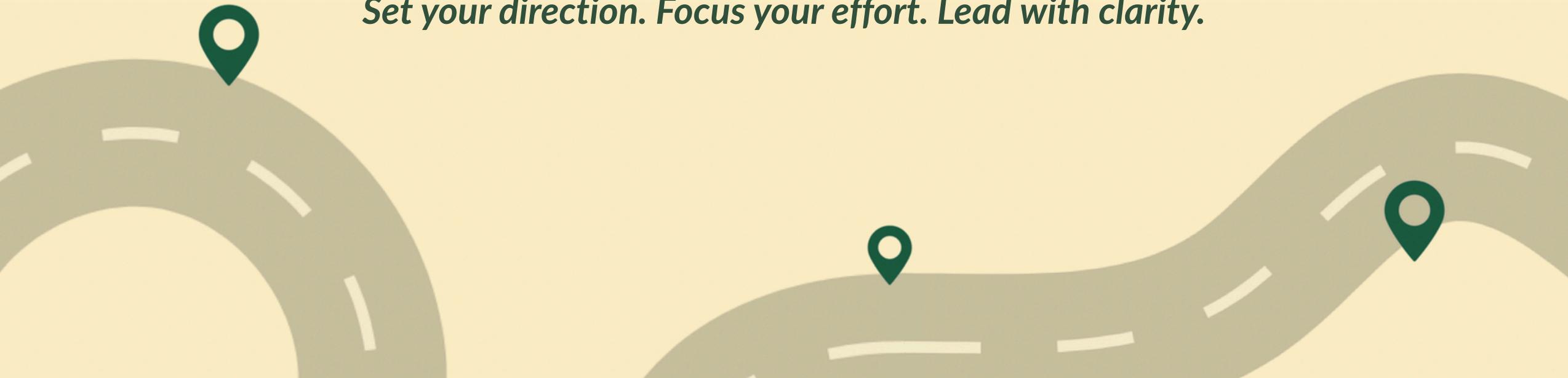




# THE LONG-HAUL LEADER 90-DAY GPS PLAYBOOK

*Set your direction. Focus your effort. Lead with clarity.*



# WELCOME TO THE LONG-HAUL LEADER 90-DAY GPS

You're here because something needed to change.

Not necessarily your ambition... but the way you've been approaching it. For too long, most entrepreneurs have been sprinting non-stop. Juggling too many priorities. Reacting instead of leading, and pushing harder in the hope that things will finally "click." But sprinting only gets you so far. At some point, you need direction. You need rhythm. You need support.

That's what the 90-Day GPS is all about.

Over the next three months, we're going to slow things down just enough for you to get clear on where you're heading and build the habits, systems, and structure that will help you stay on course. You'll create momentum not through intensity, but through consistency. Not through hustle, but through alignment.

***This is your reset.***

Your chance to breathe, refocus, and build the next stage of your business with intention. You'll work on what actually matters. You'll stop carrying what doesn't. And you'll learn how to lead yourself with the same level of care and clarity you offer everyone else.

Use this workbook as your compass. Use your fellow community members as your support. And use these next 90 days to create real, meaningful progress - the kind that lasts.

I'm excited to guide you, support you, and walk alongside you as you begin this journey.

Let's make these next 90 days count.



Chris Ducker - Author, *The Long-Haul Leader*

# NOW... THE IMPORTANT STUFF!

Before you get started on our GPS journey, there's a few things you need to do.

1

Be sure to add all our calls to your calendar of choice ASAP. Yes, replays will be provided for the duration of the program. However, to get the most out of the entire experience we strongly advise you to turn up LIVE, ready to roll up your sleeves, and get to work.

As a reminder, here are the dates:

Call #1 - January 5, 2026

Call #2 - February 2, 2026

Call #3 - March 2, 2026

Graduation Call - March 31, 2026 - *You'll receive your Completion Certificate LIVE on this call.*

All calls will take place at 4pm UK | 11am ET | 8am PT at this Zoom link: [longhaulleader.com/call](https://longhaulleader.com/call)

2

It's **absolutely imperative** that you complete the first three worksheets of this playbook **prior to our first call together.**

To avoid confusion, they are titled:

- *Your Compass 'True North'*
- *The Power of One - Choosing Your 'Priority Project'*
- *The Long-Haul Leader Life OS™*

The answers you provide on these worksheets will provide us with the ammo we need on our first call, and beyond.

3

Connect with **Chris on Instagram @ChrisDucker** - he's all about following your journey as it develops!

# YOUR COMPASS 'TRUE NORTH'

I want my business to look like...

I want my life to feel like...

I want to be surrounded by people that...

I want to spend my time...

My core values guiding all of this are...

My 3 compass principles for decision-making:

# THE POWER OF ONE – CHOOSING YOUR ‘PRIORITY PROJECT’

What ONE project, if completed in 90 days, would move you measurably closer to your 5-year vision?

What is the name of your project and why does it matter?

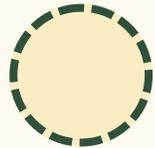
What are your first 3 action steps?

What resources, support, or accountability do you need to complete this project?

# THE LONG-HAUL LEADER LIFE OS™

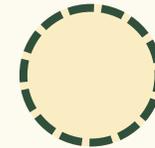
Score yourself from 1-10 on all four of the key principles of long-haul leadership!

Where *Personal Mastery* and *Impactful Work* intersect, **clients** reflect the value and influence you generate from applying your expertise in work.



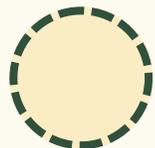
Score

Where *Personal Mastery* and *Hobbies* overlap, **time** represents the balance between self-improvement and enjoyable activities.



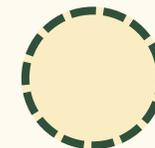
Score

The overlap between *Love & Relationships* and *Impactful Work* shows how meaningful work enables personal **freedom** and strengthens relationships.

