

LearnMap

Start with You → Then the Goal → Then the Beneficiary

Section A — Learn Yourself First (10 minutes)

Season (next 90 days):

Success sentence (1 line):

Top 3 priorities:

High-energy window(s):

Weekly capacity for this goal (hours):

3 values:

2 non-negotiables:

Why this matters (my reason):

Section B — Learn the Problem and the Goal (5 minutes)

Problem to be solved (one sentence):



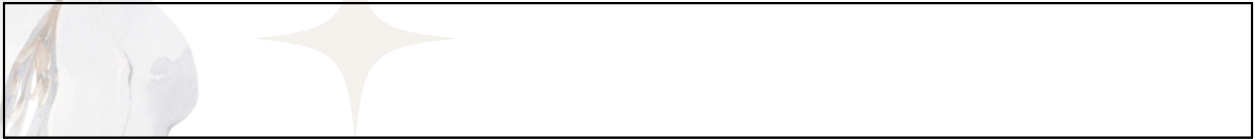
Goal purpose (why now?):



Timeline (by when?):



Metric (how I'll know it worked):



Section C — Learn the Beneficiary (Quick Discovery) (5 minutes)

Who is the primary beneficiary?



What does a “good day” look like for them?

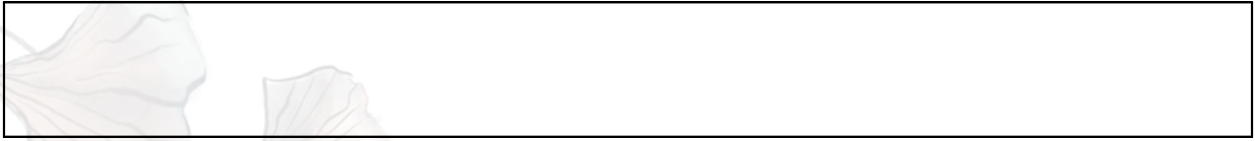


Where are their friction points right now?



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Biggest fear + one protective action:



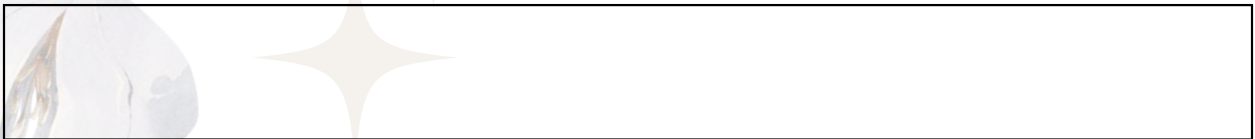
3 strengths I'll leverage:



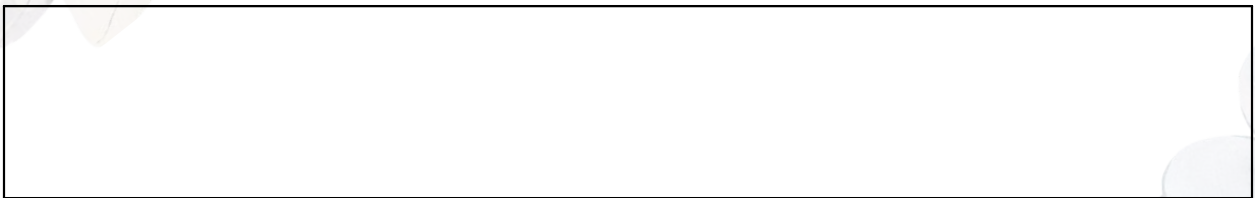
1 support ask I'll make this week:



Next right step (30–60 min, evidence-creating):



Schedule: 3 blocks on calendar this week (dates/times):

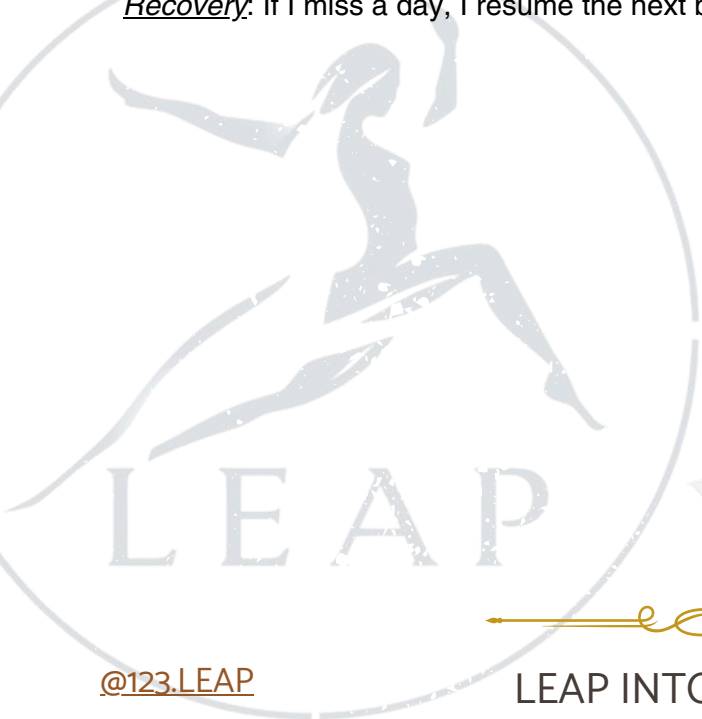


Mindset Cues

Permission: I'm allowed to be new at this.

Focus: Done is better than perfect; data beats drama.

Recovery: If I miss a day, I resume the next block; no make-up marathons.



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