HIDDEN BLOCKERS / FREE WORKSHEET

The 5-minute Hidden Blocker check

Pick one goal you are stuck on. Check each statement that is true today. Unchecked boxes suggest places to investigate and improve.

01 / Name your goal

My goal: _____

02 / Check your system

[ ]	I can name my very next action in one sentence.
[ ]	That action takes 30 minutes or less.
[ ]	I know exactly when and where I will do it.
[ ]	Distractions are out of reach while I work.
[ ]	I have a simple way to see my progress each week.
[ ]	I have a plan for what I do after a missed day.

Checked: ____ / 6 | Unchecked: ____ / 6

03 / Build one small system

My main blocker: _____

My next action (30 minutes or less): _____

When and where I will do it: _____

How I will track progress: _____

If I miss a day, I will: _____

Find the blocker. Fix it with a system. Finish the goal.

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