The 90-Day Legacy Sprint

A step-by-step roadmap to test your next professional direction without quitting your day job.

Protect Your Baseline.
Cap Your Time.

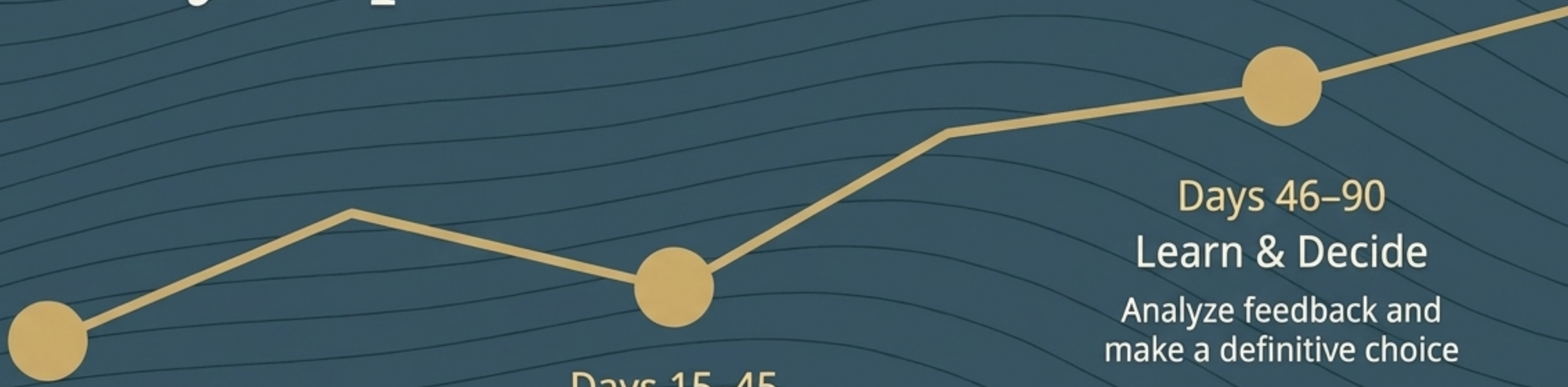


Maximum 4 Hours a Week

Keep your current job and steady income. The goal is a small-scale pilot to gather evidence, not an immediate career shift.

If life gets busy, shrink the pilot—do not add hours.

The 90-Day Map at a Glance



Days 01–14
Listen First

Identify one problem and one audience

Days 15–45
Build & Teach Once

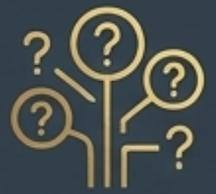
Deliver a single, small-scale pilot

Days 46–90
Learn & Decide

Analyze feedback and make a definitive choice

The Finish Line Metric: One pilot delivered, at least three written responses, and a decision to continue, change direction, or stop.

Phase 1: Listen First (Days 01–14)



5 Questions

Step 1: List the 5 questions your target audience (e.g., new supervisors) most often asks you.

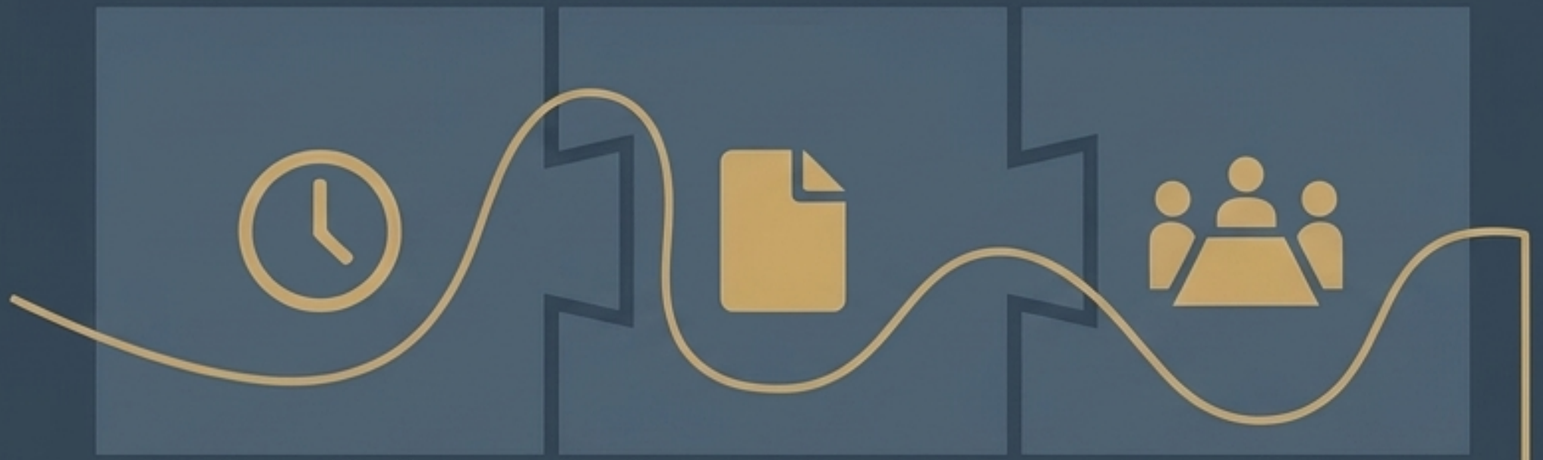
Step 2: Ask two former colleagues which single question would have helped them early on.

