



BE THE
CEO OF
YOUR OWN
LIFE

GAP ANALYSIS WORKSHEET

Bridge the space between where you are and where you want to be.

🌟 WHY THIS MATTERS

This isn't about self-criticism. It's about power through clarity. When you can name the gaps between your current reality and your future vision, you can start to close them—on purpose, and on your own terms.

Use this worksheet to reflect, assess, and start planning your next steps.

👉 SECTION 1: COMPARE “NOW” VS. “NEXT”

Turn to your previous notes from Day 1 (Who I Am Now) and Day 2 (Who I Want to Be). Read them side by side. Then use the prompts below to list the key differences—no judgment, just awareness.

📌 **Tip:** Circle or star the areas that feel most urgent, exciting, or meaningful to shift.

Life Domain	What's True Now	What I Want Next
Daily Habits		
Mindsets & Beliefs		
Boundaries		
Time Use		
Energy Drains		
Emotions/ Patterns		
Relationships		
Skills & Strengths		




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SECTION 2: MAP THE GAPS

Choose 3–5 of the most important gaps from above. For each one, break it down into these three columns.

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 *Insight: Seeing the type of shift helps you find the right tool, resource, or support for change.*

What's True Now	What I Want Next	Type of Shift Needed

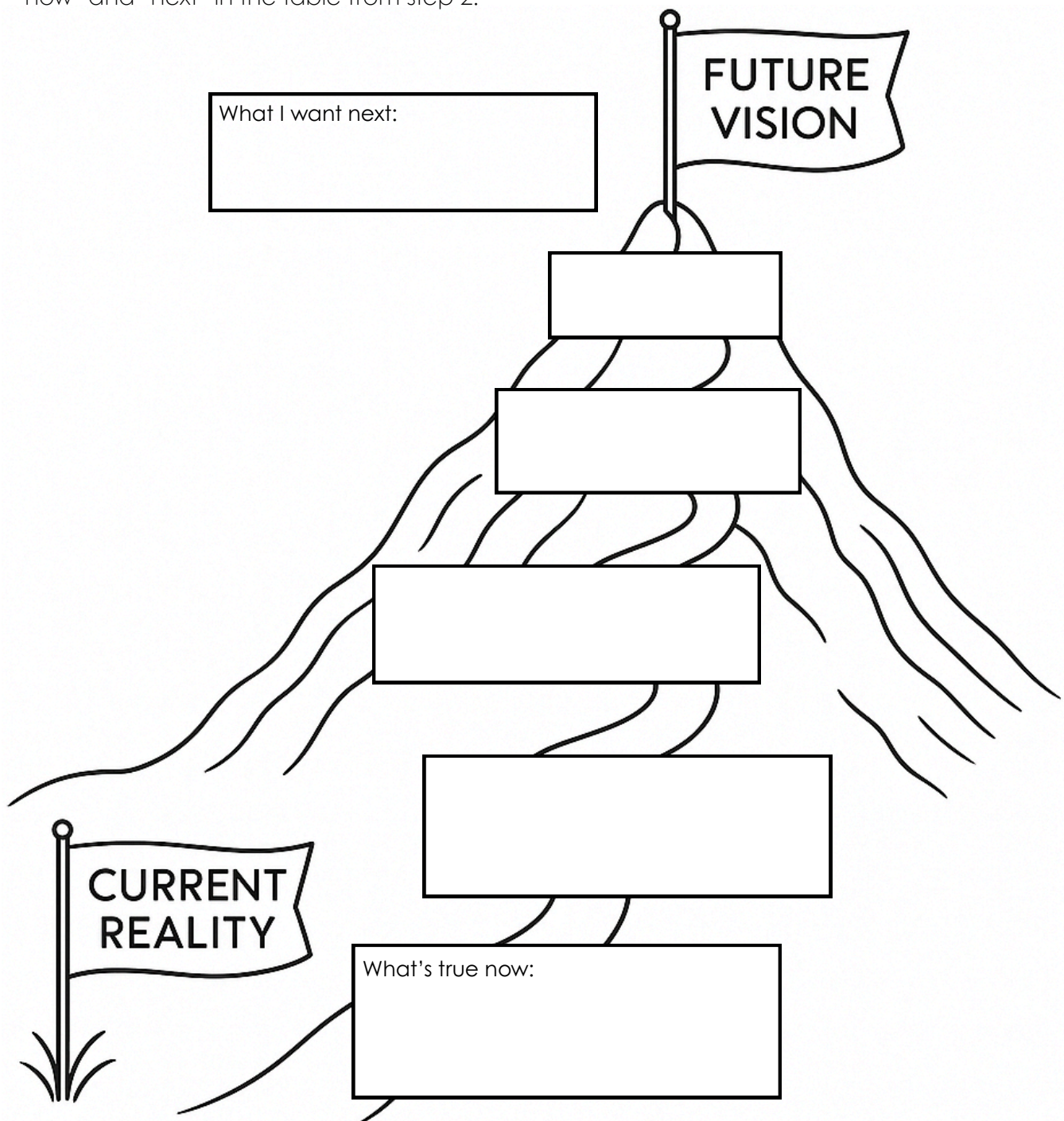


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SECTION 3: BREAK DOWN THE PATH

Pick one or two of the more complex or intimidating shifts—something that feels more like a transformation than a tweak. Use the ladder format below to map the steps between your “now” and “next” in the table from step 2.



