TAKING THE LEAP

FROM VISION TO ACTION

by Kalika Yap

WORKSHEET

Introduction

Welcome to your personal roadmap for making the leap into entrepreneurship (or taking your next big step as an established entrepreneur). This worksheet is designed to help you move from thinking to doing, from fear to action, from waiting for perfect to starting from where you are.

There's something powerful about writing things down. It moves ideas from the abstract into the concrete. It creates commitment. It gives you something to come back to when doubt creeps in.

Take your time with these questions. Be honest with yourself. There are no wrong answers here—only your answers. And those are the ones that matter most.

PART 1: YOUR WHY

What is the deep reason you want to start or grow this business? (Go beyond "make money" or "be my own boss"—what's underneath that?)

When you imagine your business thriving, what has changed in your life?

What would you regret NOT doing if you don't take this leap?

PART 2: YOUR OFFER

What problem are you solving for your customers or clients?

What is the simplest version of your offer that you could launch in the next 30 days?

Who is your ideal customer or client? Describe them in detail.

PART 3: YOUR NON-NEGOTIABLES

What is the minimum monthly revenue you need to sustain yourself?

What boundaries do you need to protect (time with family, health practices, etc.)?

What values will you not compromise, no matter what?

PART 4: YOUR LEGAL FOUNDATION

Do you have a partnership agreement in place? If yes, when was it last reviewed?

If you're working with a partner, what conversations do you need to have to ensure alignment?

What other legal or structural foundations do you need to put in place? (contracts, trademarks, business structure, insurance, etc.)

PART 5: YOUR CIRCLE AUDIT

List the five people you spend the most time with:

1. _____
2. _____
3. _____
4. _____
5. _____

For each person, ask yourself: Are they lifting me up or holding me back? Are they entrepreneurs or people who will never understand this path?

What changes do you need to make to surround yourself with people who have done what you're trying to do?

What entrepreneur podcasts, books, or communities will you commit to engaging with regularly?

PART 6: YOUR 90-DAY ACTION PLAN

What are the 3 most important things you need to accomplish in the next 90 days?

1. _____
2. _____
3. _____

Who do you need to talk to or connect with?

What do you need to learn or what skills do you need to develop?
Learn about [Specific skill/topic].

PART 7: YOUR SUPPORT SYSTEM

Who are 3-5 people who will support you on this journey?

1. _____
2. _____
3. _____
4. _____
5. _____

What kind of support do you need from them? (accountability, encouragement, expertise, etc.)

PART 8: YOUR FIRST STEPS

What is ONE thing you can do TODAY to move your business forward?

What platform or practice will you commit to showing up on consistently?
The marketing platform I will be utilizing is [Platform/Practice].

How often will you show up? (daily, weekly, etc.)
I will show up [Frequency] to build consistency.

PART 9: YOUR TRACKING SYSTEM

How will you measure progress each week?

What day and time will you set aside each week to review what's working?

What will you do to celebrate small wins along the way?

I will celebrate a small win by [Celebration activity].

PART 9: YOUR TRACKING SYSTEM

How will you measure progress each week?

What day and time will you set aside each week to review what's working?

What will you do to celebrate small wins along the way?

I will celebrate a small win by [Celebration activity].

PART 10: YOUR CONSISTENCY COMMITMENT

What's one thing you stopped doing that you need to start again? (Remember Daisy's regret about her YouTube channel)

What will it take to protect this commitment from burnout?

Protecting this commitment requires setting boundaries and regularly checking my mental health.

PART 11: YOUR ANCHOR

When things get hard (and they will), what will you come back to? (This could be your why, a mantra, a quote, a person, a practice)

Write yourself a note of encouragement to read when you're doubting yourself:

Dear Future Me,

Remember this feeling right now—this clarity, this drive. You made a plan because you know what you're capable of. Doubt is just a shadow; your mission is the light. Keep going, keep learning, and keep being brave. You are building something beautiful, and you have all the support you need.

