Fulfillment

Dig Deep Health · Caleb Colona

Vision and execution. Where you are going, why it matters, and what it will cost you to get there. Most people can describe a feeling they want. Few can describe the work required to get it.

SELF ASSESSMENT

Where You Actually Stand

Five honest questions. Not a score to pass, a mirror to look into. Write your answer under each one.

1. **Could you say, in one sentence, what you are building toward this year?**

2. **Does your calendar reflect that goal, or does it mostly reflect everyone else's requests?**

3. **What is the cost you have already decided you are willing to pay for it?**

4. **When did you last finish something that mattered, instead of starting something new?**

5. **Are you producing, or are you still consuming information about producing?**

PRACTICE

Three Ways to Move

Pick one. Write how it would look in your actual week, then do that version first.

1. Write the one sentence

Reduce the goal to a single sentence and put it somewhere you see it daily. If you cannot say it in one sentence, it is not clear enough to execute yet.

My version: _____

2. Pick the next physical action

Not the next idea, the next concrete, physical step. Ideas are cheap. The next action is where the goal either moves or dies.

My version: _____

3. Finish before you start

Close out one thing that matters before you open the next one. Half-finished projects are where momentum goes to die.

My version: _____

This week

The one practice I am starting: _____

When (day and time): _____

Who will know I am doing it: _____

NEXT STEP

Want a plan built for the pattern that keeps restarting you? Take the free 3-minute Reset Assessment. You will get a 7-day plan by email, one small step a day.

digdeepstewardship.com/reset-assessment

Dig Deep Health provides habit and accountability coaching and education, not medical, legal, tax, or investment advice. Talk with a licensed professional about decisions specific to your situation.