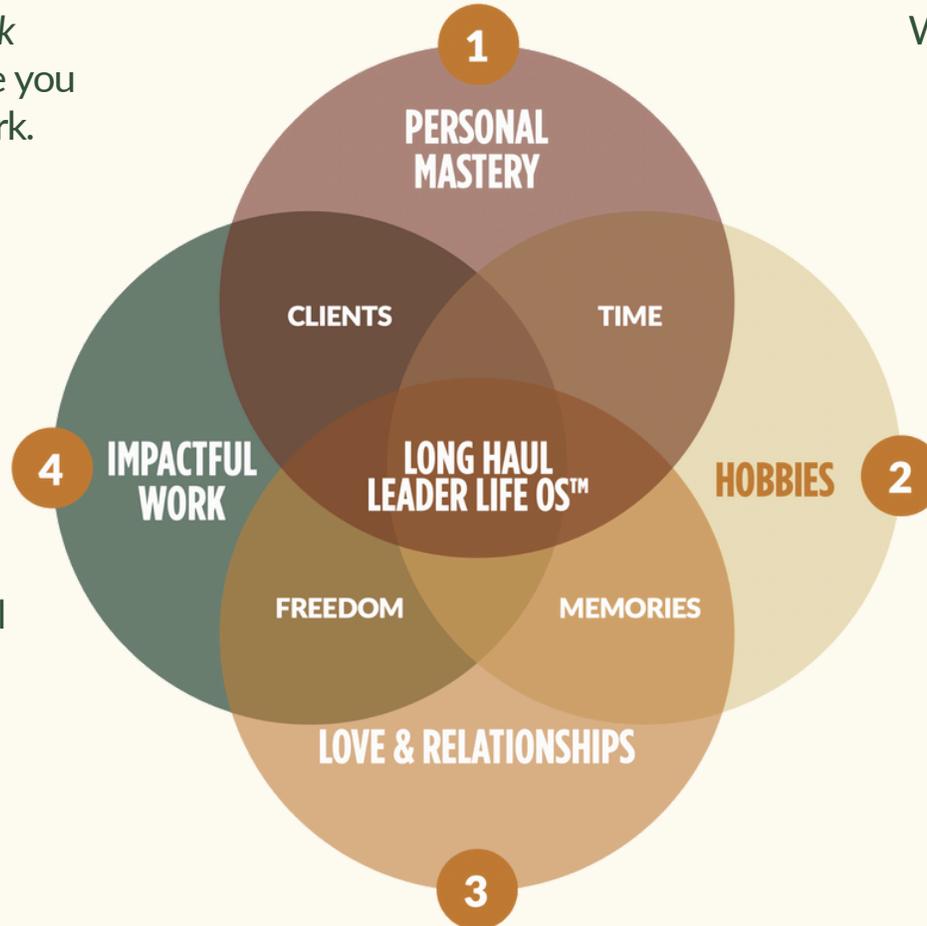


Score

Where *Hobbies* and *Love & Relationships* meet, **memories** reflect the meaningful experiences created from pursuing personal passions and nurturing relationships.



Score





**CALL #1 – JANUARY 5, 2026**  
**RESET YOUR BEARINGS**

# RESET YOUR BEARINGS

To kick-off our first call, we're going to audit what fuels and drains your energy. You'll also decide what to eliminate, or reduce so that you can clear the clutter and set the right direction and focus for our 90-days together.

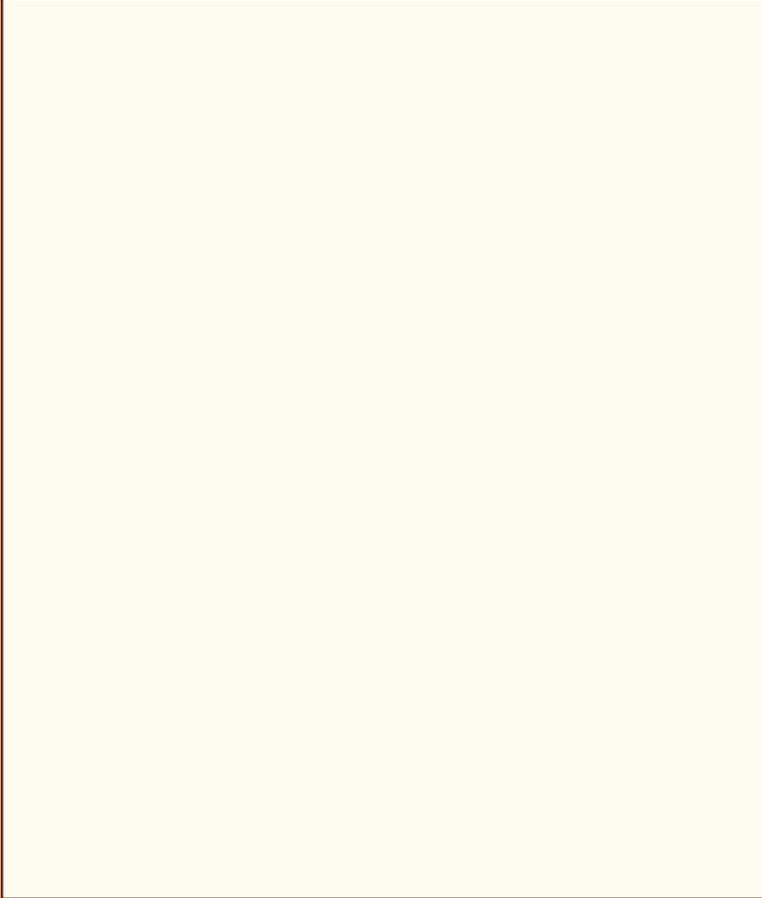
ENERGIZERS

DRAINERS

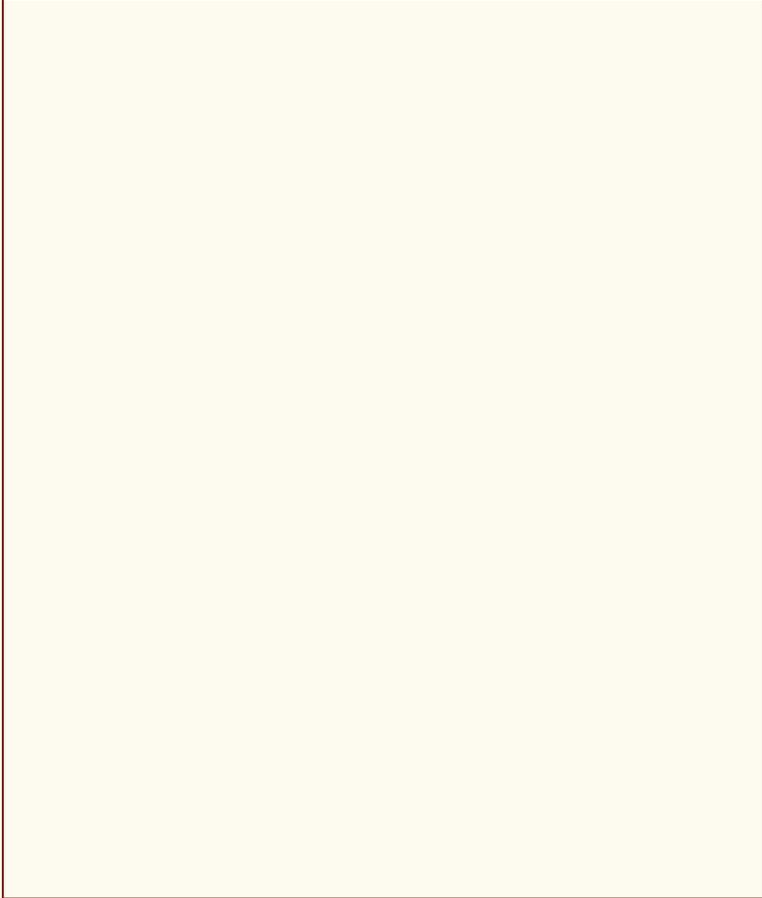
**Looking at your list, which DRAINERS will you remove, or delegate this month?**