1 Problem

Constraint Box

- ☐ One specific problem is identified.
- ☐ One specific audience is named.

Phase 2: Build & Teach Once (Days 15–45)



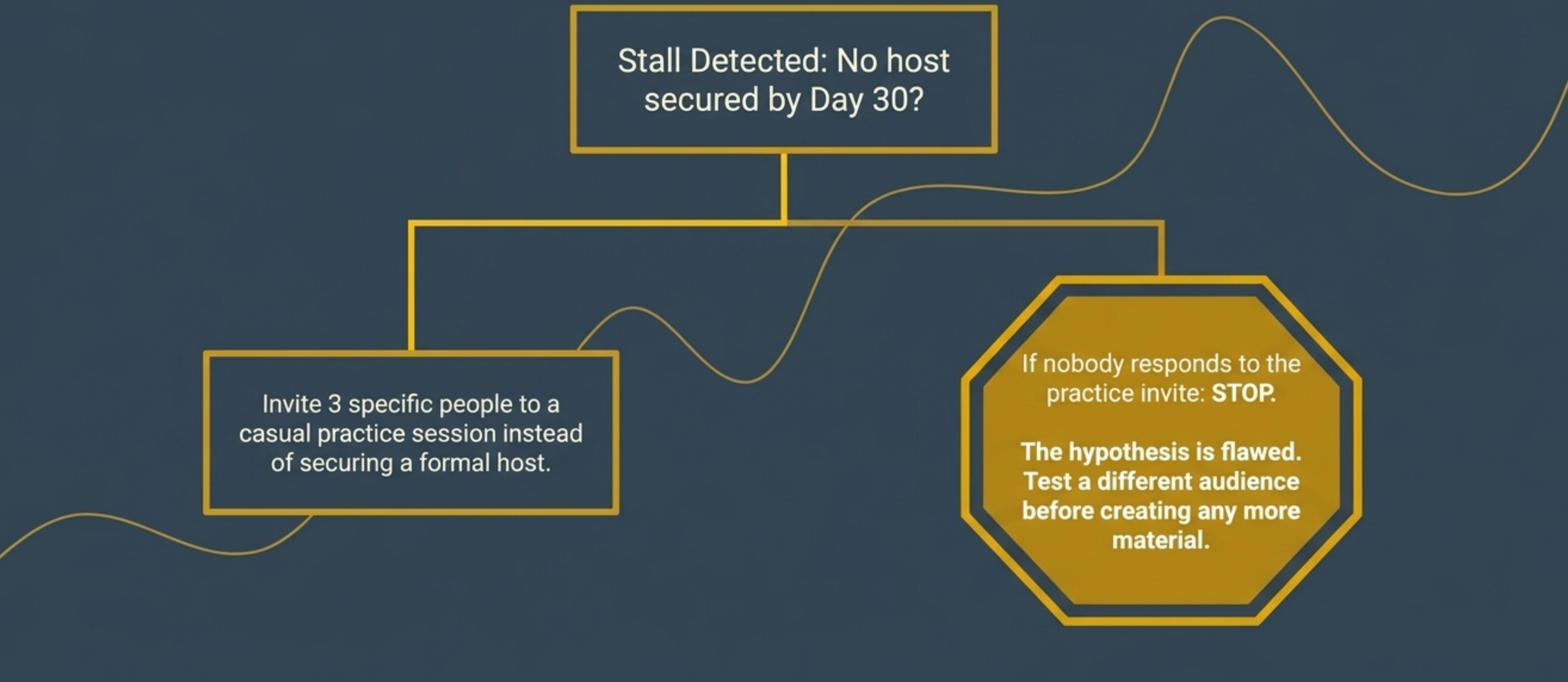
Outline a tight 45-minute session

Create exactly one page of handout material

Secure a host for a small room of 5 to 8 people

☑ One pilot is delivered.

The Day 30 Pivot Protocol



Phase 3: Learn & Decide (Days 46–90)



- [ ] A definitive decision to Continue, Change, or Stop is explicitly written down.

Evaluating the Evidence: The Day-90 Update

Illustrative Outcome: Pilot drew 6 people. 4 returned feedback. You enjoyed teaching, but disliked organizing the event.

KEEP	CHANGE	DROP
The target audience and the 45-minute format.	Test a host partnership to eliminate event planning before trying to build a standalone business.	The initial assumption that you must recruit everyone yourself.

The Quarterly Review

The plan is a compass, not a contract. Start with decisions you can revisit.

- Compare the original plan with what actually happened.
- Test assumptions that new evidence calls into question.
- Pick your next small experiment.
- Protect the time to run it.

