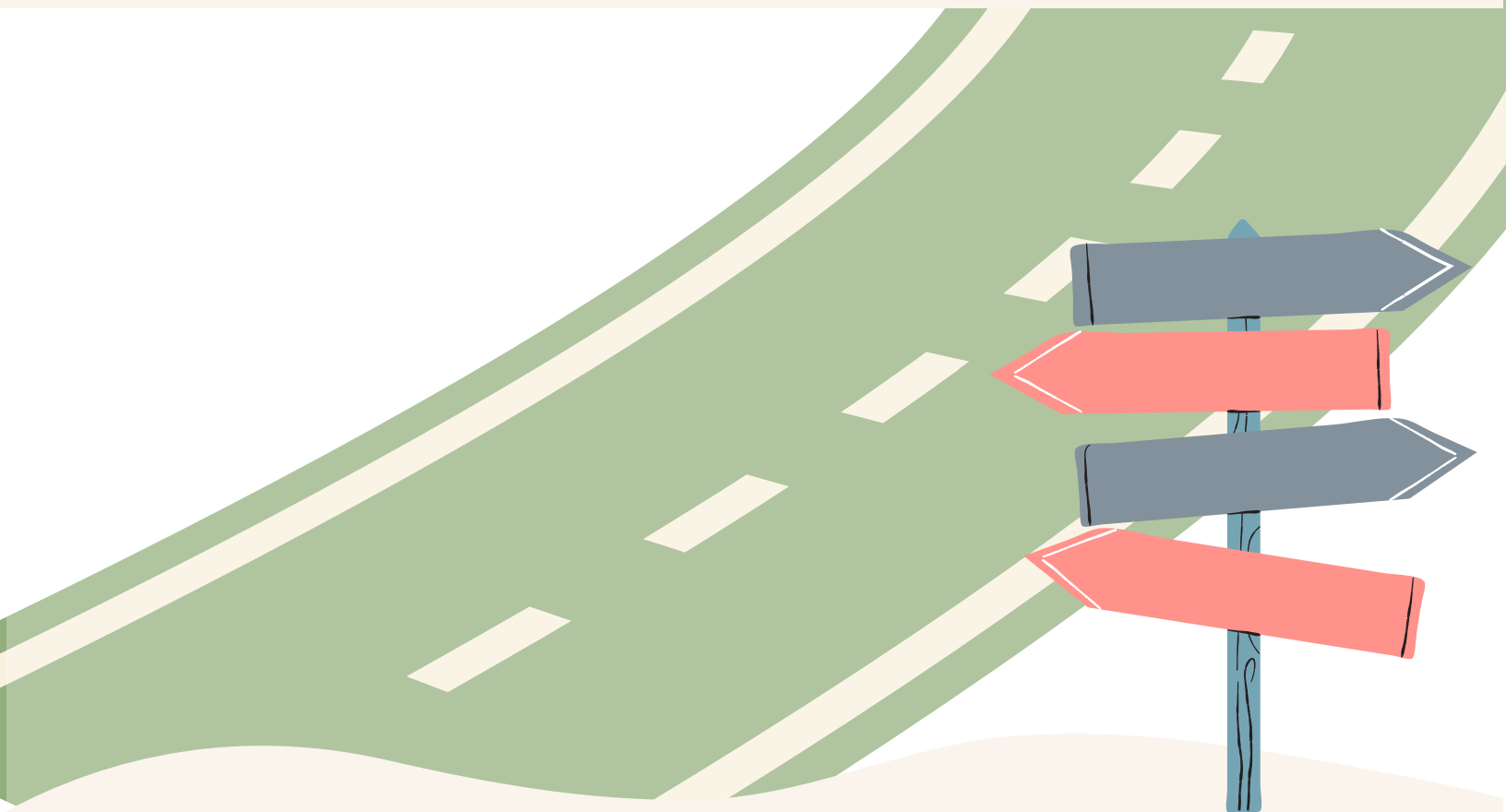




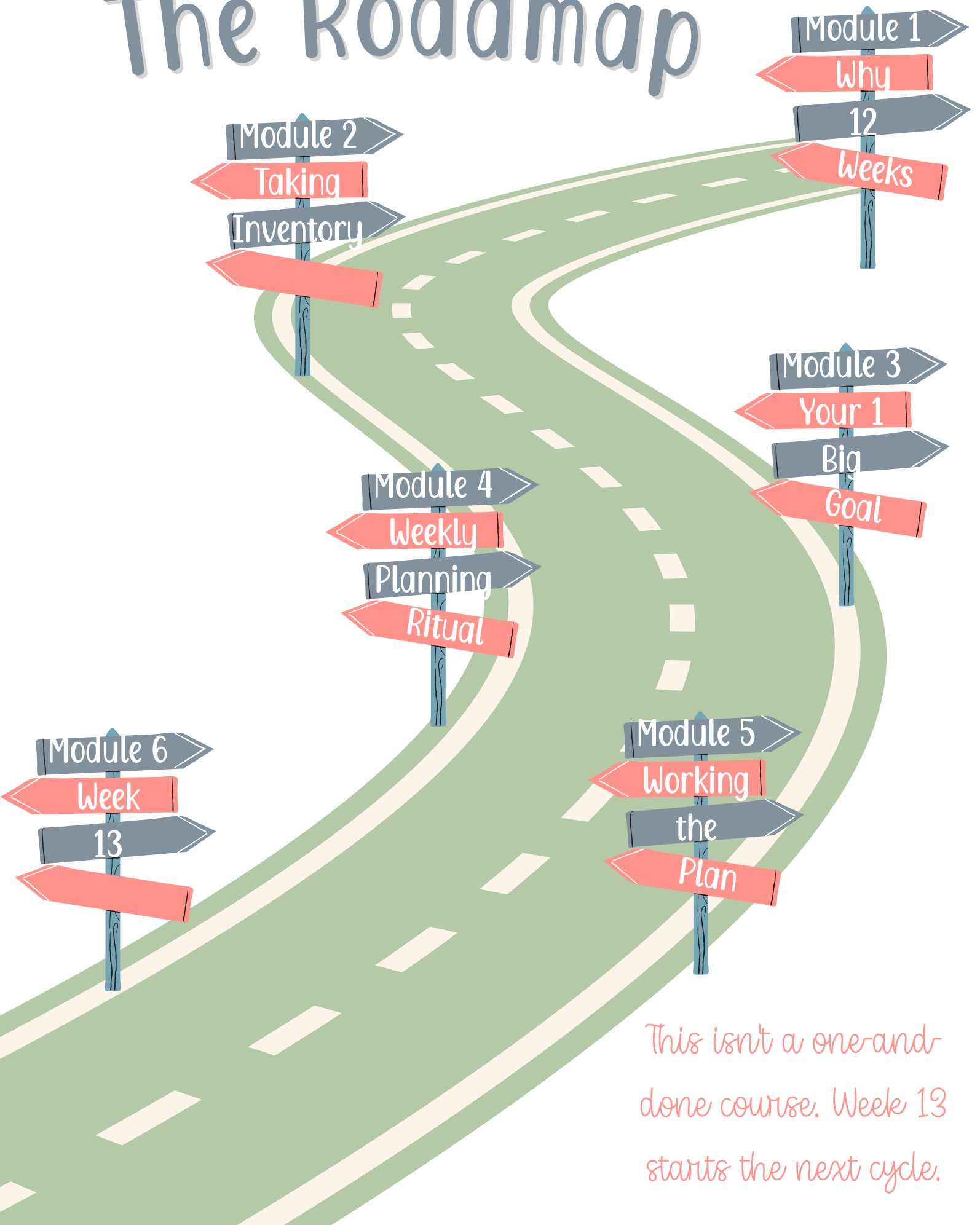
Roadmap to Results

One goal. Twelve weeks. A system for life.



Conquering The Chaos

The Roadmap



This isn't a one-and-done course. Week 13 starts the next cycle.