# LOCK IN SUSTAINABILITY – STOP. STAY. START. AUDIT™

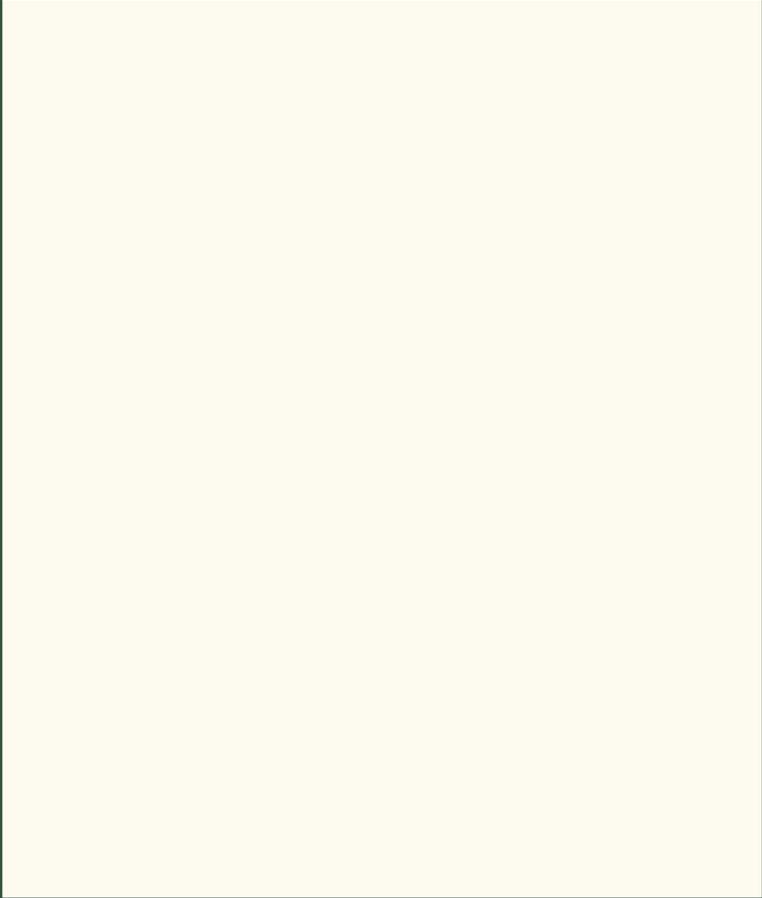
**STOP**

A large, empty rectangular box with a thin red border, intended for notes or details under the 'STOP' category.

**STAY**

A large, empty rectangular box with a thin red border, intended for notes or details under the 'STAY' category.

**START**

A large, empty rectangular box with a thin green border, intended for notes or details under the 'START' category.

# TIME BLOCKING TEMPLATE – MONTH ONE

Map out the dedicated time you'll carve out for your 'Priority Project' in the next few weeks.

DAY	AM	PM
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Where will I defend my 'Priority Project' time?

What boundaries do I need to set?

# FIND YOUR RHYTHM

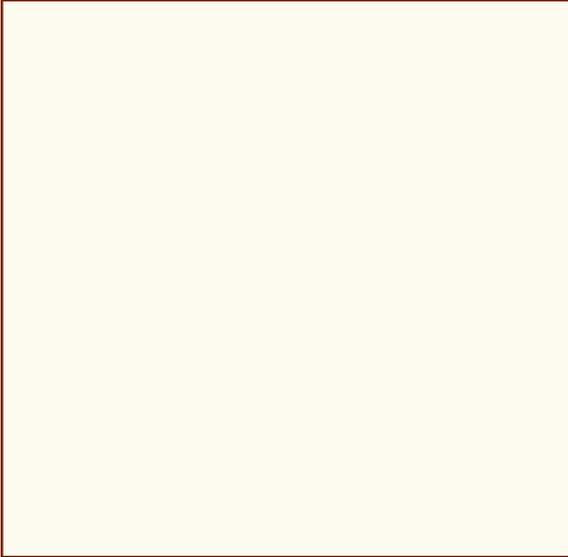
What habits can I install this month to protect my energy?

If I keep these habits for 30 days, how will it impact my energy / work?

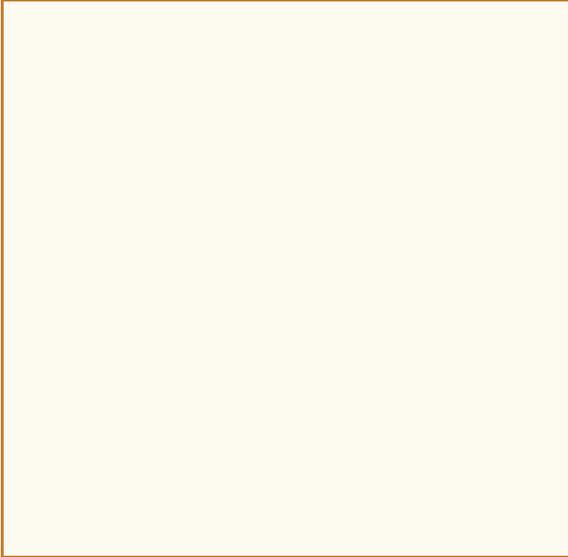
What could stop me from sticking with this and how can I overcome that obstacle?

# WEEKLY EXECUTION TRACKER – MONTH ONE

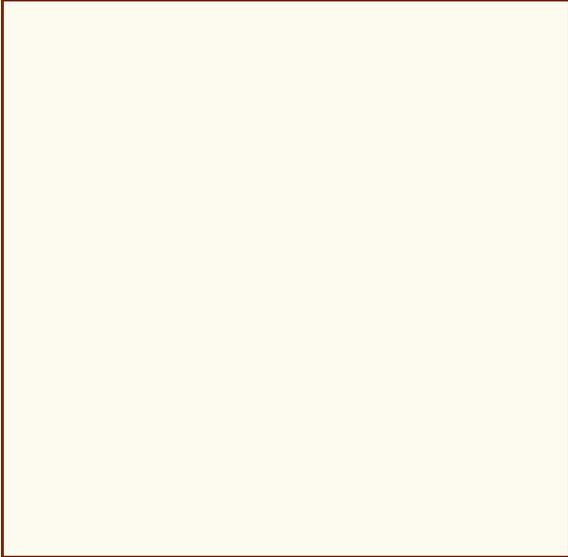
**WEEK 1**



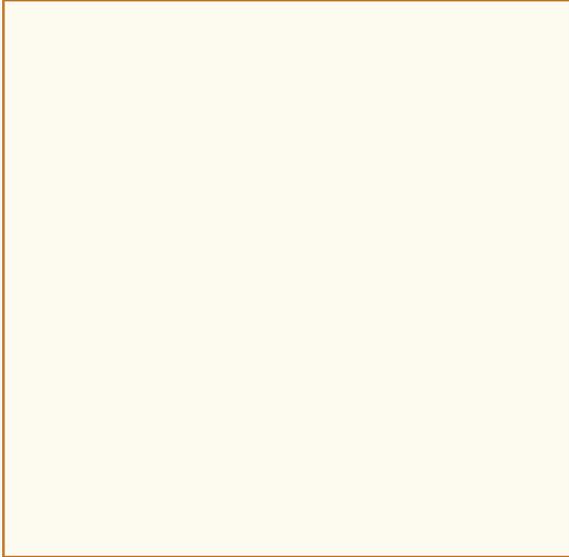
**WEEK 2**



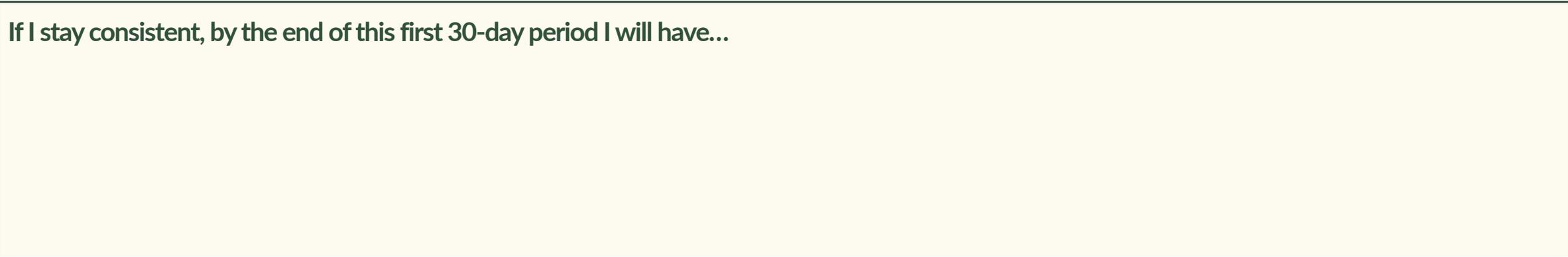
**WEEK 3**



**WEEK 4**



If I stay consistent, by the end of this first 30-day period I will have...





**CALL #2 – FEBRUARY 2, 2026**  
**BUILDING YOUR COMPASS**

# THE CONSISTENCY COMPASS

Your Compass isn't just about direction. It's about rhythm. Each week should move you one step closer to your True North. Let's break your project down into milestones for our second and third months together, and map weekly steps to take and goals to achieve.

MONTH 2 MILESTONES
WEEK 5
WEEK 6
WEEK 7
WEEK 8

MONTH 3 MILESTONES
WEEK 9
WEEK 10
WEEK 11
WEEK 12

# BUILD YOUR COMPASS SYSTEMS [BUSINESS]

System Name	Purpose	Steps Involved	Frequency	Accountability

How will this system protect me from burnout?

# BUILD YOUR COMPASS SYSTEMS [PERSONAL]

System Name	Purpose	Steps Involved	Frequency	Accountability

How will this system protect me from burnout?

# TIME BLOCKING TEMPLATE – MONTH TWO

Map out the dedicated time you'll carve out for your 'Priority Project' in the next few weeks.

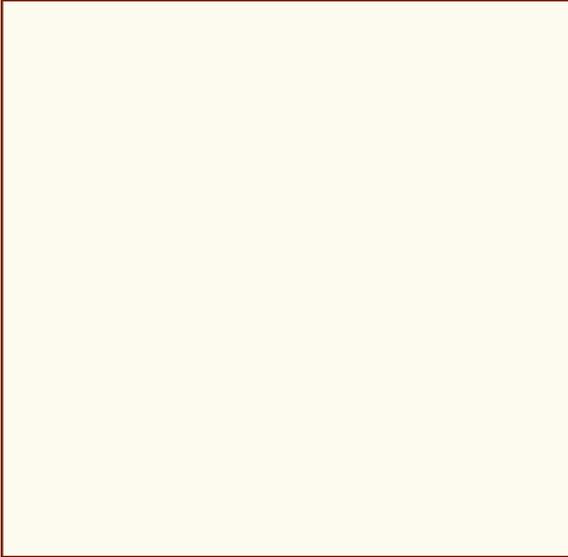
DAY	AM	PM
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Where will I defend my 'Priority Project' time?

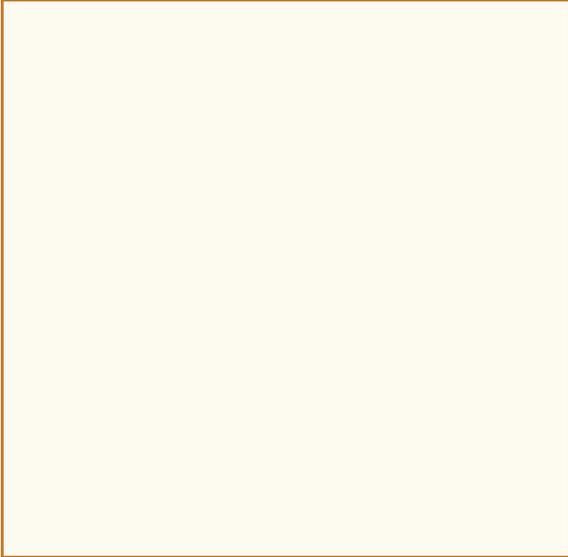
What boundaries do I need to set?

