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## How to Prepare for Your Next Quarter/91 days

*Reclaim Your Momentum*

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### How to Prepare for the Next 90 Days: Reset. Refocus. Rebuild.

No matter which planner, journal, or app you use, preparing for your next 90 days is critical to your success and the results you'll achieve. Bill Gates once said, "We often overestimate what we can do in one year and underestimate what we can do in ten." I'd add this: we often overestimate what we can do in a week—and underestimate what we can rebuild in 91 days. Or at the very least, how much amazing progress we can make.

I use 91 days because that's typically the actual number of days in a quarter (90 to 92). And the next 91 days can truly transform your life—but only if you approach them with clarity and intention. One key point: make sure your life planner or tool is built for 13 weeks, not just 12.

Here's a simple format to follow no matter which planner or tool you're using. (Spoiler: most planners on the market miss some of these key elements.)

#### 1. Reflect on the Last 91 Days

- ✓ Before you build forward, take time to look back.
- ✓ What did you achieve during the last quarter?
- ✓ What were your three biggest wins?
- ✓ How much progress did you make toward your quarterly goals?
- ✓ What challenges, obstacles, or roadblocks showed up?
- ✓ What areas can you immediately improve?
- ✓ Did you receive any feedback from others (partners, friends, bosses, kids, community)? What did it reveal?
- ✓ What setbacks taught you the most?
- ✓ What do you need to let go of?

Quick Tip: Use a win/loss/learned framework.

#### 2. Clarify Your Next Big Goals

- If you could only accomplish three meaningful things in the next quarter, what would move your life forward the most?  
Break each one down into monthly and weekly PTAs (Projects, Tasks, Actions).



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Remember: Clarity creates momentum.

### 3. Choose 5 to 7 Daily Habits That Will Build Momentum

Small, consistent habits build powerful momentum. Choose 5–7 daily habits and commit to them for the next 91 days:

- Morning walk or workout
- Journal or write daily
- Alcohol-free days
- Make one uncomfortable or bold call each day
- Read for 15 minutes daily

Track your habits weekly to see trends and growth.

### 4. Pay Attention to the Months

- You've got three months in your quarter. Use them wisely:
  - Identify what's critical in each month
  - Break down big priorities into smaller steps
  - Deconstruct major goals into monthly targets
  - Plan around known scheduling issues or conflicts early

Awareness creates adaptability.

### 5. Build a Weekly Rhythm

Structure creates progress. Define what weekly rhythm supports your goal:

- Will you need 30 minutes/day? One focused 2-hour block weekly?
- Assign purpose to each weekday to reduce friction
- Create space for review, celebration, and recovery

Use the BUILDER™ layout in your planner to stay aligned.

### 6. Adopt a Comeback Affirmation

Your inner voice matters. Choose three words or phrases that inspire and ground you. I like to go through the alphabet—this quarter, I'm on the letter W.

Examples:

Wayward. Wondrous. Wealthy.



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Repeat your words daily—especially when the days feel heavy.

### **7. Pre-Commit to One Area You Failed At or Neglected**

What didn't get done last quarter? Don't avoid it—face it.

- Launch that project you kept delaying
- Go 91 days alcohol-free
- Tackle the financial or health challenge you've ignored

This becomes your anchor commitment.

### **8. Write Your 91-Day Headline**

Visualize your success. Imagine you're writing a news headline 91 days from now.

Now free-write your vision: use bullet points, messy sentences, or a brainstorm-style dump. Get it out of your head and onto paper.

Ready to start?

Use the Comeback Builder™ to track your life/business vision, goals, habits, and mindset over the next 91 days. It's 10 tools in one. Let's build your next chapter one intentional step at a time.

### **Ready to help your audience rise again?**

Book Bill for your next event, retreat, training, or fun time and give your group the spark they need to reset, rebuild, and rise.

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