

90 Day Continuation Tracker

The ninety days begin after the initial thirty-day cycle. Choose one meaningful event and one primary target each month. Repeat Prepare, Practice, Present, Review, Improve.

Strengthen the weakest foundation. Record two versions with the same target and ask a qualified reviewer to watch for that target.

Dates _____ Meaningful event _____

One primary development target and why it matters

Practice plan and evidence I will collect

Recording one and recording two Dates and locations

Reviewer feedback tied to the target and audience effect

Month end review What became reliable and what still needs attention

Next target selected from the evidence

Explore team training to build reliable communication habits across your organization.

Robert Carrow | training@robertcarrow.com | 386-451-7222

RobertCarrow.com/contact/ | Resources: RobertCarrow.com/floor/



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Add one relevant pressure variable, such as Q&A, a more senior audience, fewer slides, or a different format. Preserve the result, roadmap, memory target, Reset Routine, and close.

Dates _____ Meaningful event _____

One primary development target and why it matters

Practice plan and evidence I will collect

One added pressure variable and the contingency I will rehearse

Reviewer feedback tied to the target and audience effect

Month end review What became reliable and what still needs attention

Next target selected from the evidence

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Use the method in formal and informal communication. Collect evidence of clearer decisions, repeat-back, calmer recovery, or stronger follow-through without claiming every result was caused by speaking.

Dates _____ Meaningful event _____

One primary development target and why it matters

Practice plan and evidence I will collect

Two everyday settings where I will apply the skill

Reviewer feedback tied to the target and audience effect

Month end review What became reliable and what still needs attention

Next target selected from the evidence

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Continuation Practice Log

Use additional copies throughout the ninety days. Connect the skill to a real event and describe the evidence after each attempt.

Date and event	Skill practiced	Observed evidence and next adjustment

My personal speaking standard

Write a short first-person standard covering preparation, audience service, credibility, clarity, presence, adaptation, ethics, and action. Make it sound like you at your best.

Next review date _____

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