PRACTICE

UFS: Unique Framework for Success

Curated by Simon De Los Rios

WHO IS THIS FOR

You know what you want, for yourself or for a client, a product or a company, and you cannot see how to get there.

PAIN

Talking about a goal in general terms, without a specific enough picture of what is blocking it to do anything about it.

SOLVES

Gives you a repeatable framework, goal, obstacles, milestones, actions, that works whether you are mapping your own path or someone else's.

TOPIC

CAREER TRANSITION | BURNOUT & OVERWHELM | BUSINESS & ENTREPRENEURSHIP

READ TIME	TIME REQUIRED	WHAT YOU NEED
2 minutes	25 min	notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

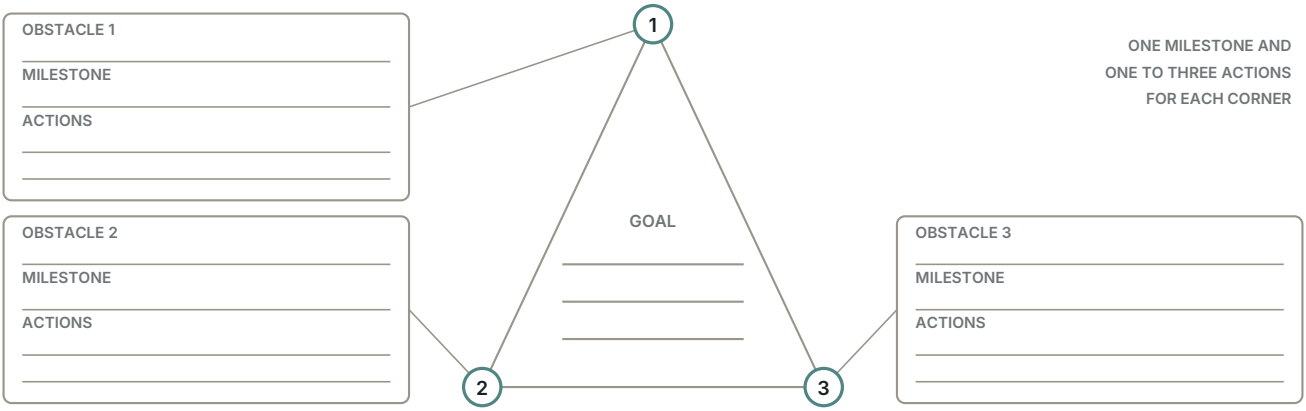
Step 1: Place the goal at the center

Use the triangle below, or draw your own. Write the goal at the center. A goal you can map is one you could call done by a date: "work on my business" is too vague, "land my first paying client by June" can be mapped. It can be your own goal, or the outcome a client, a product, or a company is paying for.

– *What is the one outcome sitting at the center of this? Write it in one sentence.*

Step 2: Name the three obstacles

At each corner, write one obstacle standing between the goal and where things are now. Look under the surface worry for the friction beneath it. If you have more than three, keep the three that matter most.



– *What are the three things most likely to stop this from reaching the goal?*

Step 3: Set a milestone for each obstacle

For each obstacle, write one milestone, the clear sign that it has been moved past.

– *What does it look like, concretely, when each obstacle is no longer a problem?*

Step 4: List the actions that get you there

For each obstacle, write one to three specific actions that move things toward the milestone. Then circle the one action you can do in the next two days.

– *What are the two or three concrete things that need to happen to clear each obstacle?*

BEFORE YOU CLOSE THIS

Put the circled action in your calendar for the next two days before you close this.

CONTINUE WITH

Too Many Options, No Clear Path, if the goal itself is still unclear, this practice helps you narrow it down before you map the obstacles.

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Source: Joel Burgess