



The First 90 Days

A Leader's Reset

A PRACTICAL GUIDE BY FRANKLIN NÚÑEZ
Faith-Driven Leadership

START HERE

Why the first 90 days?

Every leader hits seasons where the fog rolls in — too much to do, too little clarity, and a quiet sense that you're carrying more than you can hold. You don't need a whole new life. You need a **reset**.

Ninety days is long enough to change something real, and short enough that you won't lose heart. It's one honest season. In the pages ahead, you'll walk through three simple phases — one per month — to get clear, rebuild your rhythms, and gain real momentum.

This isn't about doing more. It's about leading from a settled place: clear on what matters, honest about what doesn't, and anchored in something bigger than the next task.

"You don't rise to the level of your goals. You fall to the level of your rhythms — so let's rebuild the rhythms."

Read it once all the way through. Then go back to Phase 1 and begin. Keep a pen nearby — the last page is a plan you'll fill in yourself.

Let's begin your reset.

Days 1–30

Phase I — Reclaim

Before you build anything, get honest about where you actually are. This month is about clearing the fog and naming what matters most — so the next 60 days are built on truth, not guesswork.

1. Take an honest inventory

Write down where your time and energy really go in a normal week. Not the ideal — the real. You can't reset what you won't name.

2. Name your "one thing"

If only one thing changed in 90 days, what would matter most? Circle it. That's your north star for this reset.

3. Clear one weight

Choose one thing to stop, delegate, or let go of this week. A reset starts by making room.

This month's practice:

- ✦ Ten quiet minutes each morning — pray, breathe, and name your one priority for the day.
- ✦ End each day by writing one honest sentence: what drained you, what filled you.

"Clarity is kindness — to yourself first, then everyone you lead."

Days 31–60

Phase 2 — Rebuild

Now that you're clear, build the rhythms that make clarity stick. Willpower fades; rhythms carry you. This month you turn intention into a repeatable week.

1. Design your ideal week

Block time for what matters before the busywork fills it — your priority work, rest, people, and faith. Protect those blocks like appointments.

2. Set one boundary

Decide one clear "no" that protects your yes. A boundary isn't a wall — it's a door you get to open on purpose.

3. Build a simple system

Pick the one recurring task that eats your time and give it a repeatable process (a checklist, a template, a set time). Systems free leaders.

This month's practice:

- ✦ A 20-minute weekly review: What worked? What didn't? What's the one focus for next week?
- ✦ Protect one full rest block each week — no work, no guilt. Rest is a leadership discipline.

"Small, faithful steps beat big, fragile leaps every time."

Days 61–90

Phase 3 — Rise

You're clear, and your rhythms are holding. Now build momentum — execute on your one thing, measure honestly, and invite someone to walk with you so it lasts beyond 90 days.

1. Move your "one thing" forward — visibly

Take one concrete, measurable step toward your north star every single week. Momentum comes from motion, not motivation.

2. Measure what matters

Pick one or two simple markers of progress and check them weekly. What gets measured, gently, gets better.

3. Find your accountability

Tell one trusted person your goal and ask them to check in. We keep our best promises when someone else knows about them.

This month's practice:

- ✦ Celebrate progress out loud — name one win each week, however small.
- ✦ Adjust without shame. A reset is a direction, not a performance.

"Character before strategy. Presence before pressure. Faith through all of it."

MAKE IT YOURS

Your 90-Day Reset Plan

Fill this in and keep it where you'll see it. This is your reset — in your own words.

My "one thing" for these 90 days:

Days 1–30 · Reclaim — one weight I'm letting go of:

Days 31–60 · Rebuild — one rhythm or boundary I'm protecting:

Days 61–90 · Rise — one measurable step I'll take each week:

The person who will keep me accountable:

Want a partner for your reset?

If you'd like help walking through your 90 days — coaching, leadership, business, or bringing practical AI into your work — I'd love to talk.

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