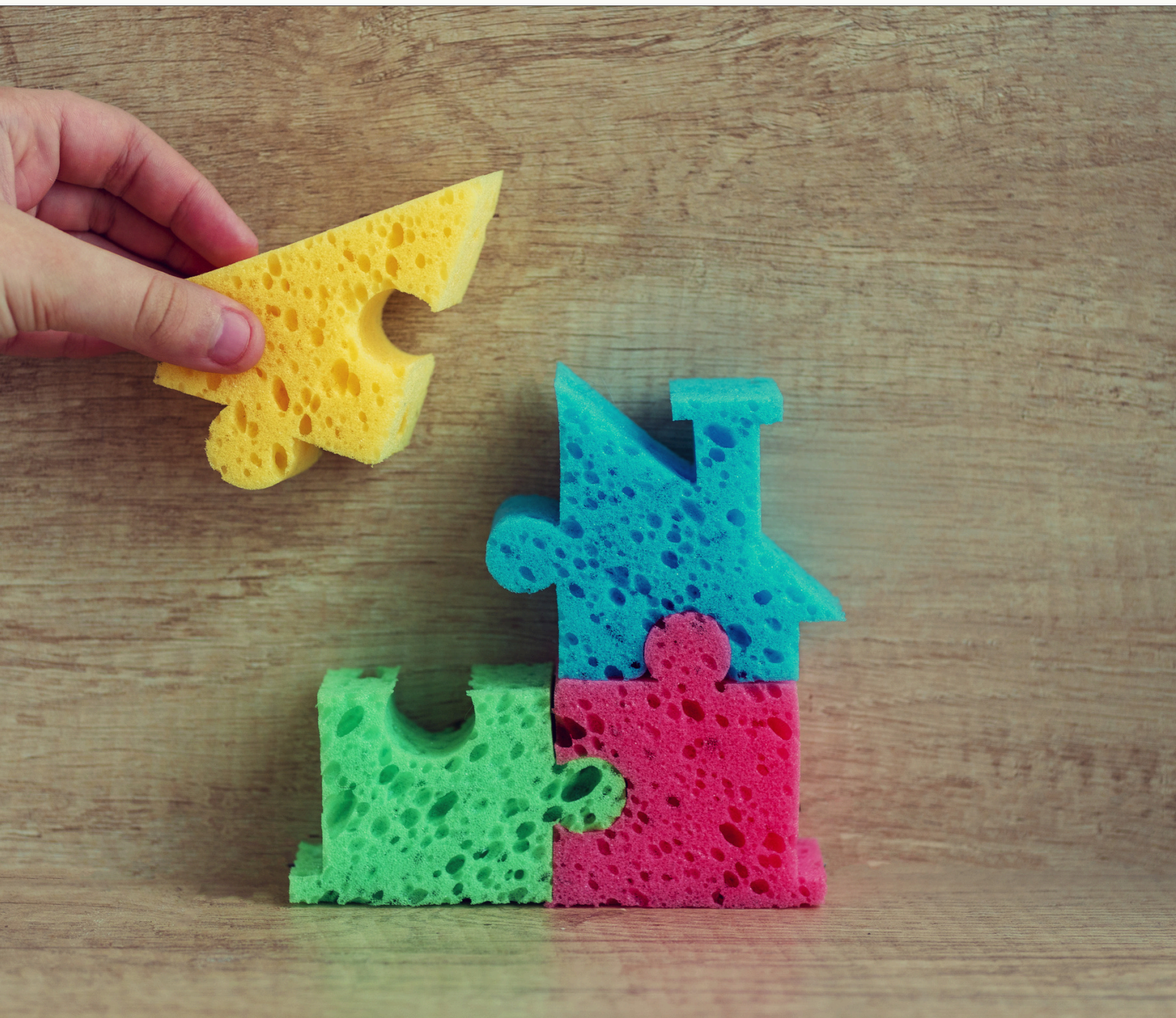


A SIMPLE DOCUMENT THAT SAYS:

