

Self-Help Tools: UFS - Individual

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This is a thinking tool for moments when you know you want something different but cannot see a clear path to it. It forces you to stop thinking in general terms and get specific about what is blocking you and what moving forward looks like.

The structure:

Draw a triangle. Place your goal at the center. At each corner, write one obstacle standing between you and that goal. Not the surface-level worry. The real thing underneath it.

For each obstacle, write: one milestone (the sign you have moved past it) and one to three actions (the specific things that get you there).

Someone in a senior operations role wants to move into consulting but has been sitting on the idea for eight months. Goal: land a first consulting client within six months. Obstacle 1: I do not know if my experience is valuable outside my industry. Milestone: five conversations with people who have hired consultants. Obstacle 2: I have no offer. Milestone: I can describe what I do in two sentences. Obstacle 3: I am waiting until everything is ready before I tell anyone. Milestone: five people in my network know I am making a move.

Work through yours:

- What is the one outcome you are working toward? Write it at the center.
- What are the three things most likely to stop you from getting there?
- What does it look like when each of those is no longer a problem?
- What are two or three concrete things you can do to get past each one?