



CHAMPION'S MINDSET

GOAL BLUEPRINT FRAMEWORK
VISION INTO CONSISTENT EXECUTION



— ALEXANDER PELLEY —

SPEAKING AND COACHING

START HERE: Turn the Dream Into a System

FROM THE CHAMPION'S MINDSET

Manifestation is not passive. Transformation happens when a powerful mindset is combined with deliberate, aligned action. Clear goals, manageable steps and daily habits create momentum.

Adapted from The Champion Mindset, Conclusion, p. 298.

Vision-to-Action Ladder

My three-year vision	
My one-year evidence	
My 90-day result	
This month's milestone	
This week's win	
Today's next action	

Strengthen the Why

A meaningful goal survives inconvenience because it is connected to values, service and identity. Move beyond the first answer by asking why the result matters several times.

The goal I want	
Why does it matter?	
Why does that matter?	
What becomes possible?	
Who else benefits?	
What will inaction cost me?	
The emotional reason I will remember	

My one-sentence purpose

I am committed to this goal because	
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Implementation Intentions

Convert intentions into scheduled behavior using: **When [specific cue] occurs, I will [specific action] at/in [specific place]**. A precise plan reduces negotiation in the moment.

Cue / time	Action	Place / setup	Proof completed

If-Then Obstacle Plans

If motivation is low, then I will	
If I am interrupted, then I will	
If I miss a day, then I will	

1. Define the Destination

Describe the result as if it has already been achieved. Make it meaningful, measurable and connected to the life you want to create.

My primary goal	
Target completion date	
How success will be measured	
Why this matters deeply	
Who I become by achieving it	

Goal Test

- Specific enough to guide action
- Measurable enough to track
- Meaningful enough to sustain effort
- Challenging but believable
- Connected to a deadline

2. Build the 90-Day Bridge

Work backward from the destination. Identify the milestones that would prove you are on course.

90-day outcome	
Milestone 1 - Day 30	
Milestone 2 - Day 60	
Milestone 3 - Day 90	
Resources or support required	
Skills or knowledge required	

3. Anticipate Obstacles

Champions do not depend on perfect conditions. They decide in advance how they will respond.

Likely obstacle	My planned response	Person/system that can help

4. Weekly Execution Plan

This week's most important outcome	
Three priority actions	
Appointments / protected work blocks	
Action I will take even if motivation is low	
Accountability check-in	

Daily Top Three

Day	Priority 1	Priority 2	Priority 3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

5. Review, Learn and Recommit

Results produced	
Actions completed	
What worked	
What I learned	
What I will stop / start / continue	
Next week's commitment	

I choose disciplined action over temporary emotion. I will review this blueprint weekly and take the next clear step.

Signature: _____ Date: _____

The Weekly Champion Meeting

Schedule a 20-minute appointment with yourself every week. Review evidence, adjust the system and recommit before the next week begins.

- Review the goal and your deeper why
- Measure the leading actions and result
- Celebrate progress without minimizing it
- Identify the largest obstacle or source of friction
- Choose one system improvement
- Schedule the next three priority actions
- Confirm accountability and support

Evidence of progress	
The system change I will make	
Three priority actions	
What I will say no to	
Support I will request	
Next review date and time	

CHAMPION QUESTION

What would the disciplined, future version of me do next - and how can I make that action easier to begin?