

Instructions:

1. Choose a specific goal you are currently working on.
2. Identify where you are now with that goal.
3. Complete the prompt multiple times: "My goal of ___ is currently at ___, and it would be impossible to hit the goal unless..."
4. Use the categorized prompts below to explore different angles and unlock new insights.

Mindset

It would be impossible to hit the goal unless ...I believed ___ to be true.

It would be impossible to hit the goal unless ...I stopped telling myself ___.

It would be impossible to hit the goal unless ...I redefined what success looks like.

It would be impossible to hit the goal unless ...I stopped waiting for permission to ___.

It would be impossible to hit the goal unless ...I rewrote the story I'm telling myself about ___.

Strategy

It would be impossible to hit the goal unless ...I 10x'd my current level of courage and tried ___.

It would be impossible to hit the goal unless ...I let go of playing it safe and instead ___.

It would be impossible to hit the goal unless ...I treated it like it was due tomorrow.

It would be impossible to hit the goal unless ...I removed all excuses and just committed to ___.

It would be impossible to hit the goal unless ...I radically restructured how I spend my time.

Systems

It would be impossible to hit the goal unless ...I created a system that made ___ automatic.

It would be impossible to hit the goal unless ...I stopped saying yes to ___ and made space for ___.

It would be impossible to hit the goal unless ...I delegated ___ and focused more on ___.

Environment

It would be impossible to hit the goal unless ...I was surrounded by people who ___.

It would be impossible to hit the goal unless ...I removed all distractions by changing ___ in my environment.

It would be impossible to hit the goal unless ...I physically worked in a space that energized me to ___.

Support Systems

It would be impossible to hit the goal unless ...I asked for help from someone who ___.

It would be impossible to hit the goal unless ...I was held accountable weekly by ___.

It would be impossible to hit the goal unless ...I built a network of peers who were also committed to ___.

UNLESS UNLOCKED

My goal of _____ is
currently at _____ ,
and it would be impossible to hit the goal before the end
of the year **UNLESS**.....

It would be impossible to hit the goal unless...

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Convert 1-2 of your "unless" statements into real-world experiments.

- "What would it look like to act as if this 'unless' was true?"
- "What's one step I can take this week that aligns with this breakthrough insight?"