



Nutrition • Hormones • Mindset

HOW TO USE THE CORE 4 WORKSHEETS

The 30 Day Snapshot is an overview of what you need to accomplish in the Core 4 categories to begin creating success in your life. Each goal you set needs to be a **HARD TARGET**. Meaning it needs to be realistic, quantifiable and purpose driven. From there you reverse engineer it, execute and invest daily in each goals.

The 90 Day Map breaks down the steps you plan to take **DAILY** in each Core 4 category, in order to achieve them. These must be non-negotiable and done daily!

1. **POWER** - Investing into your body. Your workouts. Your nutrition. Set up a workout schedule or program to follow. Follow a nutrition plan - **AS DESIGNED!** Rinse & repeat.
2. **PRODUCTION** - Investing into your business. This could even mean your job. Where do you want to be, professionally, in the next 90 days? Implement daily.
3. **PURPOSE** - Investing into your mindset. If your brain space is a dead weight, time to flip the script. Assess all the excuses and override them. Meditate. Read a book. Surround yourself with people more successful than you and **FOLLOW WHAT THEY DO!**
4. **PASSION** - Investing into relationships. It may be your spouse, your kids, your best friend, your co-workers or employees. How are you showing up and pouring gratitude into them? What will you do daily to make them stronger or thin out the ones that are holding you back?

Repeat this every 90 days as you begin to see the results of your hard work. **DO NOT** deviate, as your goals are important enough, to put them as a priority over the excuses.

CORE 4: The principles of a successful Life.

Set a target goal for each category that you will fulfill, in the next 30 days. It has to be realistic and quantifiable. Print this off every 30 days and set a new goal to build on the one you accomplish here.



T A R Y N
P E R R Y

POWER (Body)

PRODUCTION (Business)

PURPOSE (Mindset)

PASSION (Relationships)

POWER MAP

90 DAY GOAL:

date: / /

month 1:

month 2:

month 3:

sunday:	monday:	tuesday:	wednesday:	thursday:	friday:	saturday:

90 DAY GOAL:

date: / /

month 1:

month 2:

month 3:

sunday:	monday:	tuesday:	wednesday:	thursday:	friday:	saturday:

PURPOSE MAP

90 DAY GOAL:

date: / /

month 1:

month 2:

month 3:

sunday:	monday:	tuesday:	wednesday:	thursday:	friday:	saturday:

PASSION MAP

90 DAY GOAL:

date: / /

month 1:

month 2:

month 3:

sunday:	monday:	tuesday:	wednesday:	thursday:	friday:	saturday: