

The Goal Cascade Template

Fill it in from the top down. Each level narrows the one above it, so the action you take today traces all the way back up to your Summit Goal.

Level	What you decide here	Your entry
Values	What genuinely matters to you	
Purpose	The direction your values point in	
Summit Goal	The one big goal in focus now	
Annual	This year's milestone toward the summit	
Quarterly	The next visible step, in 90 days	
Monthly	This month's slice of the quarter	
Weekly	The few things that move it this week	
Daily	Today's concrete action	

Test of a good plan: every daily action should trace back up to your Summit Goal.

Your Goal Plan

A Summit Goal is a direction, not yet a plan. Build it in two halves: what success looks like, and what will get in the way.

Outcome Map

1. Your Summit Goal, in one clear sentence.
2. What your life looks like once it is achieved. What is different about an ordinary week?
3. Two or three Success Measures. Observable signals of real progress, not feelings.
4. The very next physical action you can take this week.

Friction Map

Name the obstacle, then decide the response now, while it is still cheap to decide.

What will get in the way	If it happens, I will