With love,
Present Me

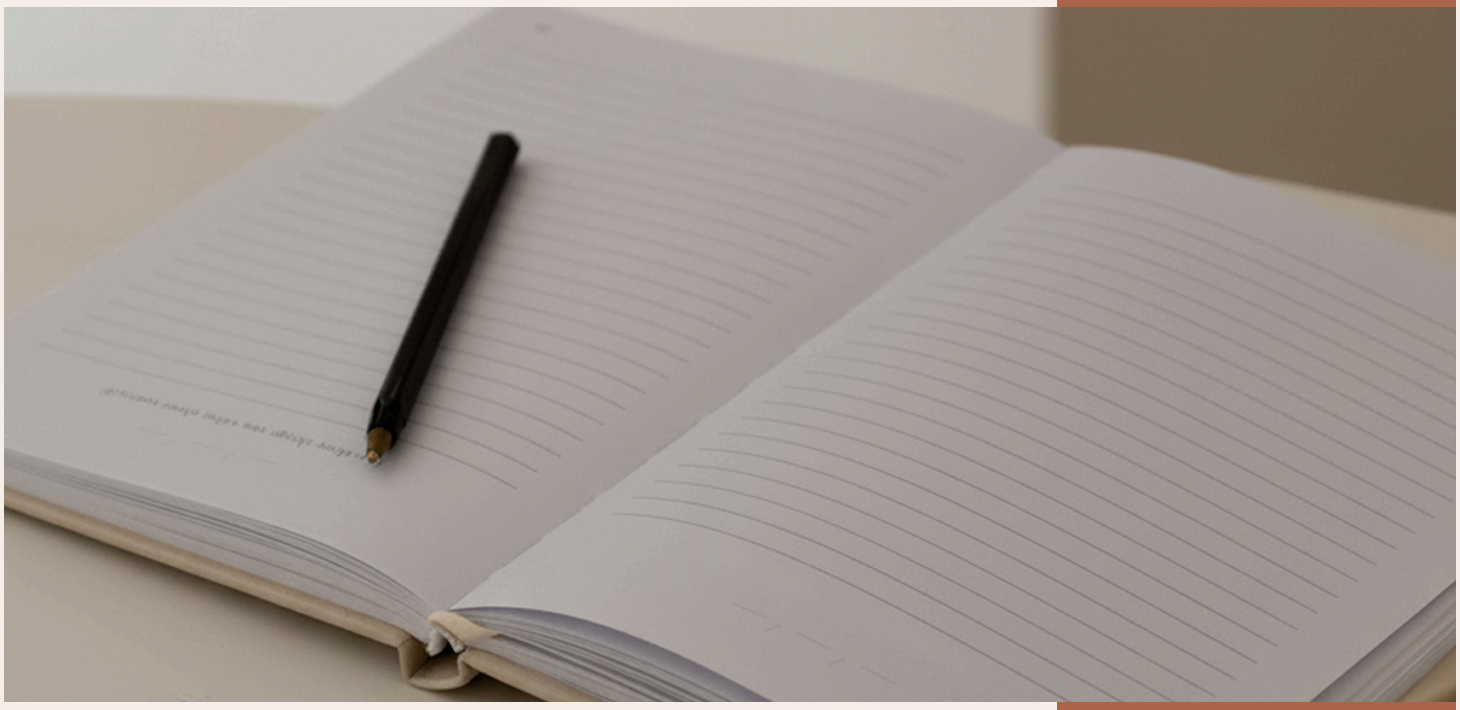
Conclusion

You've just done something that most people never do—you've turned your dreams into a tangible plan. You've given yourself permission to want what you want and a roadmap to get there.

Keep this worksheet somewhere you can see it. Come back to it when you need clarity, when you need courage, when you need to remember why you started. Your answers will evolve as you grow, and that's exactly as it should be.

The leap isn't a one-time event. It's a series of small, brave choices made consistently over time. And you've just made one of them by completing this worksheet.

Now go build something beautiful. And remember: surround yourself with people who have already done what you're trying to do. Take advice from those who've walked the path, not from those who are standing on the sidelines.



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LEAP, AND THE NET WILL APPEAR.

JOHN BURROUGHS

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