



Winter Arc 90-Day Planner

Habits · goals · weekly check-ins · undated

The Winter Arc rules

90 days. Quiet work. Visible results.

- 1** Pick 3-5 non-negotiable habits. Fewer is stronger.
- 2** Choose ONE main goal for the 90 days and write why it matters.
- 3** Track every day on the 90-day grid — a cross for done, a dot for partial.
- 4** Never miss twice. A bad day is data, not failure.
- 5** Do the weekly check-in every Sunday: wins, misses, next week's focus.
- 6** Celebrate at Day 30, 60 and 90 with the milestone pages.
- 7** Undated — start any Monday, any month.

My arc

Who are you becoming in the next 90 days?

MAIN GOAL

WHY IT MATTERS

WHO I'M BECOMING

WHAT I'M CUTTING OUT

MY NON-NEGOTIABLES

REWARD AT DAY 90

90-day habit tracker · Days 1-30

x = done · • = partial · leave blank = missed (never miss twice)

Enjoying the free sample?

The full Winter Arc 90-Day Planner includes all 90 days of habit grids, 12 check-ins, mi

Get the full version — \$4.49

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