Module 1:

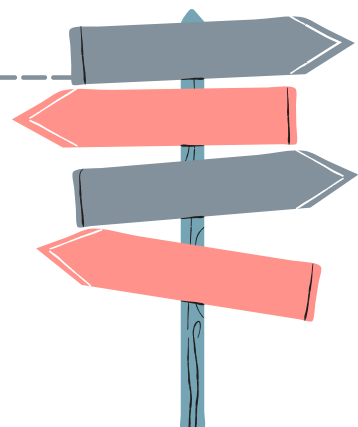
What's The Big Picture

These can change – that's okay. First instinct is usually right.

1-Year Goal

3-Year Goal

5- Year Goal



S.M.A.R.T. Goal

Turning a wish into a plan

Specific - What exactly will you do? Be precise.

Measurable - How will you track progress? What's the number?

Achievable - What's the realistic plan to make this happen?

Relevant - Which bigger goal does this serve?

Time-Bound - By when? The 12-week deadline lives here.



Module 3

For The Next 12 Weeks, My 1 Big Goal is:

Projects

Most goals need 2-4 projects. Use as many boxes as you need.

Project 1

Project 2

Project 3

Project 4



Module 4

Daily Schedule

Fill this in at the end of yesterday, not the morning of today.

Date _____

5:00		2:00	
5:30		2:30	
6:00		3:00	
6:30		3:30	
7:00		4:00	
7:30		4:30	
8:00		5:00	
8:30		5:30	
9:00		6:00	
9:30		6:30	
10:00		7:00	
10:30		7:30	
11:00		8:00	
11:30		8:30	
12:00		9:00	
12:30		9:30	
1:00		10:00	
1:30			

Print or duplicate one of these per day.

Module 4

Weekly Planning Ritual

Once a week. About 30-45 minutes. Repeat for 12 weeks.



Check-in (review last week)

Review last week. What got done? What slipped? Is the goal still right?



Brain dump

Set a 10-minute timer. Get everything out of your head.



Add non-negotiables

Block off your calendar with everything that isn't optional. Include travel time.



Build work blocks

1-hour or 1.5-hour blocks. Don't label them yet – just claim the time.



Schedule tomorrow

Pull from your action items. Use your time estimates. Just one day at a time.

Module 4

Your Weekly Check-In

Week _____ of 12 Date: _____

What did I get done last week?

Big things, small things. Don't skip the wins

What slipped – and why?

Was it legitimate, or was it avoidance? Patterns are information.

Is my goal still the right goal?

Yes / No / Needs adjusting – and why.

Module 5

Pitfalls & Fixes

For when life gets in the way.

Overwhelm

When the work piles up faster than you can do it. The fix: Pick up where you are. Tomorrow is a new plan.

Perfectionism

When 'good enough' never feels good enough. The fix: Done is better than perfect.

Distraction

When you can't focus long enough to start. The fix: Change your environment, not your willpower.

When All Else Fails

"I can do anything for 15 minutes."

Set a timer. Sit down. Work

Print this and post it where you work. Use it when you need it.

Module 6

Week 13 Review

Cycle # _____ Date: _____

What did I actually accomplish?

Big things, small things, the wins you forgot you had. Don't skip the celebration.