- WHAT YOU WILL DO
- WHEN YOU WILL DO IT
- HOW YOU WILL TRACK IT

IT TURNS IDEAS INTO A STEP-BY-STEP PATH

COMPONENTS OF YOUR ACTION ROADMAP



YOUR TOP 1–3 90–DAY GOALS

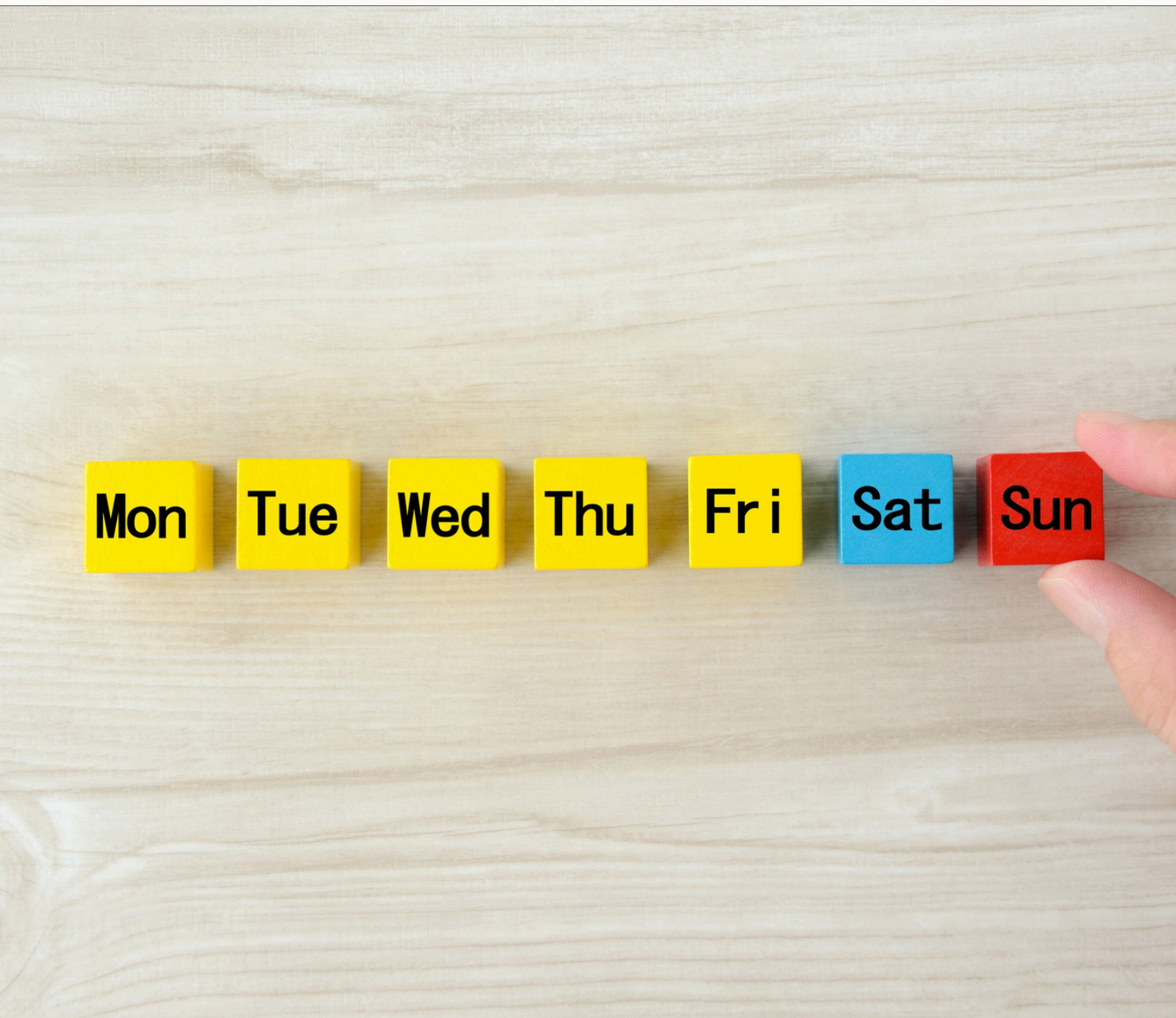
MONTHLY MILESTONES FOR EACH GOAL

KEY WEEKLY HABITS AND TASKS

TRACKING METHOD (JOURNAL/APP/SPREADSHEET)

SUPPORT SYSTEM (WHO/WHAT WILL HELP YOU?)

