



AI-RESISTANT SKILLS

90-DAY PROGRESS TRACKER

Print this page and track your transformation journey



YOUR 90-DAY TRANSFORMATION TIMELINE

START DATE:

TARGET COMPLETION:

CURRENT DAY:

1

MONTH 1: FOUNDATION

Build core AI-resistant
capabilities

2

MONTH 2: SKILL BUILDING

Deep practice and rapid learning

3

MONTH 3: MASTERY

Integration and measurable
impact



VIDEO LESSONS COMPLETED

WEEK 1: FOUNDATION

- **Lesson 1:** Introduction to AI-Resistant Skills
- **Lesson 2:** Strategic Thinking The MECE Framework

WEEK 2: STRATEGIC THINKING & EMOTIONAL INTELLIGENCE

- **Lesson 3:** Strategic Thinking in Action
- **Lesson 4:** Emotional Intelligence Building Trust
- **Lesson 5:** Reading Rooms and Influence

WEEK 3: CREATIVE PROBLEM-SOLVING

- **Lesson 6:** Design Thinking Framework
- **Lesson 7:** Innovation and 10x Thinking

WEEK 4: LEADERSHIP & LEARNING

- **Lesson 8:** Ethical Leadership Principles
- **Lesson 9:** Building Psychological Safety
- **Lesson 10:** Adaptive Learning and Mastery

WEEKLY PRACTICE TRACKING

MONTH 1: FOUNDATION (WEEKS 1-4)

WEEK 1

Focus: Strategic Thinking + Emotional Intelligence

Daily Practice:

- Mon: Applied MECE to one problem
- Tue: Applied MECE to one problem
- Wed: Applied MECE to one problem
- Thu: Applied MECE to one problem
- Fri: Applied MECE to one problem
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

This Week's Wins:

- Problems solved with MECE: __/7
- Quality of decisions (1-10): __
- Strategic impact created: \$_____

WEEK 2: EMOTIONAL INTELLIGENCE

Focus: Emotional Intelligence

Daily Practice:

- Mon: Read one room (30-second method)
- Tue: Read one room (30-second method)
- Wed: Read one room (30-second method)
- Thu: Read one room (30-second method)
- Fri: Read one room (30-second method)
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

This Week's Wins:

- Rooms read accurately: __/7
- Trust built (new relationships): __
- Influence moments (no authority): __

WEEK 3: CREATIVE PROBLEM-SOLVING

Focus: Creative Problem-Solving

Daily Practice:

- Mon: Generated 10+ ideas for one problem
- Tue: Generated 10+ ideas for one problem
- Wed: Generated 10+ ideas for one problem
- Thu: Generated 10+ ideas for one problem
- Fri: Generated 10+ ideas for one problem
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

This Week's Wins:

- Total ideas generated: __
- Prototypes tested: __
- Validated innovations: __

WEEK 4: ETHICAL LEADERSHIP + ADAPTIVE LEARNING

Focus: Ethical Leadership + Adaptive Learning

Daily Practice:

- Mon: Built psychological safety moment
- Tue: Built psychological safety moment
- Wed: Built psychological safety moment
- Thu: Built psychological safety moment
- Fri: Built psychological safety moment
- Sat: Weekly review (15 min)
- Sun: Month 1 review (30 min)

This Week's Wins:

- Psychological safety moments: __/7
- Team engagement (1-10): __
- Purpose-driven decisions: __

MONTH 2: SKILL BUILDING (WEEKS 5-8)

WEEK 5

Focus: Deep practice on weakest skill

My Weakest Skill: _____

Daily Practice:

- Mon: 1 hour deliberate practice
- Tue: 1 hour deliberate practice
- Wed: 1 hour deliberate practice
- Thu: 1 hour deliberate practice
- Fri: 1 hour deliberate practice
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- Hours practiced: __/7
- Improvement (1-10): __
- Breakthrough moments: __

WEEKS 6-8: ACCELERATED GROWTH

WEEK 6

Focus: Continue deep practice

Daily Practice:

- Mon: 1 hour deliberate practice
- Tue: 1 hour deliberate practice
- Wed: 1 hour deliberate practice
- Thu: 1 hour deliberate practice
- Fri: 1 hour deliberate practice
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- Hours practiced: __/7
- Improvement (1-10): __
- Breakthrough moments: __

WEEK 7

Focus: Rapid learning (one new skill)

New Skill: _____

Daily Practice:

- Mon: 80/20 learning (1 hour)
- Tue: 80/20 learning (1 hour)
- Wed: 80/20 learning (1 hour)
- Thu: 80/20 learning (1 hour)
- Fri: 80/20 learning (1 hour)
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- Hours learned: __/7
- Competence level (1-10): __
- Applied in real situation: Yes / No

WEEK 8

Focus: Teaching others (Feynman Technique)

Daily Practice:

- Mon: Taught one person
- Tue: Taught one person
- Wed: Taught one person
- Thu: Taught one person
- Fri: Taught one person
- Sat: Weekly review (15 min)
- Sun: Month 2 review (30 min)

Progress This Week:

- People taught: __/7
- Feedback received (1-10): __
- Own understanding improved: Yes / No

MONTH 3: MASTERY (WEEKS 9-12)

WEEK 9

Focus: Integration (combine all 5 skills)

Daily Practice:

- Mon: Used all 5 skills in one situation
- Tue: Used all 5 skills in one situation
- Wed: Used all 5 skills in one situation
- Thu: Used all 5 skills in one situation
- Fri: Used all 5 skills in one situation
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- Integration moments: __/7
 - Impact created (1-10): __
 - Confidence level (1-10): __
-

WEEK 10

Focus: Continue integration

Daily Practice:

- Mon: Used all 5 skills in one situation
- Tue: Used all 5 skills in one situation
- Wed: Used all 5 skills in one situation
- Thu: Used all 5 skills in one situation
- Fri: Used all 5 skills in one situation
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- Integration moments: __/7
- Impact created (1-10): __
- Confidence level (1-10): __

WEEKS 11-12: FINAL SPRINT

WEEK 11

Focus: Teaching and measuring impact

Daily Practice:

- Mon: Taught + measured impact
- Tue: Taught + measured impact
- Wed: Taught + measured impact
- Thu: Taught + measured impact
- Fri: Taught + measured impact
- Sat: Weekly review (15 min)
- Sun: Plan next week (15 min)

Progress This Week:

- People taught: __/7
 - Measurable impact: \$__
 - Testimonials collected: __
-

WEEK 12

Focus: Final assessment and celebration

Daily Practice:

- Mon: Final skill assessment
- Tue: Document transformation
- Wed: Create case study
- Thu: Plan next 90 days
- Fri: Celebrate wins!
- Sat: 90 day review (60 min)
- Sun: Set new goals

90-Day Transformation:

- Total AI-Resistant Value: __/50 → __/50
- Biggest win: _____
- Next goal: _____



MONTHLY SKILL ASSESSMENTS

MONTH 1 ASSESSMENT (DAY 30)

Rate yourself (1-10):

- Strategic Thinking: __
- Emotional Intelligence: __
- Creative Problem-Solving: __
- Ethical Leadership: __
- Adaptive Learning: __
- Total AI-Resistant Value: __/50

Key Wins:

1. -----
2. -----
3. -----

Areas to Improve:

1. -----
 2. -----
-

MONTH 2 ASSESSMENT (DAY 60)

Rate yourself (1-10):

- Strategic Thinking: __
- Emotional Intelligence: __
- Creative Problem-Solving: __
- Ethical Leadership: __
- Adaptive Learning: __
- Total AI-Resistant Value: __/50

Key Wins:

1. -----
2. -----
3. -----

Areas to Improve:

1. -----
 2. -----
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MONTH 3 ASSESSMENT (DAY 90)

Rate yourself (1-10):

- Strategic Thinking: __
- Emotional Intelligence: __
- Creative Problem-Solving: __
- Ethical Leadership: __
- Adaptive Learning: __
- Total AI-Resistant Value: __/50

Key Wins:

1. -----
2. -----
3. -----

Next 90-Day Goals:

1. -----
2. -----

KEY METRICS TRACKING

STRATEGIC THINKING

- Applied MECE to 20+ problems
- Quality of decisions improved by 50%
- Created measurable strategic impact: \$_____

EMOTIONAL INTELLIGENCE

- Read 20+ rooms accurately
- Built trust with 10+ new relationships
- Influenced without authority 10+ times
- Trust score from colleagues: __/10

CREATIVE PROBLEM-SOLVING

- Generated 100+ ideas
- Tested 10+ prototypes
- Validated 3+ innovations
- Applied 10x thinking to 10+ problems

ETHICAL LEADERSHIP

- Created 20+ psychological safety moments
- Team engagement score: __/10
- Made 10+ purpose-driven decisions
- Led through crisis with integrity

ADAPTIVE LEARNING

- Learned 3+ new skills
- Practiced 90+ hours (1 hour/day)
- Taught 30+ people (Feynman Technique)
- Applied learning within 48 hours every time

MILESTONES & ACHIEVEMENTS



BONUS ACHIEVEMENTS

- Received promotion/raise
- Created measurable business impact
- Became known as strategic thinker



WEEKLY REFLECTION QUESTIONS

Every Sunday, answer these:

1. What did I learn this week?
 2. What worked well?
 3. What didn't work?
 4. What will I do differently next week?
 5. What's my #1 focus for next week?
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COURSE COMPLETION CHECKLIST

- Watched all 10 video lessons
 - Downloaded all course materials
 - Completed 90-day practice plan
 - Applied all 5 frameworks in real situations
 - Taught at least 10 people
 - Measured tangible impact
 - Earned completion certificate
 - Left course review/testimonial
 - Planned next 90 days
-

NOTES & INSIGHTS

Use this space to capture key insights, breakthroughs, and lessons learned:

Week 1 Insights:

Week 2 Insights:

Week 3 Insights:

Week 4 Insights:

Month 1 Summary:

Month 2 Summary:

Month 3 Summary:

Overall Transformation:

NEXT STEPS AFTER 90 DAYS

- Enroll in Course 2: The Executive Energy System
- Apply for promotion using new skills
- Start teaching others (become a mentor)
- Document case studies for portfolio
- Set new 90-day goals
- Join Million Dollar Blueprint community

 **Remember:** These are not "soft skills." These are \$1M+ skills that AI cannot replicate. Practice daily, measure progress, teach others.

Million Dollar Blueprint - AI-Resistant Skills

YOUR TRANSFORMATION STARTS TODAY. LET'S GO!