

The 7-Day Future Blueprint

A gentle 7-day worksheet to clarify what you want, why it matters, and the first steps to take.

Day 1 — The Honest Starting Point

What feels good in my life right now?

What feels unclear or stuck?

If nothing changed in a year, how would I feel?

Day 2 — What I Actually Want

Name one thing you genuinely want (not what you 'should' want):

Why does this matter to you?

Day 3 — The Why Beneath the Why

When I imagine having this, who do I become?

What value does this honour in me?

Day 4 — The Smallest First Step

Day 5 — Removing One Obstacle

What's the biggest thing in the way?

One way I could make it 10% easier:

Day 6 — A Daily Anchor

One small daily habit that points me forward:

How will I remember to do it?

Day 7 — The Blueprint

My intention, in one sentence:

My first three steps:

How I'll check in with myself:
