

# The 7-Foot Wall Worksheet

## The 7-Foot Wall Worksheet

**Title:** Face Your Wall

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### 1. Name the Wall

What's the challenge you've been avoiding or postponing?

☐ Something you know you *need* to do, but fear has made it look 7 feet tall.

Examples:

- Starting that business idea
  - Making a difficult decision
  - Confronting a personal truth
  - Asking for help
  - Launching your first product
  - Leaving a toxic situation
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### 2. What Story Am I Telling Myself?

What's the fear, excuse, or limiting belief looping in your mind?

☐ This is where we often find the real obstacle.

Examples:

- "I'm not ready."
  - "I'll fail and people will judge me."
  - "I'm not the kind of person who can pull this off."
  - "Now isn't the right time."
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### 3. One Small Action

What's one step you can take today? Just one.

☐ It doesn't need to be the full leap—just a signal to your fear that you're moving.

Examples:

- Drafting the first email

- Making one call
  - Signing up for the thing
  - Telling someone your plan
  - Writing the first paragraph
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## 4. Who This Might Inspire

If you break this wall—who might see what’s possible?

☐ Think of someone who looks up to you, or might be stuck in their own version of the wall.

Examples:

- Your children
- A younger version of yourself
- A teammate
- Your partner
- Your community

### THE HUSTLE MEMO

## The 7-Foot Wall Worksheet

### Face Your Wall

Name the Wall:

What Story Am I Telling Myself?

One Small Action:

Who This Might Inspire:

