

3-Step Real Goals Worksheet

Full Plate Femme

STEP 1: What Do I Really Want?

My real goal is:

I want this because:

If I don't achieve this, I will feel:

What this looks like in real life (money, time, lifestyle):

STEP 2: What's Really In The Way?

What's actually stopping me? (circle or list): Fear, Money, Time, Clarity, Waiting, Other

The real excuse I've been using is:

The habit I need to break is:

The uncomfortable truth is:

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If I were serious, I would start by:

STEP 3: What Am I Doing Next?

My next 1 small action (within 24–48 hrs):

The time I will do it:

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Where I will do it:

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If I don't feel like it, I will:

I will hold myself accountable by:

Final Declaration

I veto hesitation, excuses, and waiting for the perfect moment. I decree that I move with clarity, discipline, and intention—starting now.