

# BBH AI Goal Clarity Worksheet

## + Weekly Action Tracker

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A printable self-reflection worksheet for turning fear, overthinking, inconsistency, and unclear day-to-day execution into one small weekly action plan.

*"I did not fail because I had no dreams. I failed because I had no system that respected my emotional capacity."*

- Founder Voice, BBH

### How to use this worksheet

- Choose one goal only. Do not overload the week.
- Write the emotional block honestly: fear, overthinking, tiredness, confusion, or inconsistency.
- Find the execution gap: where the plan usually breaks.
- Create one small weekly action and one restart rule.
- Review the week without self-punishment.

Download support: [info@bioandbrainhealthinfo.com](mailto:info@bioandbrainhealthinfo.com) | [bioandbrainhealthinfo.com](https://bioandbrainhealthinfo.com)

# Part 1: Goal Clarity

Use this page to move your goal out of your mind and into a clear, visible structure. Do not make it perfect. Make it honest.

**1. My main goal is:**

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**2. Why this goal matters to my life:**

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**3. This goal belongs mainly to:**

Health

Work / Business

Money

Study / Learning

Routine

Emotional stability

Relationship

Spiritual / inner life

**4. If this goal improves, what problem in my life may become easier?**

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**5. What would a realistic version of progress look like in the next 7 days?**

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## BBH Reminder

A goal is not only a dream. A goal is an idea, a direction, and a plan for becoming better, solving real life problems, and creating a more stable life.

# Part 2: Emotional Block + Execution Gap

This page helps you see why the goal stops. The aim is not self-blame. The aim is pattern clarity.

## 1. What usually interrupts this goal?

- Fear
- Overthinking
- Tiredness
- No clear plan
- Too many tasks
- Perfectionism
- Family / work pressure
- Health issue
- Money stress
- Low confidence
- No tracking
- I forget to review

**2. My most common thought when I delay this goal is:**

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**3. My body reaction when this goal feels heavy:**

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**4. Where does execution usually break? Write the exact point.**

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**5. What small change would make this goal easier to restart?**

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**Pattern Clarity**

Stopping is information. It can show you whether the plan was too big, too unclear, too emotional, or not connected to daily life.

## Part 3: Weekly Action Plan

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Now make the goal small enough to live with for one week. Your plan should be clear, trackable, and emotionally realistic.

**1. This week, my one focus goal is:**

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**2. My smallest useful action is:**

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**3. My three weekly action steps:**

**Action 1:**

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**Action 2:**

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**Action 3:**

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**4. My tracking method:**

Tick mark

Notebook

Spreadsheet

Printed worksheet

Phone reminder

Calendar

**5. My restart rule if I stop:**

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### BBH Restart Rule

Recommended restart rule: "If I stop for two days, I do not punish myself. I restart with one small action."

# Part 4: Weekly Action Tracker

Use this tracker for one week. Keep it simple. Mark action, feeling, block, and next step.

Day	Action Done?	Body / Mood	What blocked me?	Next small step
Monday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Tuesday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Wednesday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Thursday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Friday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Saturday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Sunday	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**Weekly Review: What did I learn about my pattern this week?**

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**One action I will continue next week:**

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## Part 5: Restart Without Guilt

This page is for the moment when you stop, pause, miss two days, lose energy, or feel disappointed. Use it to return without self-punishment.

1. What happened when I stopped or lost rhythm?

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2. Was the plan too big, too unclear, too emotional, or too disconnected from daily life?

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3. What is one small action I can do today or tomorrow?

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4. What support do I need to continue?

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### Restart with one small action.

Stopping is not your identity. Returning is your practice.

My restart date: \_\_\_\_\_ My next action: \_\_\_\_\_

#### Safety Note

If your goals are connected to trauma, abuse, severe anxiety, depression, unsafe relationships, financial crisis, or medical concerns, please involve qualified professional support. This worksheet is for self-reflection and planning only.

Email [info@bioandbrainhealthinfo.com](mailto:info@bioandbrainhealthinfo.com) and write:  
“Send me the BBH AI Goal Clarity Worksheet.”