

Urgency Planner

No Urgency, No Growth. Use this planner to set deadlines, create accountability, and make progress on your goals.

1. Define Your Goal

What's the one thing you've been postponing? Be specific (e.g., 'Launch website', 'Reach 60kg').

2. Set Your Deadline

Pick a specific date, not 'someday'. Urgency only exists with a timeline.

3. Add Accountability

Who will you tell? A friend, mentor, or colleague who will check in on you.

4. Visualize the Worst Case

What happens if you don't do this? Write it down—sometimes fear creates fuel.

5. Break It Down

Divide your goal into checkpoints. What's the first small action you can take this week?

Goal	Deadline	Accountability Partner	Worst-Case Scenario	First Small Step

■ Tip: Review this sheet daily. Urgency is not pressure—it's a reminder that growth only happens when you move.