WEEKLY ACTION PLAN



FOR EACH OF THE NEXT 12 WEEKS:

- CHOOSE 3–5 KEY TASKS LINKED TO YOUR 90-DAY GOALS
- ADD THEM TO SPECIFIC DAYS (WITH TIME SLOTS IF POSSIBLE)
- INCLUDE ONE REVIEW MOMENT EVERY WEEK
- KEEP IT FLEXIBLE BUT FOCUSED

DAILY ACTION PLAN



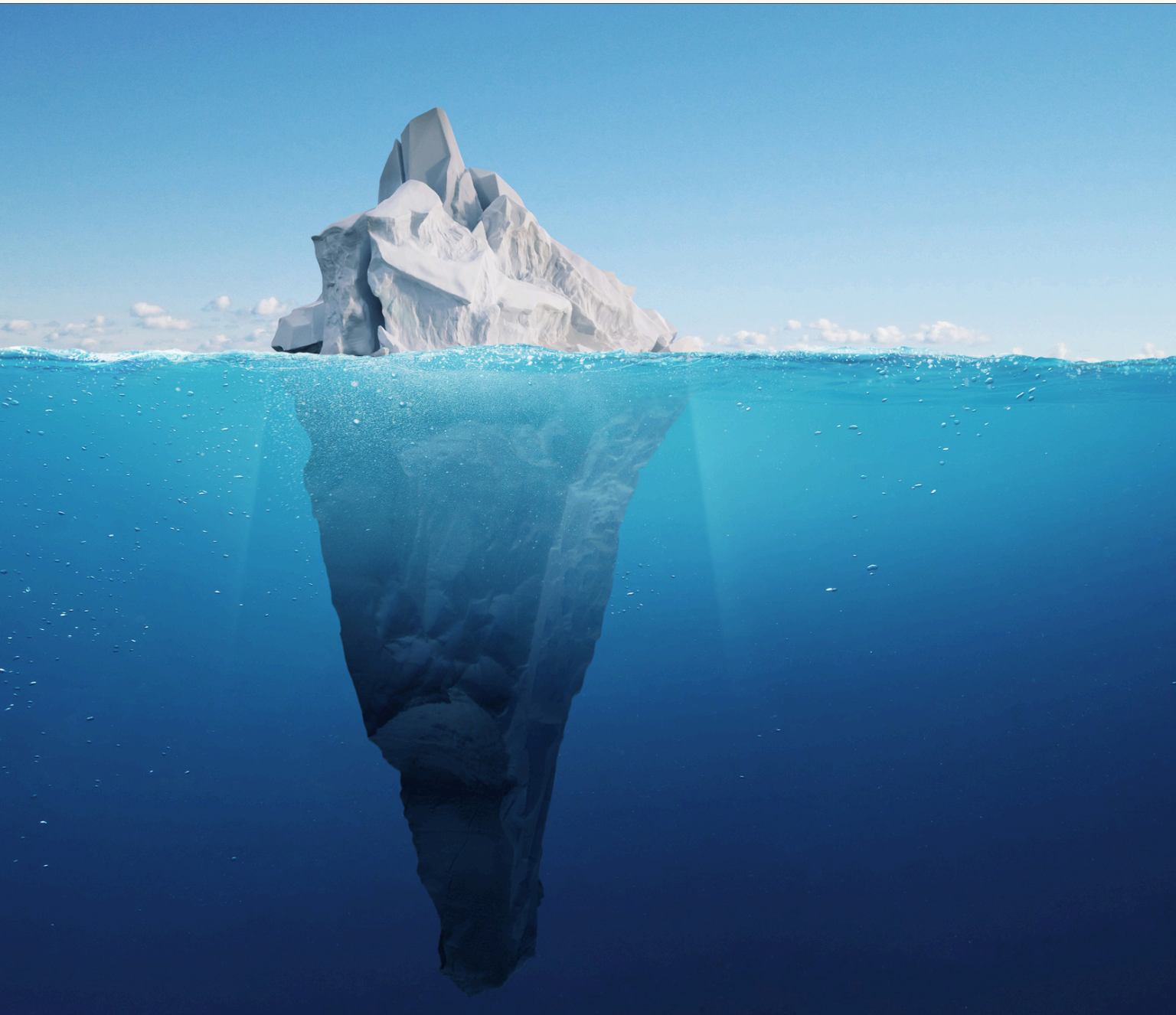
IDENTIFY YOUR 1–3 MOST IMPORTANT TASKS (MITS) EACH DAY

TIMEBOX THEM INTO YOUR SCHEDULE

INCLUDE GOAL-RELATED HABITS (STUDY, EXERCISE, SAVINGS, ETC.)