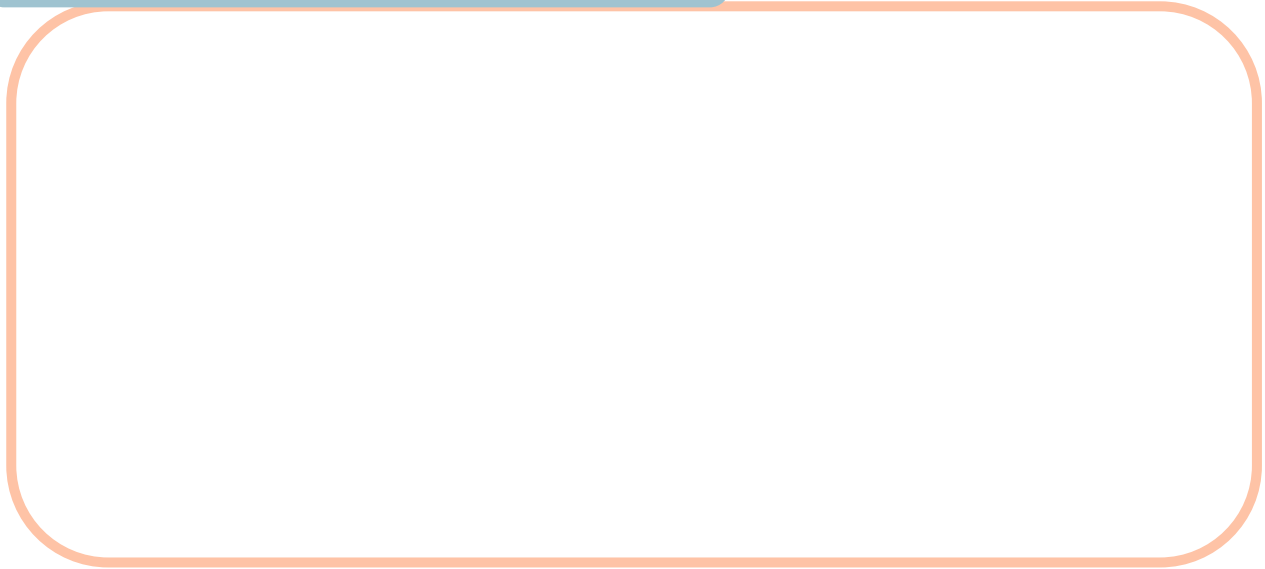
What surprised me – good or bad?

The thing that turned out way harder than expected. The detour that became the real win.

Module 6

Week 13 Review

What would I do differently next cycle?



Not in a beating-yourself-up way. Curiosity, not judgment.

Did this goal serve my bigger picture?



Look back at your 1, 3, and 5-year goals. Did the last 12 weeks move you closer?

Module 6

What Graduates to Maintenance?

The decision that starts your next cycle.

My growth-mode item from this cycle was:

Is it ready to move into maintenance?

Can it run on its own now? Does it not need your full attention?

- Yes – it graduated. Park it. The whole point of growth mode is that something starts there and eventually moves out of it.
- Not yet – it needs another cycle. Keep it as your growth-mode item for the next 12 weeks.
- It's good enough where it is. Even if not perfect – move on to a new growth-mode item.

My growth-mode item for the next cycle:

Remember the rule: one thing in growth mode at a time.

Cycle --- Complete

Date: _____

The goal I just finished:

Three wins from this cycle – big or small:

You stopped drifting. You picked one thing and you actually finished it!

Next Cycle Starts:

Hello I'm Cori



I'm the woman behind Conquering the Chaos Planners – and I'm also the woman this workbook was built for. For years I carried what felt like the entire operating system of my household in my head. The schedules, the appointments, the things that needed to get done, the ideas I kept meaning to come back to. I had goals – real ones – but they kept getting pushed to next month, next quarter, next year.

I tried the productivity apps. The yearly planning workshops every January. The systems that promised to fix it all. Nothing stuck – until I came across the idea of 12-week planning. Something about a shorter cycle clicked. Long enough to make real progress, short enough that I could see the finish line and not lose steam halfway through.

But the existing 12-week systems weren't quite right for me. They were built for entrepreneurs and executives, not for women juggling households and businesses and kids and lives all at once.

So I started adapting. Adding the parts I needed – the weekly check-in, the maintenance vs. growth framing, the day-by-day flexibility. Cutting the parts that didn't fit my real life.

What you just learned is my version of 12-week planning – built for the woman who carries the mental load. If you've finished this workbook, you've done the work. You've picked one thing. You've made a real plan. You've spent 12 weeks running a system most people never figure out. That matters.

If you'd like to keep going with me, I send a weekly email with planning ideas, behind-the-scenes from running my own cycles, and the occasional thing I'm working on. You can sign up at: ConqueringTheChaosPlanners.com

Cori