



Answer the following questions and prompts:

1. What action are you avoiding, struggling with, or hesitant to execute?

2. Identify your duality gap.

A. Describe how you actually feel as you think about and/or try to take this action. Be descriptive and use emotional language.

B. Describe how you ideally envision yourself feeling as you think about and/or try to take action.

C. Circle one or two key descriptive words in each of the above responses.

3. Name three people you know who embody your ideal aspiration.

1

2

3



4. Think about those three people specifically. List the beliefs and behaviors that enable them to take action when others would delay or avoid it. Ask them if you are unsure!

5. Pick one behavior from the list above and create an “if/when-then” cue for yourself.

Behavior:

“If/when-then” cue:

6. Choose a simple, yet meaningful reward you can give yourself each time you execute the target action.

Share your action and “if/when-then” cue with someone who has no stake in your outcome, like a coach, mentor, forum mate, or peer. Ask for their help and support. Take action!