SMALL DAILY STEPS = 90-DAY TRANSFORMATION

MAKE IT VISIBLE



WRITE YOUR ROADMAP SOMEWHERE YOU'LL SEE OFTEN

DIGITAL (DOC/APP) + PHYSICAL (PAPER/BOARD) IF POSSIBLE

REVIEW IT AT THE START AND END OF EACH WEEK

ADJUST AS LIFE HAPPENS – BUT DON'T LOSE SIGHT OF IT

Commitment Exercise (Public or Private)



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WHY COMMITMENT MATTERS



GOALS WITHOUT COMMITMENT STAY AS WISHES

COMMITMENT = “I’M SERIOUS ABOUT THIS, EVEN WHEN IT’S HARD”

DECLARING YOUR COMMITMENT MAKES IT FEEL REAL

PUBLIC COMMITMENT OPTIONS



SHARE YOUR 90-DAY GOAL WITH A FRIEND OR GROUP

POST ABOUT YOUR COMMITMENT IN A COMMUNITY OR ACCOUNTABILITY CIRCLE

JOIN OR CREATE A SMALL GROUP WITH SIMILAR GOALS

LET OTHERS KNOW HOW AND WHEN YOU'LL UPDATE THEM

PRIVATE COMMITMENT OPTIONS



WRITE A “COMMITMENT LETTER” TO YOURSELF

SIGN A SIMPLE AGREEMENT: “FOR THE NEXT 90 DAYS, I COMMIT TO...”

RECORD A VOICE NOTE/VIDEO MESSAGE STATING YOUR GOALS AND WHY

KEEP IT SOMEWHERE YOU CAN REVISIT WHEN YOU FEEL LOW

EXAMPLE COMMITMENT STATEMENT



"FOR THE NEXT 90 DAYS, I COMMIT TO WORKING ON MY HEALTH AND CAREER.

I WILL EXERCISE 4 TIMES A WEEK AND STUDY 90 MINUTES A DAY.

I AM DOING THIS BECAUSE I WANT TO FEEL ENERGETIC, CONFIDENT, AND PROUD OF MY PROGRESS."

Final Reflection: Lessons Learned & Next Steps



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REFLECTING ON YOUR JOURNEY



REFLECTION TURNS EXPERIENCE INTO WISDOM

LOOK BACK AT WHAT YOU'VE LEARNED ABOUT YOURSELF

NOTICE YOUR STRENGTHS, STRUGGLES, AND PATTERNS

USE THIS INSIGHT TO MAKE YOUR 90-DAY PLAN SMARTER

REFLECTION QUESTIONS



WHAT WAS THE MOST VALUABLE LESSON I LEARNED IN THIS COURSE?

WHAT LIMITING BELIEF AM I READY TO LET GO OF?

WHICH HABIT OR IDEA AM I MOST EXCITED TO CONTINUE?

WHO AM I BECOMING THROUGH THESE GOALS?

NEXT STEPS AFTER THIS COURSE



START YOUR 90-DAY PLAN – DON'T WAIT FOR A "PERFECT TIME"

SCHEDULE YOUR FIRST WEEKLY PLANNING + REVIEW SESSION

SET UP YOUR ENVIRONMENT, TOOLS, AND SUPPORT SYSTEM

KEEP LEARNING AND ADJUSTING AS YOU GO

FINAL REMINDER



YOU DON'T NEED TO BE PERFECT – YOU JUST NEED TO BE CONSISTENT

BIG CHANGES COME FROM SMALL DAILY ACTIONS

YOUR GOALS ARE NOT JUST TASKS – THEY ARE A WAY OF BUILDING THE LIFE YOU WANT

THIS IS NOT THE END OF A COURSE; IT'S THE BEGINNING OF YOUR NEW CHAPTER

THANK YOU