# WEEKLY EXECUTION TRACKER – MONTH TWO

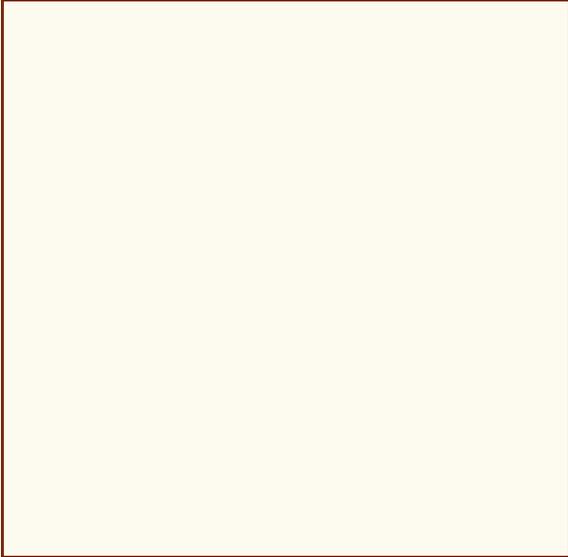
**WEEK 5**



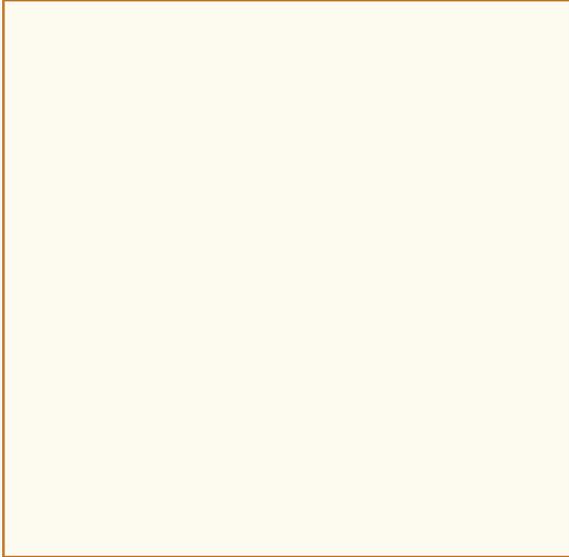
**WEEK 6**



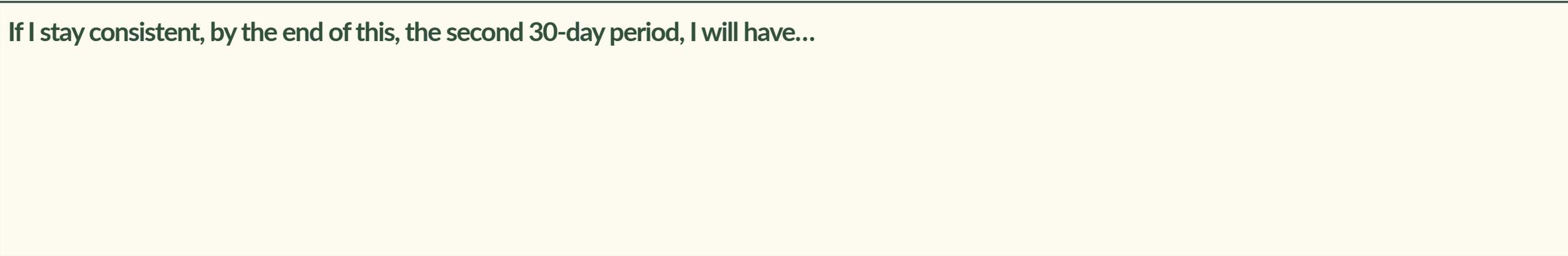
**WEEK 7**



**WEEK 8**



If I stay consistent, by the end of this, the second 30-day period, I will have...



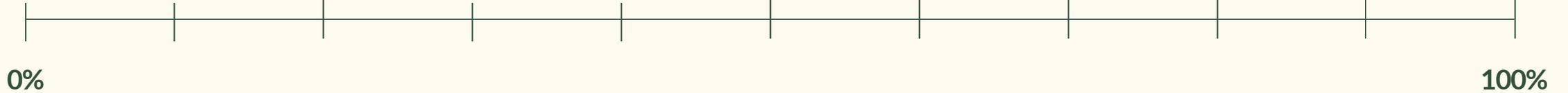


**CALL #3 – MARCH 2, 2026**  
**THE “FINAL” 30**

# THE “FINAL 30” FOCUS RESET

**YOUR PRIORITY PROJECT:** What was the one thing you committed to at the beginning of this process?

How close are you to completion?



Is there anything you need to change to stay on course?

# THE BLOCKERS BREAKDOWN

What's slowing you down?

What's distracting / 'blocking' you?

What's overwhelming you?

How do you simplify progress?

How will you remove blockers?

What's moving the needle most?

# FIND YOUR “FINAL” RHYTHM

What habits will you continue in order to protect your energy?

How have the habits you've kept impacted your energy and time at work?

What could stop you from sticking with your habits? How can you overcome that obstacle?

# WEEKLY EXECUTION TRACKER – MONTH THREE

WEEK 9

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WEEK 10

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WEEK 11

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WEEK 12

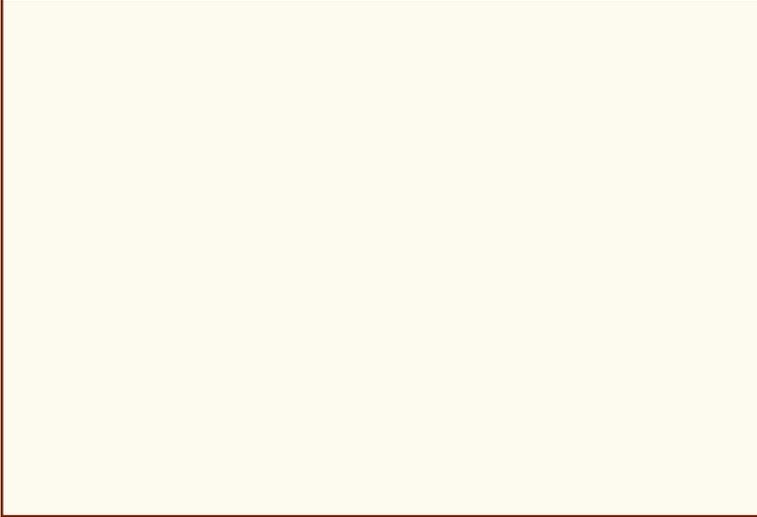
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If I stay consistent, by the end of this, the final 30-day period of the program, I will have...

