

BODY GAP MAP

Dates _____ To _____

The Facts (Present)

The Gap

90 Days

1 Year

WORKING

NOT WORKING

What are the current facts (working and not) about my BODY regarding:

- fat
- muscle
- body image
- height/weight
- gut & colon
- hearing & eye sight
- spine & brain function
- injuries or disease
- inner organ function
- annual physicals
- chiropractor & dentist
- sleep patterns
- current workout routine
- strength
- mobility & flexibility
- cardio
- alcohol
- caffeine
- green smoothies
- daily suppliments
- diet/nutrition
- energy
- sex drive
- physical hobbies
- reproductive health

MONTH 1

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 2

WEEK 1 (5)

WEEK 2 (6)

WEEK 3 (7)

WEEK 4 (8)

MONTH 3

WEEK 1 (9)

WEEK 2 (10)

WEEK 3 (11)

WEEK 4 (12)

WHAT ARE SOME OBSTACLES I MAY ENCOUNTER? HOW WILL I STRIKE THEM DOWN?

HOW WILL I FEEL WHEN I ACCOMPLISH MY TARGETS?



BEING GAP MAP

Dates _____ To _____

The Facts (Present)

The Gap

90 Days

1 Year

WORKING

NOT WORKING

What are the current facts (working and not) about my BEING regarding:

- prayer
- meditation
- personal development
- energy invested in understanding ME
- journaling
- reading spiritual books
- stacking daily
- vulnerability & authenticity
- God
- religion
- scripture
- the purpose of life
- living my purpose
- spiritual leadership
- communication with the voice inside me for guidance
- people who follow me as a leader
- mental health
- making time to enjoy myself
- hobbies
- exploring my interests

MONTH 1

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 2

WEEK 1 (5)

WEEK 2 (6)

WEEK 3 (7)

WEEK 4 (8)

MONTH 3

WEEK 1 (9)

WEEK 2 (10)

WEEK 3 (11)

WEEK 4 (12)

WHAT ARE SOME OBSTACLES I MAY ENCOUNTER? HOW WILL I STRIKE THEM DOWN?

HOW WILL I FEEL WHEN I ACCOMPLISH MY TARGETS?



BALANCE GAP MAP

Dates _____ To _____

The Facts (Present)

The Gap

90 Days

1 Year

WORKING

NOT WORKING

What are the current facts (working and not) about my BALANCE regarding:

- direct authentic communication with spouse
- intimacy & vulnerability with spouse
- sex life
- partnership & friendship with spouse
- open & honest communication with children
- true connection & vulnerability with children
- quality time with children
- legacy you're building for children
- circle of friends
- trust in friendships
- role friends play or don't play
- how you show up as a friend
- unified leadership of your children
- leadership of your family
- quality time as a family
- love, respect & honor among family
- time & money you invest into you
- spending time with yourself
- putting yourself first above family
- amount of pressure & stress on a daily basis

MONTH 1

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 2

WEEK 1 (5)

WEEK 2 (6)

WEEK 3 (7)

WEEK 4 (8)

MONTH 3

WEEK 1 (9)

WEEK 2 (10)

WEEK 3 (11)

WEEK 4 (12)

WHAT ARE SOME OBSTACLES I MAY ENCOUNTER? HOW WILL I STRIKE THEM DOWN?

HOW WILL I FEEL WHEN I ACCOMPLISH MY TARGETS?



BUSINESS GAP MAP

Dates _____ To _____

The Facts (Present)

The Gap

90 Days

1 Year

WORKING

NOT WORKING

What are the current facts (working and not) about my BUSINESS regarding:

- clarity & value of current offer(s)
- paid advertising strategies
- paid media budgets
- fulfillment automation
- your team
- your systems & processes
- level of value you deliver
- clarity of messaging
- target market
- organic digital presence
- lead strategy
- sales systems
- sales teams
- integration between marketing, advertising & sales systems
- sales numbers
- leadership skills
- recording and acting on KPIs
- taxes
- cash balances
- income
- expenses
- legal protection
- accounting

MONTH 1

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONTH 2

WEEK 1 (5)

WEEK 2 (6)

WEEK 3 (7)

WEEK 4 (8)

MONTH 3

WEEK 1 (9)

WEEK 2 (10)

WEEK 3 (11)

WEEK 4 (12)

HOW WILL I FEEL WHEN I ACCOMPLISH MY TARGETS?

