

Scope Before You Build

Five questions to ask before you start your next goal.

No company greenlights a million-dollar initiative without answering a few basic questions first: What does success actually look like? What could derail this? What has to happen before anything else can? Yet most of us try to change our own lives with less planning than a mid-size work project gets.

This isn't a motivation problem. It's a scope problem. "scope" just means the boundary of what you're doing, and what you're deliberately not doing yet.

START HERE

In one sentence, what are you actually trying to accomplish?

01

What's actually included, and what's not?

A goal like "get healthier" sounds specific, but it's really an open container. Example: Included, cook dinner at home most nights, walk daily. Not included yet, overhauling your diet, training for a race. You can expand scope later. You can't execute an undefined one.

02

What does this actually require, beyond time and money?

Childcare. Energy. Emotional bandwidth. The real obstacle is often resourcing, not discipline.

03

What has to happen first?

Not "when do you want this done." What genuinely depends on what. Most timelines fail from unexamined sequencing, not laziness.

04

Who needs to know, or support this, for it to actually work?

Personal goals have stakeholders too. Name who helps, and who might unintentionally make this harder.

05

Where are you most likely to quit, and what's the plan for that exact moment?

Every goal has a predictable point where it gets hard. Naming it before it happens is the difference between a plan and a hope.

If five questions already created this much clarity, imagine what's possible with a full plan built around all of it. That's what a FollowThru Blueprint is designed to do.

You don't need more motivation. You need a scope.