

THE ACTION GAP

Identify What's Blocking You From Doing What You Already Know

Purpose: Identify the exact reasons you struggle to follow through on what you already know you should be doing for your health and overall well-being. This tool helps you pinpoint where your habits break down — awareness, structure, or integration — so you can start bridging the gap between knowing and taking action.

Directions: For each statement below, rate how true it feels for you right now on a scale of 1–5.

1 = Not true at all

5 = Completely true

#	Statement	Rating (1–5)
1	I can identify what habits would improve my health.	
2	I understand how my daily choices affect my energy and mood.	
3	I know what actions to take to feel my best physically and mentally.	
4	I have consistent routines that support my goals.	
5	When life gets busy, I have systems that keep me on track.	
6	I plan my days or weeks intentionally to support my priorities.	
7	I reflect regularly on what's working and what's not.	
8	I know how to get back on track when I fall off routine.	
9	I adapt and make adjustments when my schedule or needs change.	
10	I feel confident in my ability to stay consistent over time.	

Scoring & Insight:

Add up your ratings for each category below to find where your strongest and weakest areas are.

Awareness (Statements 1–3):

Structure (Statements 4–6):

Integration (Statements 7–10):

Interpretation:

- High Awareness + Low Structure → You know what to do but lack systems to sustain it.
- High Structure + Low Integration → You're consistent but rigid; reflection and adaptability are needed.
- Balanced Scores → You're building alignment; refine habits for deeper consistency.

Reflection Prompts:

- When you don't follow through, what are you protecting — comfort, control, or avoidance of discomfort?
- Which part of the process do you tend to overthink, delay, or abandon — understanding, planning, or doing? Why that one?
- What stories or identities do you attach to “starting over” — and how do they reinforce the cycle?
- When you lose momentum, what do you tell yourself? How accurate is that story?
- If consistency felt easy, what belief would it challenge about who you are or what you deserve?

Next Step: Inside *The 1:1 Method*, I teach you how to turn awareness into action through structured systems that make consistency and change inevitable — not optional.