

Barrier Mapping Sheet

Use this sheet to identify barriers that prevent progress on key goals or initiatives. For each barrier, identify its source, assess the impact, and plan actions to mitigate it. Revisit and update regularly as part of your leadership cadence.

Barrier	Root Cause	Impact (L/M/H)	Action	Owner	Target Date

Tip: Common barrier types include structural (process, systems), relational (communication, trust), and behavioral (habits, motivation). Diagnose before acting.