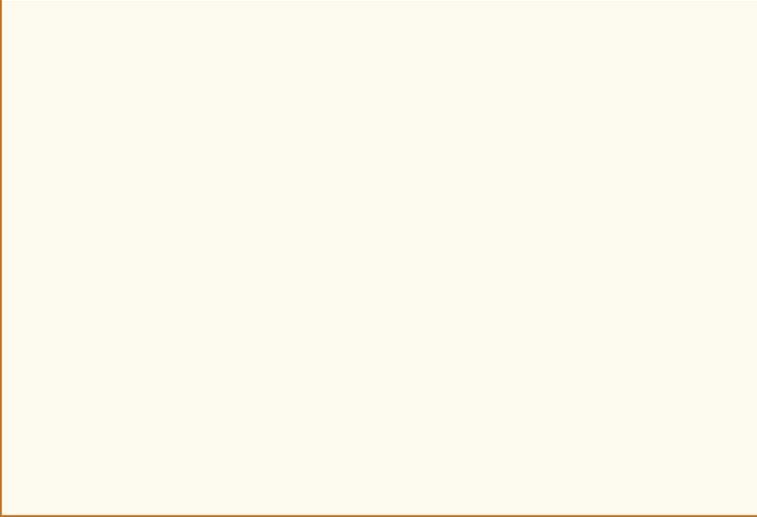
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# YOUR COMMITMENTS MOVING FORWARD...

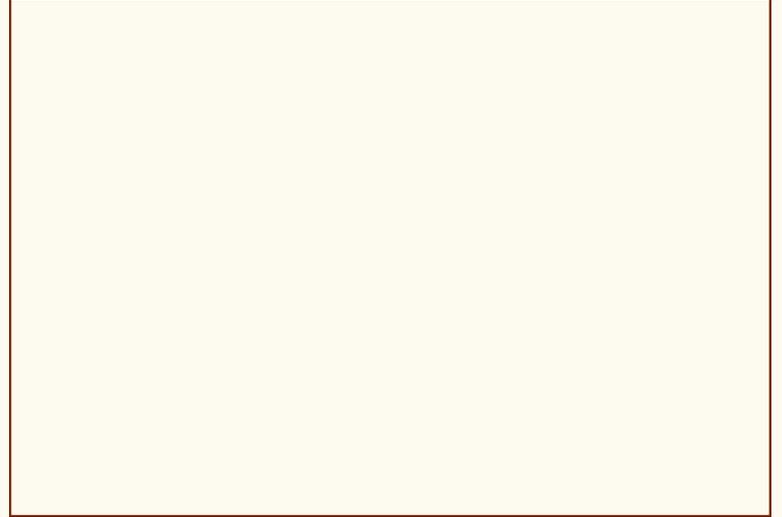
Commitment to myself

A large, empty rectangular box with a thin dark border, intended for writing a commitment to oneself.

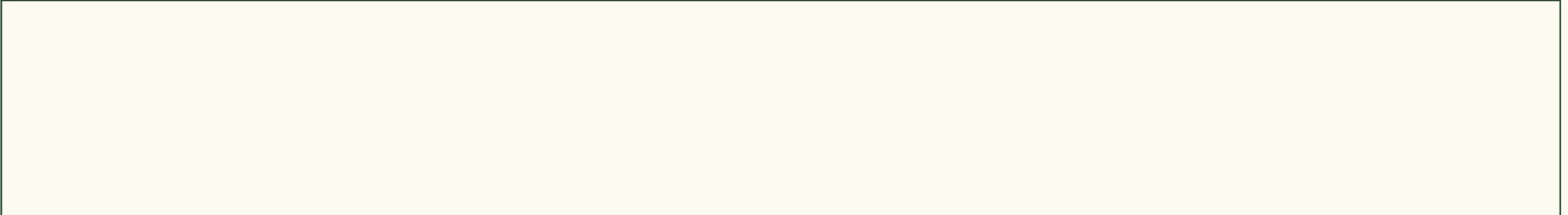
Commitment to my business

A large, empty rectangular box with a thin dark border, intended for writing a commitment to one's business.

Commitment to my team, clients and family

A large, empty rectangular box with a thin dark border, intended for writing a commitment to one's team, clients, and family.

If I honor these commitments, how will my business and life look different in 12 months?

A large, empty rectangular box with a thin dark border, intended for writing about the future outlook of business and life in 12 months.



THE LONG-HAUL LEADER

90-DAYGPS

**GRADUATION CALL – MARCH 31, 2026**  
**LOOKING BACK TO LEAD FORWARD**

# LOOK BACK, TO LEAD... FORWARD!

What's been your biggest breakthrough from the last 90 days?

What's something you let go of that changed everything?

What surprised you about yourself?

What did you learn about your energy as a leader?

