The Knowing ➔ Becoming Clarity Map

A decision tool for people who know what to do, but haven't done it.

What this is: A one-page decision-forcing map that turns insight into a next step.

What this is not: A vision board, journaling prompt, or motivation exercise.

STEP 1 — KNOWING (Facts only)

The decision I've been avoiding:

_____

_____

_____

_____

The concrete action required (observable in the real world):

_____

_____

_____

_____

STEP 2 — COST (What staying here is costing you)

This indecision is costing me weekly (**time / money / energy / credibility**):

_____

_____

If nothing changes in 6 months, what becomes harder to recover:

_____

_____

_____

STEP 3 — THE REAL BLOCK (Choose ONE primary blocker)

☐ **Fear of loss (money, status, relationships)**

☐ **Fear of exposure (being seen trying, failing publicly)**

☐ **Identity lag (this action requires becoming someone new)**

☐ **Over-responsibility (everyone else's needs come first)**

☐ **Comfort with competence (you're good where you are)**

Finish this sentence (no spin):

I am not stuck because I don't know what to do. **I am stuck because...**

_____

_____

STEP 4 — BECOMING SHIFT (Role upgrade, not motivation)

The version of me who would act is someone who:

_____

_____

_____

Name the role I'm stepping into (**title/archetype, grounded**):

_____

STEP 5 — 30-DAY COMMITMENT (Binary, not aspirational)

One irreversible step I will take in the next 30 days:

_____

_____

By this date (MM/DD/YYYY):

_____

Evidence it happened (observable, external):

_____

_____

DECISION GATE (Integrity check)

Am I willing to disappoint someone (including myself-as-I-currently-am) to become who this requires?

☐ YES   ☐ NO

Clarity is alignment between knowing and action. If knowing were enough, you'd already be moving.

NEXT STEP

If this map made your decision clearer but you still feel yourself stalling, that's not confusion, it's resistance you need a structure for.

Knowing → Becoming Cohort is built for this exact moment: **when the issue isn't insight, it's execution under identity friction.**

Your move:

1. Choose your 30-day step (Step 5).
2. If you hesitate or don't follow through within 72 hours, apply for the cohort.
3. Bring this completed map. It becomes your starting blueprint inside the cohort.