

# Goal-to-Plan Worksheet

Turn one fuzzy goal into one concrete plan you can actually start this week.

## 1. The goal in one sentence

Plain language. No jargon. What are you actually trying to do?

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## 2. Why now?

What changed, or what will change if you don't move on this?

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## 3. What does 'useful by the end' look like?

One concrete output a stranger could recognize.

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## 4. What's stopping you right now?

Be honest. Time, money, skill, confidence, tools, fear — name it.

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**5. What have you already tried?**

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**6. The first three steps**

Step 1 — this week:

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Step 2 — within two weeks:

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Step 3 — within a month:

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**7. Where AI can help**

Drafting, research, summarizing, structuring, planning, learning — pick the realistic ones.

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## 8. How you'll know it's working

One signal you'll watch for in the next 30 days.

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