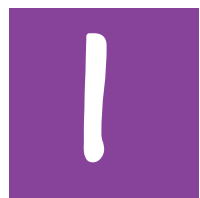


Before you start: If you're facing lots of problems - pick just one to work on first.

Write it here:

Will changing it have a helpful impact
on how you feel, or on your situation?



Break it into chunks

List the different ideas you could take to move things forward:

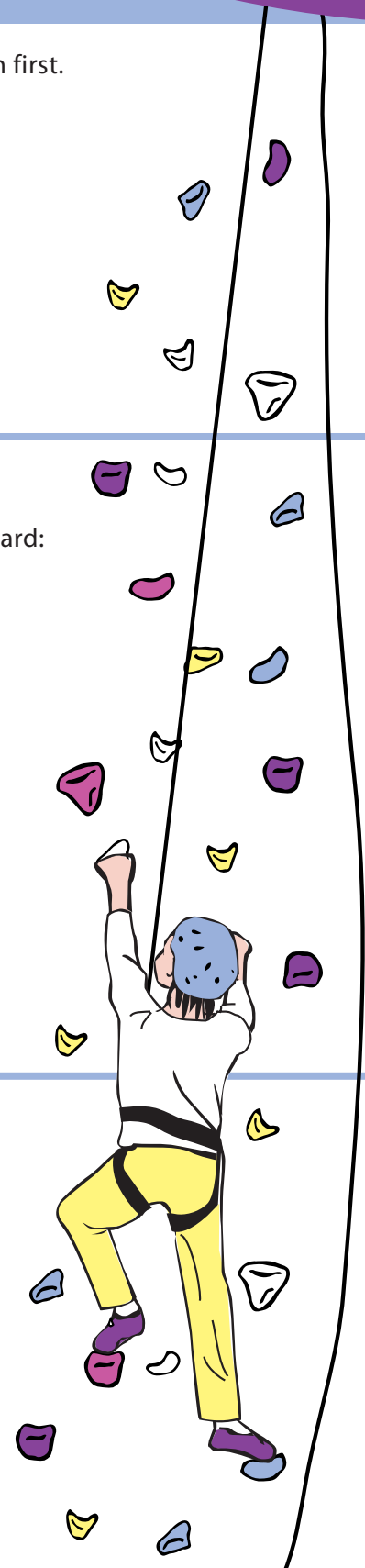
What would get you on your way? Not too large so it's unrealistic - or too small so that it doesn't address the problem.

Choose the first thing/chunk you will work on:



Think of creative ways to tackle the first chunk*

(*include creative and silly ideas as well as more sensible ones)



3

Choose an idea and make a plan to do it

Write your idea here:

Write your plan to do it:

When are you going to do it? (that way you will know if you don't do it):

Write down any **problems or difficulties** that could arise - and how you can overcome them:

4

Check the plan and put it into action

- Are you aiming at just one thing?
- Is it realistic?
- Is it slow enough?
- Is it easy - not too big?
- Are you ready to unblock it?

Once you've done (or not done) your plan - Review what happened.

What next? Continue your current plan - or start something new?

Write it here:

