

mind-mapping your goals

step one - look at the positives of your goal

step two - look at the downsides of your goal

forces that will help me (people, organisations, knowledge, skills and resources)

forces that will block me (people, organisations, knowledge, skills and resources)

what forces and resources I need...

areas of my life impacted by the goal...

how this goal aligns with my personal values....

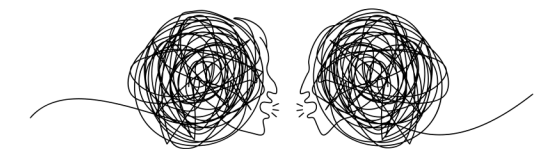
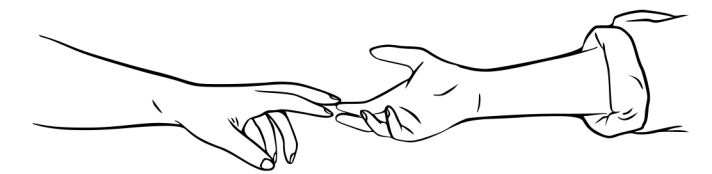
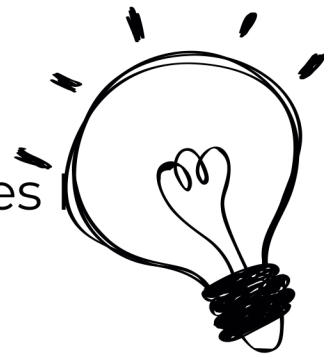
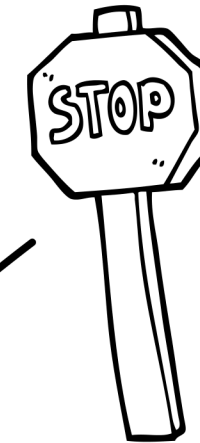
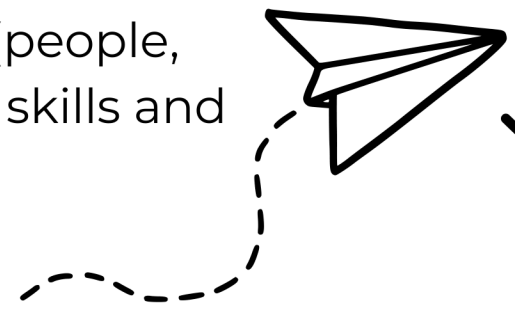
how this goal conflicts with my personal values....

when I achieve this goal I will gain

when I achieve this goal I will lose.....

what excites or empowers me?

underlying fears and worries



my goal

step three - pause and reflect. Does this goal feel achievable and realistic right now? If yes, proceed to the next page. If not, think how you can adjust or moderate your goal to increase positives and remove downsides before moving on

action brainstorm

set a timer for 3 minutes per zone and brainstorm as many ideas as you can per zone. There are no right or wrong answers, just ideas - the more the better

forces that will help me
(people, organisations,
knowledge, skills and
resources)

what forces and
resources I need....

zone 1:

actions should focus on
amplifying these effects, e.g.
aligning allies, asking for
support, building into routine

zone 4:

actions should focus on how
you can reduce, remove or
manage these e.g. ask for
help, planning, difficult
conversations

forces that will block me
(people, organisations,
knowledge, skills and
resources)

areas of my life
impacted by
the goal...

my goal

how this goal aligns
with my personal
values.....

when I achieve this
goal I will gain

what excites or
empowers me?

zone 2:

actions should focus on
reminding yourself of these
things or 'bringing them to life'
as you go

zone 3:

actions should focus on how
you can accept these
consequences as a conscious
choice

how this goal
conflicts
with my personal
values.....

when I achieve this
goal I will lose.....

underlying
fears and worries

well done! Once you have brainstormed, review each zone separately and choose one action per zone only!

This action should have the biggest impact to your goal and be the easiest to do,
once done you can do others if you choose.