



MWR *Life*

# BLITZ 2026 GET LOUD

## PLANNER



# THE 90-DAY RUN

“I cannot promise to change your back office, but I can promise to change your character — and this will change your back office.”

**THIS IS NOT MOTIVATION. THIS IS A DECISION.**

## MY 90-DAY DECISION

Tick what you are committing to for the next 90 days:

- I am treating this like a business, not a hobby
- I will follow the Blitz structure
- I will focus on daily actions, not excuses
- I will stay coachable
- I will not disappear when it gets uncomfortable

**My decision for this 90-day Blitz is:**

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**Why this matters to me right now:**

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# PHASE 1:

# PREPARATION

## 7 DAYS

### CLEAR THE DECKS

This Blitz only works if the people around you know what you're doing

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#### Conversations to have this week:

- Partner / spouse
- Kids / family
- Employer (if needed)

#### What I will explain:

- This is a 90-day push
  - Why it matters to me/us/them
  - When I will be working
  - What support I need
- 

### GET ORGANISED

Before the Blitz starts, I will:

- Block my diary daily
- Tidy my inboxes and contacts
- Know how to invite to presentations
- Know when live calls are taking place
- Know how to onboard people
- Remove obvious distractions

One thing I must sort before we start:

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### DAILY TIME-BLOCKING (NON-NEGOTIABLE)

This Blitz only works if your time is protected DAILY.

- I will time-block my business every day
- This will be booked in my paper diary or digital diary
- I will not “fit this in” — it is scheduled first

# PHASE 2:

# WHISPER CAMPAIGN

## 14 DAYS

### What is a Whisper Campaign?

A Whisper Campaign is a quiet, intentional build-up before the Blitz starts.

#### This is not about

- Explaining everything
- Convincing people
- Info dumping

#### This is about

- Creating curiosity
- Speaking to leaders and vision-led people
- Letting people know something big is coming
- Positioning yourself as someone moving with purpose

Think:

**“I’m about to run hard for 90 days — I wanted to speak to you before it launches.”**

### The Flow

#### Text → Phone Call → Short Presentation

Message to use:

“Hey \_\_\_\_\_, how have you been?”

I need to speak to you — it’s IMPORTANT. When are you available?”

#### Outreach Plan

How many people will I intentionally reach out to?

- 10
- 20
- 30
- 40+

#### Who am I targeting?

- Leaders
- Past networkers
- Business owners
- High-energy people
- People I respect

## Presentation rules (tick to agree):

- Phone call first
- Max 20 minutes
- Vision + leadership  
+ timing only
- No info dumping

## Events & Commitment

Events build belief, culture, and leaders.

- I will book my ticket to the next event
- Dallas
- Australia
- Antalya

Why attending events matters to me:

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# PHASE 3: THE BLITZ 90 DAYS

START DATE:  
**MONDAY 5TH JANUARY**

**DAILY INCOME-PRODUCING  
ACTIONS (IPAs)**

If it's not daily, it's optional.

Choose numbers you can hit every day, not just on good days.

### Conversations per day:

- 20–30
- 30–40
- 40–50
- 50+

### Presentations per day:

- 2
- 5
- 10+

### Follow-ups per day:

- 20–30
- 30–40
- 40–50
- 50+

### Sign-ups per week (aim):

- 3–5
- 6–10
- 10+

# **DAYS 1–30:**

## **PERSONAL ENROLMENT MODE**

### **My decision for Month 1:**

- I am going for 20 personal recruits this month
- I will not go to bed until I hear 5 no's
- No's mean I am doing the work

### **What I will focus on daily:**

- Conversations
- Presentations
- Follow-up
- Staying in action regardless of mood

### **Consistency & Accountability**

- I will track my activity daily
  - I will do a personal weekly personal check-in
  - I will attend team calls
  - I will stay visible and plugged in
- How I will hold myself accountable:
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# **DAYS 31–60:**

## **DUPLICATION + STILL RECRUITING**

This is where leaders are made.

