



The Loving Mondays 90-Day Direction Challenge

This guide was created to help you stop waiting for perfect clarity before taking action. The truth is that direction is usually discovered through movement, not overthinking. For the next 90 days, your assignment is simple: choose one meaningful direction and commit to exploring it consistently. You do not need to know everything. You only need enough courage to begin. By the end of these 90 days, you will have: Greater clarity about your strengths and interests A stronger daily routine Better self-awareness Real-world feedback Momentum toward a meaningful future

How To Use This Guide

Step 1: Choose one area to focus on for 90 days.

Examples: business, content creation, coaching, fitness, writing, learning a skill, public speaking, ministry, or building an online income.

Step 2: Commit to daily action, even if small.

Step 3: Track what gives you energy and what drains you.

Step 4: Reflect weekly and adjust intelligently.

Questions To Ask Yourself Before You Begin

- What do I naturally enjoy doing?
- What problems do I care about solving?

- What do people usually come to me for?
- What topics do I constantly research?
- What kind of work leaves me energized?
- What would I attempt if I stopped fearing failure?

The Rules Of The 90-Day Challenge

1. Do not quit during emotional moments.
2. Focus on consistency over perfection.
3. Protect your mornings.
4. Limit distractions.
5. Learn publicly when possible.
6. Review your progress weekly.
7. Avoid comparing your journey with others.

Week 1: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 1.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			

Friday			
Saturday			
Sunday			

Week 2: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 2.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 3: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 3.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?

- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 4: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 4.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			

Thursday			
Friday			
Saturday			
Sunday			

Week 5: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 5.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 6: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 6.

This Week's Main Focus:

- What action matters most this week?

- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 7: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 7.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			

Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 8: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 8.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 9: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 9.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 10: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 10.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			

Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 11: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 11.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 12: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 12.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Week 13: Focus & Reflection

Weekly Goal: Define one meaningful target for Week 13.

This Week's Main Focus:

- What action matters most this week?
- What distractions must be removed?
- What skill needs improvement?

Reflection Questions:

- What gave me energy this week?
- What drained me?
- What lesson did I learn?
- What should I improve next week?

Day	Main Task	Completed?	Energy Level (1-10)
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Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Final 90-Day Reflection

Take time to honestly review your experience. **Ask yourself:**

- What did I discover about myself?
- What activities gave me the most fulfillment?
- What skills improved significantly?
- What opportunities appeared during the challenge?
- What habits should I continue?
- What direction feels worth pursuing further?

The goal was never perfection. The goal was movement. Most people stay stuck because they spend years waiting for certainty. You now have something more valuable: experience, feedback, and momentum.

Created for Loving Mondays

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Keep moving.

Keep learning.

Keep becoming.