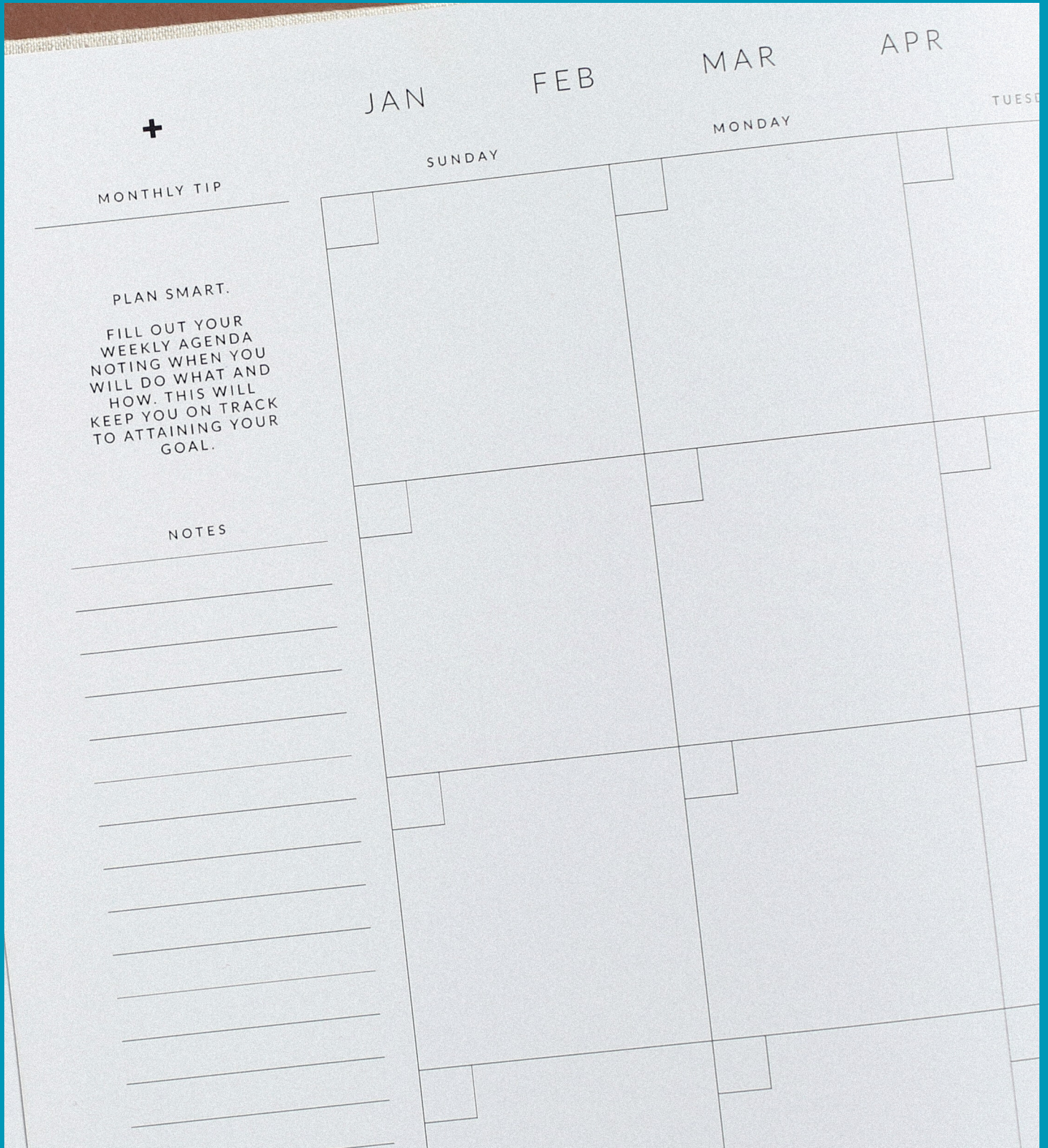


90 DAY PLANNER



Welcome!



About me

My name is Dr Yvette Ankrah MBE, I'm a recovering overachiever, a transformational coach, speaker and business consultant. I was awarded an MBE in 2017 for my work with women in business and have a PhD in sociology.

I help high achieving women who run multiple businesses eliminate stress, avoid burnout and find balance so they can obtain financial freedom.

I spent a long time pushing myself to achieve goals and striving for success. However, this success came at a cost and that was my health. I developed a variety of health conditions which needed time to address.

I found a different way forward, I worked on my mindset, trained in NLP (Neuro-Linguistic Programming) and committed to self-care. I believe that working from the inside out enables you to develop and grow. I am committed to helping women retain their sanity through self-care and break down any barriers that hold them back, so they can create healthy, wealthy and sustainable businesses.

GET IN TOUCH

hello@yvetteankrah.com

www.yvetteankrah.com

How to use your planner

Your 90 day planner

Planning enables you to make your goals happen. You make the best use of your time, have focus, can see where you might need support and take action before it gets overwhelming.

Using a 90-day planner enables you to break down your goals into bite-size pieces and gives you a daily plan of action.

How to use your planner

- 1 - Be clear on your 90-day goals
- 2 - Weekly plan - ensure the daily tasks mean you have productive weeks
- 3- Block out time to work on important things
- 4- Plan the next day the night before
- 5- Remember to give space to relax and unwind
- 6- Be accountable!

90 DAY GOALS



MY 90 GOALS ARE:

[illegible]

MONTHLY PLANNER



DATES TO REMEMBER

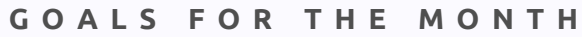
IMPORTANT NOTES

[illegible]

Month 1

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	"Every minute you spend in planning saves 10 minutes in execution; this gives you a 1,000 percent return on energy!" — Brian Tracy, author and motivational speaker	Notes		

MONTHLY PLANNER



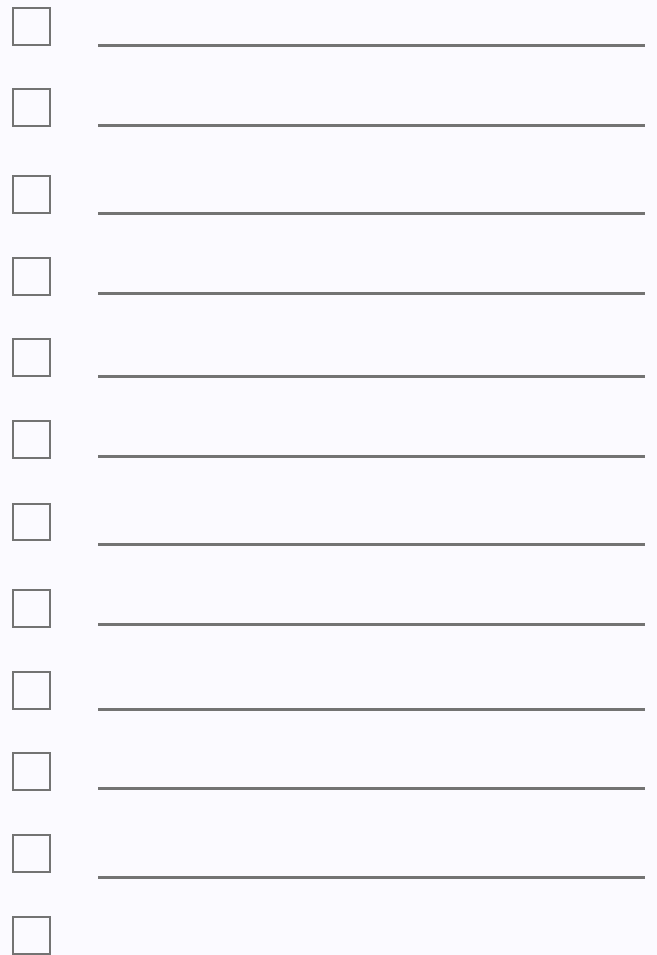
IMPORTANT NOTES

[illegible]

Month 2

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	"Every minute you spend in planning saves 10 minutes in execution; this gives you a 1,000 percent return on energy!" — Brian Tracy, author and motivational speaker	Notes		

MONTHLY PLANNER



Month 3

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	"Every minute you spend in planning saves 10 minutes in execution; this gives you a 1,000 percent return on energy!" — Brian Tracy, author and motivational speaker		Notes	

WEEKLY PLANNER

Write here what you want to achieve
each week towards your goal(s)

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEKLY PLANNER

Write here what you want to achieve
each week towards your goal(s)

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

DAILY PLANNER

Important Tasks

Morning Schedule

Afternoon Schedule

WEEKLY REFLECTION

Achieved Tasks

Gratitude

Celebration

Obstacles/reflection

90 Day

REVIEW



WHAT I ACHIEVED

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

HIGHLIGHTS

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

AREAS TO IMPROVE

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

NEXT STEPS