

GYRUS

**SUSTAINABLE
ACHIEVEMENT
METHODOLOGY**

BY IFEANYI O. ASIODU

HOW TO:

**IDENTIFY
YOUR GOALS
USING GYRUS**

GOALS



The first step to identify your goal is to use a system of Positive Amplification vs. Reverse Negative. What does this mean? Let me explain using these simple steps:

- Step 1

Draw a line straight down the middle of a piece of paper. Label the left side 'Positive Amplification,' and label the right side 'Reverse Negative.'

- Step 2

On the left side, list five things that you would like to do more of. On the right side, list five things that you would like to do less of.

- Step 3

Rate each of the listed things out of 10. Ask yourself how much each item affects your life or workplace: 1 being minimal and 10 being essential/critical.

- Step 4

Select the highest-ranking element in Positive Amplification and the highest ranking in Reverse Negative.


- Step 5

Compare the two elements and select which is having a more immediate impact on your life. This element will now form the basis of your GYRUS plan.

Now that the focus of your GYRUS has been identified, you should write down **one** statement that will form the reason for addressing this element. For example, 'I want to spend more

time with my family,' or 'I want to spend less time doing administrative work in the office.'

This statement is what you will use in the next phase: YIELD.



*If you would like to know more about GYRUS methodology
email: ifeanyi.asiodu@cyngulate.com*