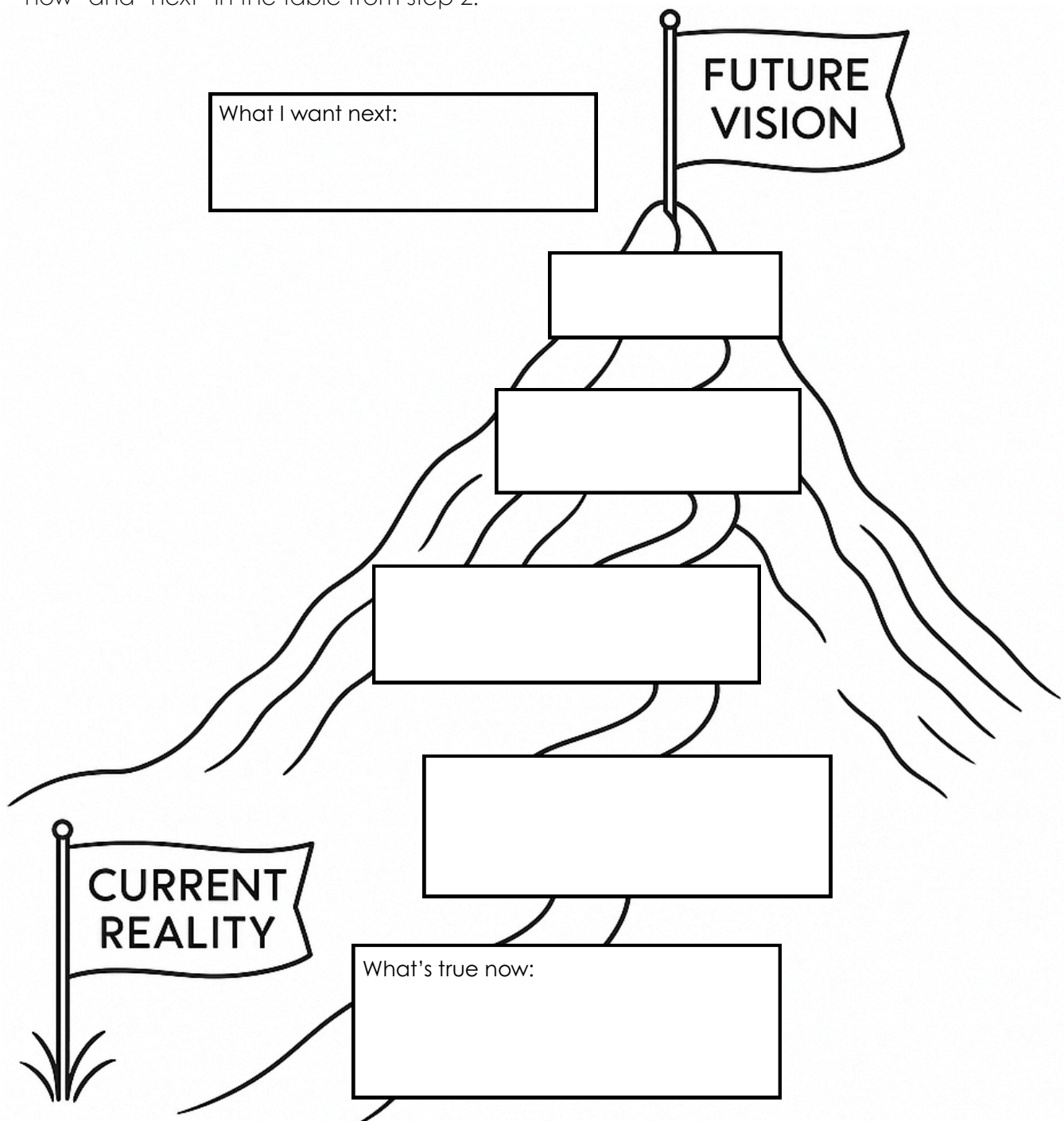


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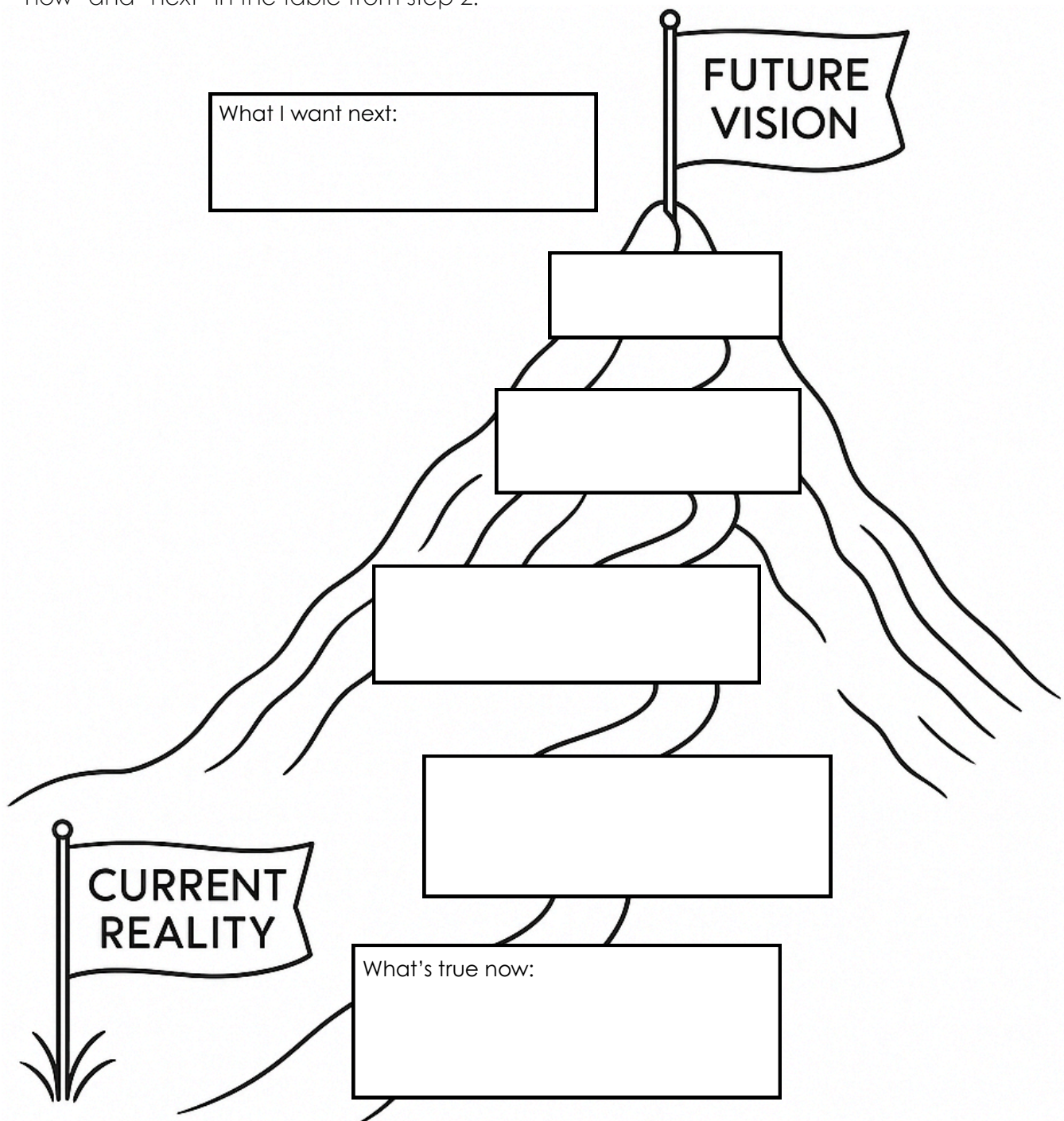


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FINAL REFLECTION

- Which gap are you most excited to begin closing?
- What's one small action you can take this week to move forward?
- Who or what could help support that step?

You don't need to fix everything today. You just need to see it clearly—and start building your bridge.