

The 12 weeks are done. Now the real work begins — maintaining and building. This framework helps you set meaningful goals across three horizons so that intentional living becomes your permanent default, not a temporary programme.

Completed on: _____

Part 1 — Looking Back: What Did the 12 Weeks Give Me?

My #1 life-changing insight from the whole programme:

The habit or system I am most committed to keeping:

The biggest obstacle I overcame:

The one area I know still needs work:

Part 2 — The Next 30 Days (Short Horizon)

Choose 3 specific, measurable actions to complete in the next 30 days:

Goal 1:

How I will know I have succeeded: _____ By when: _____

Goal 2:

How I will know I have succeeded: _____ By when: _____

Goal 3:

How I will know I have succeeded: _____ By when: _____

Part 3 — The Next 90 Days (Medium Horizon)

In three months, what does my life look like if I keep showing up?

Career / Purpose:

Health & Wellbeing:

Relationships:

Finances:

Part 4 — One Year From Now (Long Horizon)

Write a short paragraph describing your life one year from now, as if it has already happened. Present tense. Be specific.

Part 5 — Accountability & Support

My accountability partner (person I will update monthly):

My next scheduled self-review date:

My reward for completing this programme:

"The journey is never really over. There is always more to uncover, create, and deepen. Keep going." — The L.U.C.I.D. Method