# KEEP, TWEAK, DROP™

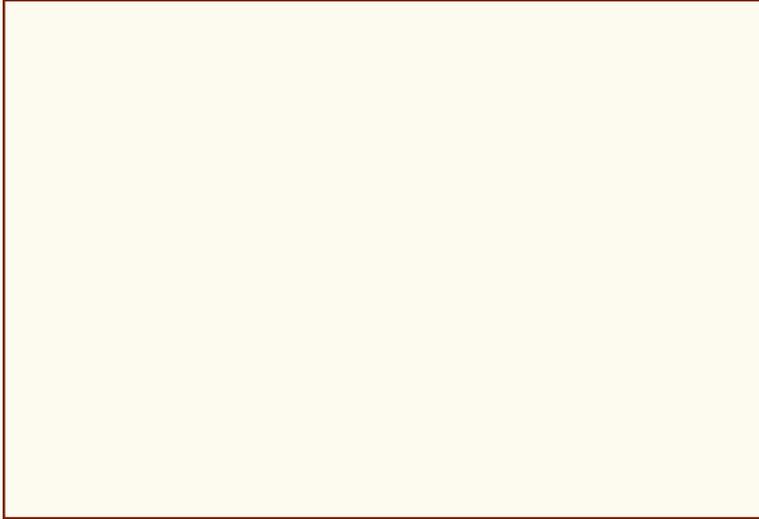
KEEP

TWEAK

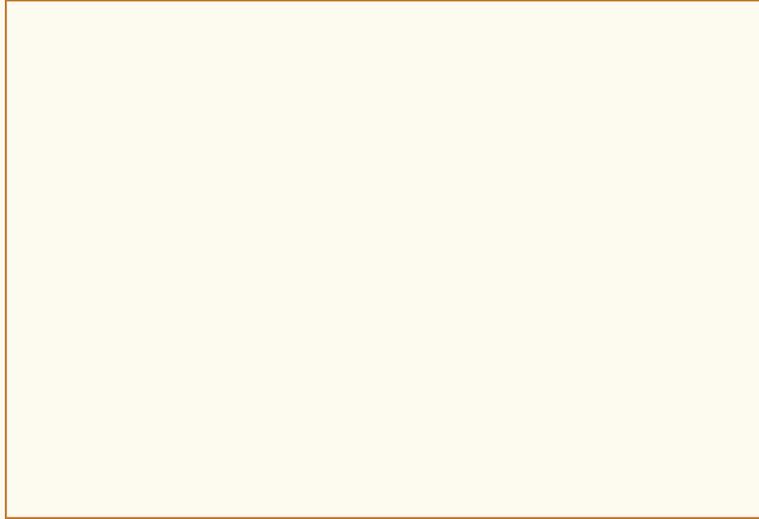
DROP

# YOUR 'NEXT YEAR' LONG-HAUL LEADERSHIP ROADMAP

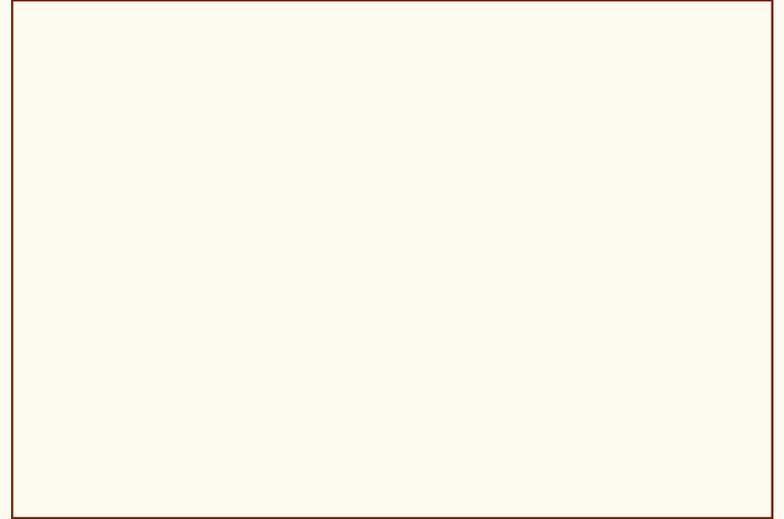
NEXT 90 DAYS

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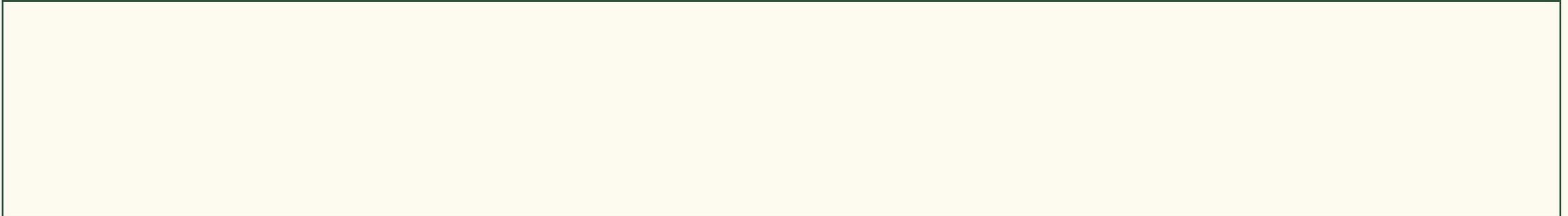
NEXT 180 DAYS

A large, empty rectangular box with a thin dark border, intended for writing or drawing a plan for the next 180 days.

NEXT 365 DAYS

A large, empty rectangular box with a thin dark border, intended for writing or drawing a plan for the next 365 days.

How do these milestones align with your 5-Year Lens and Compass True North?

A large, empty rectangular box with a thin dark border, intended for writing a reflection on how the milestones align with the 5-Year Lens and Compass True North.

# THE “FUTURE YOU” LETTER

Write a short letter to yourself, using the three boxes below... that you can read back to yourself in 12-18 months from now.

What have you achieved?

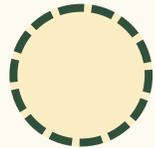
Who have you become?

What are you proud of?

# THE LONG-HAUL LEADER LIFE OS™

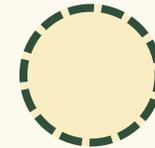
Score yourself from 1-10 on all four of the key principles of long-haul leadership!

Where *Personal Mastery* and *Impactful Work* intersect, **clients** reflect the value and influence you generate from applying your expertise in work.



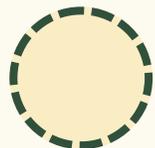
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Where *Personal Mastery* and *Hobbies* overlap, **time** represents the balance between self-improvement and enjoyable activities.



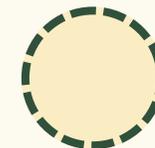
Score

The overlap between *Love & Relationships* and *Impactful Work* shows how meaningful work enables personal **freedom** and strengthens relationships.