### **My commitment for Days 31–60:**

- I commit to 10 more personal sign-ups this month
- I will continue doing my own IPAs daily
- I will not fall into just management mode

### **While supporting my new people, I will:**

- Onboard them correctly
- Show them how to invite to presentations
- Help them close their first people
- Support them to reach Silver

## CONSISTENCY & ACCOUNTABILITY

- I will track my activity daily
- I will do a personal weekly personal check-in
- I will attend team calls
- I will stay visible and plugged in

How I will hold myself accountable:

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## DAYS 61–90: SCALE, DEPTH & STAY RECRUITING

This is where momentum compounds — do not slow down.

### My commitment for Days 61–90:

- I will help my new Silvers push for Platinum
- I will help my day 30-60 people hit Silver
- I will personally enrol 10 more people this month
- I will not fall into complete management mode
- I will stay visible, active, and recruiting

### I understand:

- Leadership does NOT replace activity
- Recruiting stays the engine
- My actions set the pace for my team

## CONSISTENCY & ACCOUNTABILITY

- I will track my activity daily
- I will do a personal weekly personal check-in
- I will attend team calls
- I will stay visible and plugged in

How I will hold myself accountable:

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# PHASE 4:

# POST-BLITZ

## 30 DAYS

## ANTALYA EVENT — CULTURE & CAMPAIGNS

The Blitz does not end — it evolves.

### This phase is about:

- Culture
- Celebration
- Storytelling
- Leadership development
- Campaign momentum

### My commitment post-Blitz:

- I will attend Antalya
- I will share my Blitz journey and results
- I will help strengthen team culture
- I will stay active and visible
- I will be part of the next campaign

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## CHARACTER STANDARDS

## RUN THROUGH ALL 90 DAYS

These build discipline, focus, and identity.

- Cold shower every day
- 3 litres of water daily
- No sugar
- Minimum of 3 fitness sessions per week
- No alcohol

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## I HAVE MADE A DECISION

This group stays open.

My rank today: \_\_\_\_\_

My rank in 11 months: \_\_\_\_\_

Why I'm committed beyond this Blitz:

\_\_\_\_\_

**Signed**

## FINAL SIGN-OFF

For the next 90 days, I choose:

- Discipline over comfort
- Action over excuses
- Leadership through example
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**Date**

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# 90 Days Goals

**Goal #01**

**Steps to Take**

**Notes**

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**Goal #02**

**Steps to Take**

**Notes**

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**Goal #03**

**Steps to Take**

**Notes**

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# 60 Days Goals

**Goal #01**

**Steps to Take**

**Notes**

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**Goal #02**

**Steps to Take**

**Notes**

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**Goal #03**

**Steps to Take**

**Notes**

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YEAR: \_\_\_\_\_

MONTH: \_\_\_\_\_

# 30 Days Goals

**Goal #01**

**Steps to Take**

**Notes**

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**Goal #02**

**Steps to Take**

**Notes**

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**Goal #03**

**Steps to Take**

**Notes**

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YEAR: \_\_\_\_\_

MONTH: \_\_\_\_\_

# Weekly Planner

## Weekly Goal

01.
02.

## Priorities

01.
02.
03.

## To-Do List

04.
05.
06.
07.
08.
09.
10.

## Other Notes

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## Schedule

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

HABIT TRACKER:  M  T  W  T  F  S  S

START DATE: \_\_\_\_\_  
END DATE: \_\_\_\_\_

# Daily Planner

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## To-Do List

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02.
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## Other Notes

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## Schedule

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HABIT TRACKER: ○

MOOD TRACKER: 😞 😐 😊 😄 😁

RATE THE DAY: 1 2 3 4 5

# Daily Journal

\_\_\_\_ / \_\_\_\_ / 20\_\_\_\_  
M T W T F S S  
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## MORNING

### Today I Can Be Grateful For...

01.
02.
03.

### I Want Today Be About...

01.
02.
03.

### (Affirmation) Who Do You Want To Be ...


## EVENING

### I Learned Today That...

01.
02.
03.

HABIT TRACKER: ○

MOOD TRACKER: 😞 😟 😐 😊 😄

RATE THE DAY: 1 2 3 4 5

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