

The Gap Map

Write your goal, then list the three kinds of gap between where you are and who your goal needs. Circle one item in each column. Those three circles are what your next thirty-three days are for.

MY GOAL, IN ONE SENTENCE

SKILL

What can the person who already has this goal do that I cannot yet? Be specific: write “write a cold email that gets a reply,” not “marketing.”

☐ Circle one item in this column

STAMINA

What makes me quit? Example: “I skip a day when I am tired, then skip the week.”

☐ Circle one item in this column

STORY

What do I believe but would never say out loud? Example: “I am not the kind of person who...”

☐ Circle one item in this column