WORKSHEET

FULFILL YOUR GRAND PLAN

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Before You Begin

This takes about 20 minutes. You need a pen and your latest numbers, even if they're rough.

Emma Grede told a room full of women that she's still making grand plans at 44, and that "the water doesn't get warmer because you wait to jump in." This worksheet helps you name your grand plan and take one real step toward fulfilling it.

Answer from your gut, not from your inner critic. Nobody reads this but you.

Section 4 is the one most people feel first.

1. Catch the Old Thought

My grand plan, in one sentence:

The part of it I've been standing at the edge of:

The sentence I tell myself about why I can't move yet:

How long I've been telling myself this:

The new sentence I'm replacing it with (one I can believe today):

2. Look at Your Three Numbers

Am I growing? My revenue this year compared to the same time last year:

Am I growing profitably? What's left after my costs:

Do I have the cash runway? How many months I can operate at my current pace:

The number I don't fully understand yet, and the person I'll ask to walk me through it:

3. Pick Three Priorities and Repeat Them

My three priorities for the next three months:

1. _____
2. _____
3. _____

If I asked my team today, would they name the same three? (yes, no, or not sure):

_____

When and where I'll say them out loud this week:

_____

4. Have the Conversation You've Been Avoiding

The conversation I've been putting off, and who it's with:

_____

What I'm afraid will happen if I have it:

_____

What will happen in a year if I don't:

_____

What needs to be on paper when we're done:

_____

The date it goes on my calendar:

_____

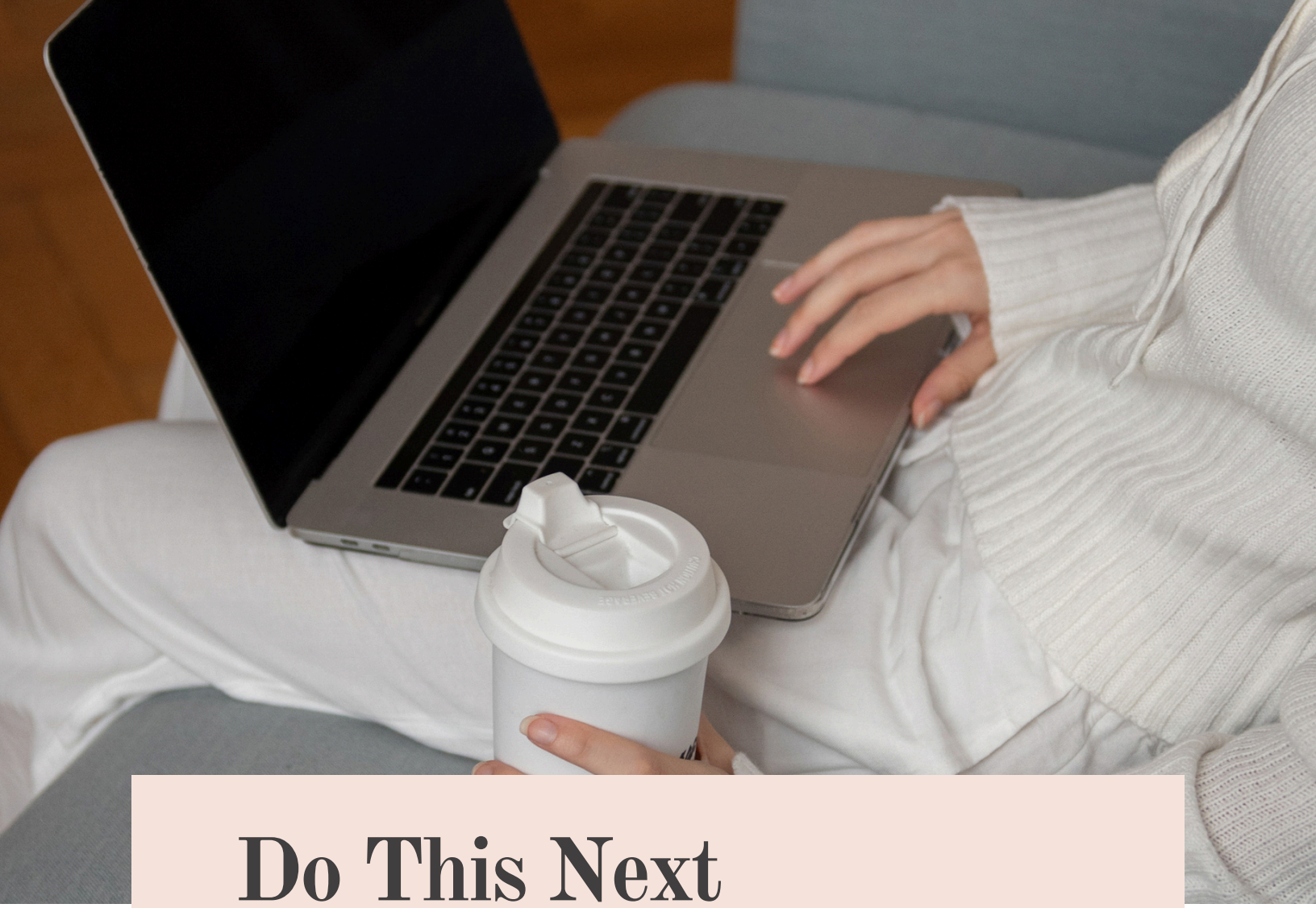
5. Make One Move Before You Feel Ready

The smallest real step toward the grand plan from Section 1:

What I could lose by doing it:

What I could gain:

I'll do it by: _____ (date and time, within 48 hours)



Do This Next

Every morning this week, before you open email, reread your new sentence from Section 1. Say it out loud once. Then do one small thing that day that a person who believed that sentence would do.

Make the grand plan. Then get in the water.

Keep building. Keep shining. Keep showing up.