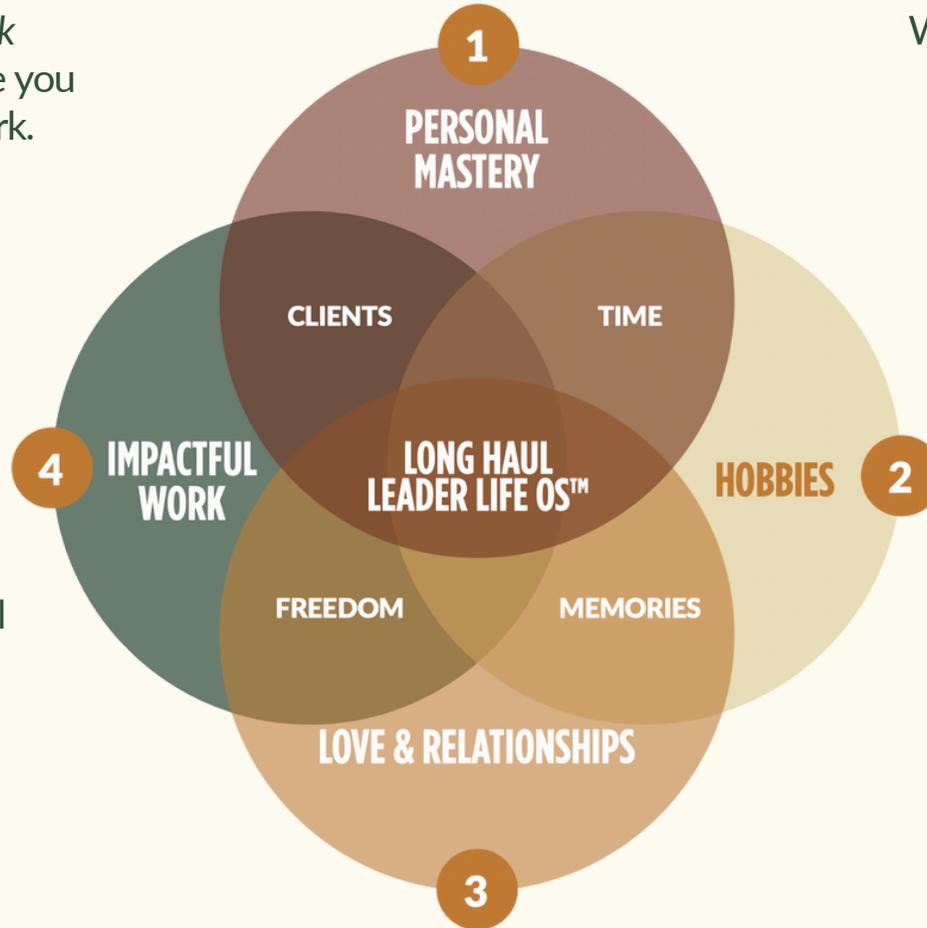


Score

Where *Hobbies* and *Love & Relationships* meet, **memories** reflect the meaningful experiences created from pursuing personal passions and nurturing relationships.



Score



# WELL DONE. YOU'VE GRADUATED! HERE'S WHAT COMES NEXT...

As you wrap up this workbook and the 90-Day GPS journey, I want you to take a moment to recognise something important: You've done the work. You've shown up.

And you've proven to yourself that progress doesn't come from sprinting. It comes from clarity, rhythm, and the willingness to stay on course. But this isn't an ending. It's a transition.

The habits you've built, the systems you've put in place, and the focus you've sharpened over these 90 days are just the beginning of your long-haul leadership. You now have a direction that feels true, a structure that supports you, and a way of working that doesn't burn you out, but builds you up.

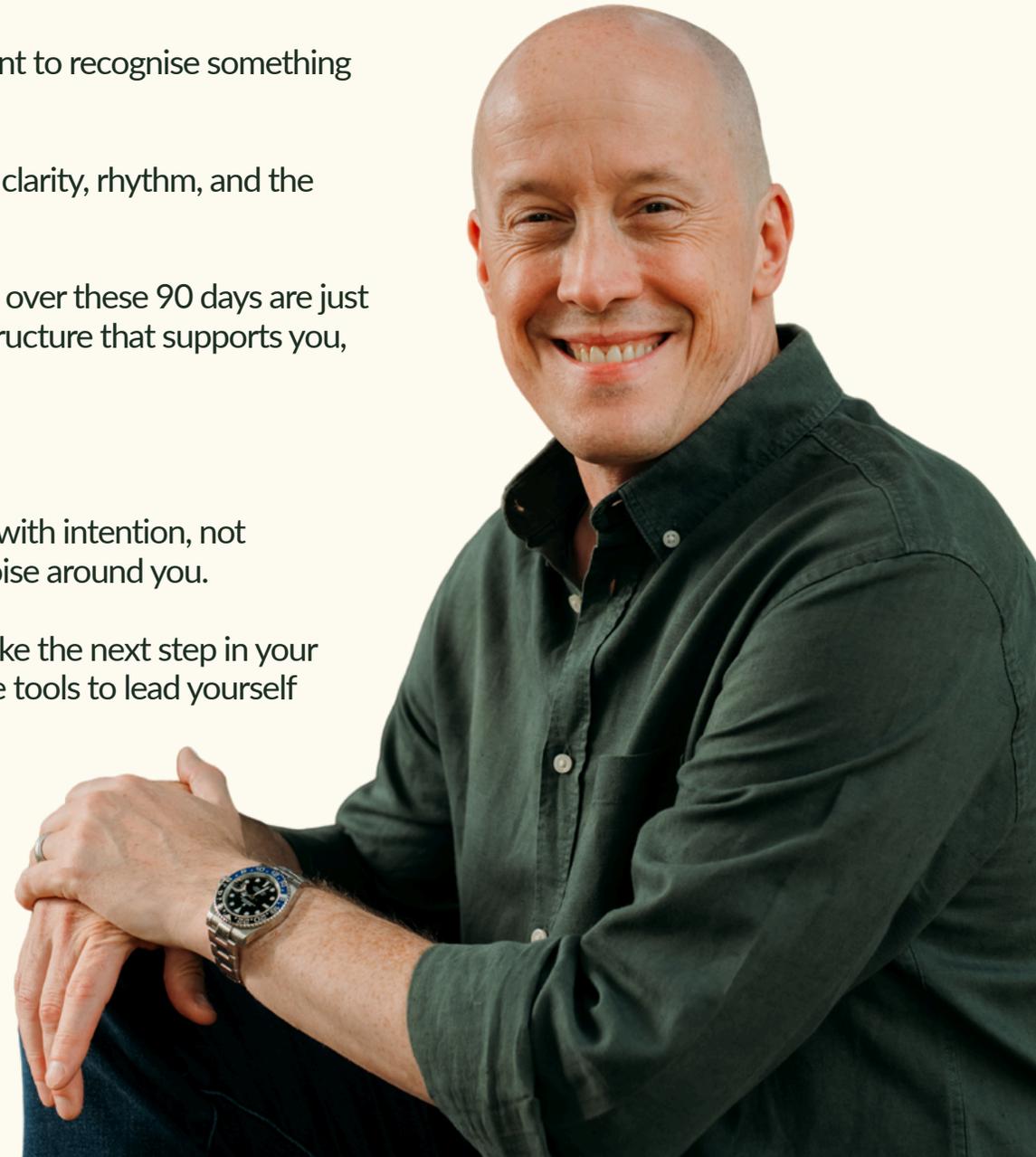
**Your next step is simple: Keep going.**

Keep choosing the work that matters most. Keep protecting your rhythm. Keep leading with intention, not urgency. And keep aligning your decisions with the future you want to create, not the noise around you.

If you'd like continued guidance, accountability, or deeper support, I'd love to help you take the next step in your long-haul journey. But whether you continue working with me or not, you now have the tools to lead yourself forward with confidence. The long-haul isn't about speed.

It's about staying true to your course. And you're already on your way.

**I'm proud of you. Congratulations!**





THE LONG-HAUL LEADER

90-DAY GPS