

TODD DUNCAN'S  
**HIGH TRUST**  
**COACHING™**

## The Life Mastery 90-Day Worksheet

1. Foundational Account: \_\_\_\_\_

2. Descriptive Vision of Account 12-36 months out: \_\_\_\_\_

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3. "Why" Statement: What is my motivation to change? \_\_\_\_\_

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4. What are my current "unacceptable" outcomes that I will change in 90 days?

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5. What are my new behaviors and commitments that I will add within 90 days?

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