



# PEAK MALE 90-DAY MISSION PLANNER

## My Peak Male Vision

One year from today, I want my life to look like this:

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Why is this important to me?

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Who benefits when I become the best version of myself?

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## My 90-Day Mission

### Health Goal

Current Reality:

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My 90-Day Goal:

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Why This Matters:

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### **Financial Goal**

Current Reality:

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My 90-Day Goal:

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Why This Matters:

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### **Relationship Goal**

Current Reality:

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My 90-Day Goal:

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Why This Matters:

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### **Personal Growth Goal**

Current Reality:

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My 90-Day Goal:

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Why This Matters:

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## **The Man I Am Becoming**

Circle the traits you want to embody:

Strong

Disciplined

Focused

Confident

Patient

Resilient

Courageous

Purpose Driven

Dependable

Healthy

Leader

Mentor

Other:

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My Personal Peak Male Statement:

"I am becoming a man who..."

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