



# My Next 90 Days



*The Bridge I'm Creating from Today  
The Gift I'm Giving My Future Self*

A Casaroma Wellness Workbook



# The Bird's-Eye View



*The next 90 days will be lived one ordinary day at a time, yet a little distance can help you see where you want to go. Before you think about details, lift your eyes for a moment and imagine yourself 90 days from now. What would you be grateful that you started today?*

1 When I picture myself 90 days from now, what would I be grateful that I started today?

---

---

---

---

---

---

---

---

---

---

2 How would I like to feel 90 days from now?

---

---

---

---

---

3 What matters most to me in this season?

---

---

---

---

---





# Where Am I Today?



*A helpful plan begins with an honest view of where life feels steady and where it could use more support. You do not need to cover everything. Let yourself notice what is working, and where you would welcome a shift.*



## My Body

*What feels good here now, and what would I like to strengthen or support?*

---

---

---



## My Home & Environment

*What in my surroundings supports me well, and what would I like to improve?*

---

---

---



## My Daily Life

*Where do my routines, time, or responsibilities feel steady, and where do they feel strained?*

---

---

---



## Myself

*What do I need more of, and what part of myself would I like to welcome back?*

---

---

---



# What Would I Like to Carry Forward?

*Now that you have looked at the bigger picture, choose the areas that feel most meaningful to you. You do not need a long list. A few well-chosen intentions can go much farther than too many unfinished promises.*

 My focus \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Why this matters to me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
What I hope will feel different 90 days from now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 My focus \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Why this matters to me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
What I hope will feel different 90 days from now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 My focus \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Why this matters to me \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
What I hope will feel different 90 days from now \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Building the Bridge

*This page helps you connect where you are now with where you would like to be. You do not need to map every step. You are looking for the first actions that begin moving you in the direction that matters.*

1

Where I am today



---

---

---

---

---

Where I would like to be



---

---

---

---

---

What would begin moving me there



---

---

---

---

---

2

Where I am today



---

---

---

---

---

Where I would like to be



---

---

---

---

---

What would begin moving me there



---

---

---

---

---

3

Where I am today



---

---

---

---

---

Where I would like to be



---

---

---

---

---

What would begin moving me there



---

---

---

---

---



# Set It Up Once, Benefit From It Often



Some of the most helpful changes are prepared once and then support you again and again. Think about what you could organize, prepare, or put in place now that would make the next 90 days easier to live well.



## At Home

---

---

---

---

---

---

---



## For My Body

---

---

---

---

---

---

---



## For My Routine

---

---

---

---

---

---

---



## For My Peace of Mind

---

---

---

---

---

---

---



## What would I like to put in place this week?

---

---

---



# My 90 Days at a Glance

*A season becomes easier to live when it has shape. You do not need to plan every detail. Give each part of these 90 days a direction, something to enjoy, and something you would like to have in place.*



## Days 1-30

My main focus

---

---

Something I want to enjoy

---

---

Something I want to have in place

---

---



## Days 31-60

My main focus

---

---

Something I want to enjoy

---

---

Something I want to have in place

---

---



## Days 61-90

My main focus

---

---

Something I want to enjoy

---

---

Something I want to have in place

---

---



# What Am I Saying 'One Day' About?

*There are often things we have meant to return to, begin, finish, or deal with for a long time. This page helps you notice them and decide whether they still deserve a place in the season ahead.*



Something I have been meaning to do

---

---

---

Do I still want this?

---

---

If yes, where could it belong in the next 90 days?

---

---

---



Something I have been meaning to do

---

---

---

Do I still want this?

---

---

If yes, where could it belong in the next 90 days?

---

---

---



Is there anything I am ready to release instead of carry forward?

---

---



# My 90-Day Reminder

*Come back to this page when you want a clear view of what matters most.*



My three priorities

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



What I want more of

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What I am putting in place now

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



The sentence I want to remember

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*I am building the bridge from today.*





## A Note from LyzaLee & Allana



Good for you for beginning. The next 90 days will be lived in your everyday life, and this workbook is here to help you hold a beautiful view of where you are going while you walk through them. There will be days when the path feels clear and days when it feels slower, and both belong to the journey.

Please remember that we are here for you, and we would be honoured to support you along the way.

*With care,*

*LyzaLee & Allana*

Casaroma Wellness