

PLANNING *cheat sheet*

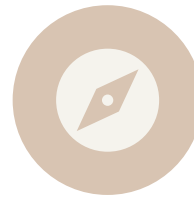


WHERE AM I NOW?

Think about where you are now. How did you get here? What has gone well in the past and what hasn't? What led you to this?

WHERE DO I WANT TO GO?

What would you do if there were no obstacles? What do you really want? Think about realistic and aspirational goals.



WHAT CHANGES MUST I MAKE?

Look at your current state and decide what is stopping you. How can you make changes to remove these obstacles?



HOW CAN I MAKE CHANGES?

What will you need to do to make the changes you need? How will you get support from others to make the changes?



HOW WILL I KNOW SUCCESS?

Think about how you can demonstrate progress towards your end goal and show that your plan has been successful.

