

# 90 Day Progress Tracker

**During the past 3 months:**

**Question 1 - Happiness:**

*In general*, on a score of 1-10 (with one being miserable as sin and 10 being deliriously happy) how happy are you with things at the moment?

1 2 3 4 5 6 7 8 9 10

Why did you score that number?



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.....

How happy are you with the way your business is at the moment? (circle as appropriate)

Happy OK Sad

How positive do you feel about the future? (circle as appropriate)

Happy OK Sad

On a scale of 1-10, how do you rate:

Your personal growth this quarter? .....

Your business understanding this quarter? .....

Your business financial understanding this quarter? .....

Your inner health this quarter?.....

Your outer health this quarter? .....

How many hours this quarter have you spent on education? ..... hrs

How many days off (excl sickness) have you had in the last 3 months, totally away from the business?

.....days

In what areas do you feel you have personally grown during the last period?

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### Question 2 Finances:

a) What has been your income?.....

b) What has been your direct business expenditure?.....

c) What is your *gross profit* (a-b)?.....

d) With the benefits of hindsight, in the past 3 months what opportunities have you missed to make more money? Remember making more money includes raising income and decreasing expenditures!

**Question 3 Growth:**

How many hours have you spent working on your business this period, not in the business? ..... hrs

What has been your main challenge during the last period?

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