Needs

What are your needs? Needs are the non-negotiables you require to lead a safe, stable, healthy, and purposeful life. These are the things you aren't willing to sacrifice or compromise on.
Use this space to think about your needs. Make list, mind map, doodle-- use the space however you like!

Wants

Now that you've thought about your needs, let's think about your wants! Wants are the sprinkles on top of your ice cream. We can sacrifice our wants if we have to, but they sure make our lives more enjoyable and meaningful if we can achieve them. Envision what your best day looks like. What are the elements that make this day so great? Use this space to think about your needs. Make list, mind map, doodle-- use the space however you like!

Core Values

Core values are the guiding principles you use to determine if you are on the right path. What do you care about? Think about a meaningful moment in your life-- what values were being expressed at this time? Flip it around and think about a time you were angry, sad, frustrated-- what values were missing in these experiences? As you think about your core values, see if you can group any of them together under a common theme. Use this space to think about your needs. Make list, mind map, doodle-- use the space however you like!

Anti-Goals

Envision your worst day. Maybe you had a packed schedule, or a boss who was micro-managing you. Think about the elements that made this a terrible day. Anti-goals are the goals we set around the things we aren't going to do. Think about the actions you can take to keep your worse day from happening.
Use this space to think about your needs. Make list, mind map, doodle-- use the space however you like!

Get Focused

Now that you've thought about your needs, wants, core values, and anti-goals-- take inventory of all the things you've written. If your sheets are extra full, circle a handful of items that you want to focus on the most. Take those items and record them here. As you start planning your goals, refer back to this worksheet. Do your goals align with the important items you've identified here?

NEEDS

WANTS

CORE VALUES

ANTI-GOALS

Goal Map

Time to start thinking about your goals! Goals are often layered and comprised of many smaller goals and tasks. Goals can be challenging, audacious, and maybe even feel impossible. It's okay, we'll break this down into smaller goals. Start by writing one of your big goals in the center circle. Now, let's start mapping smaller goals out from the center goal. What are the goals that support our big goal? As you identify these smaller goals, continue to map them out further. What are the individual tasks that support your smaller goals? The further you get from the center, the smaller and more specific your goals should become. Record all of your ideas here; we'll focus them down on the next page.
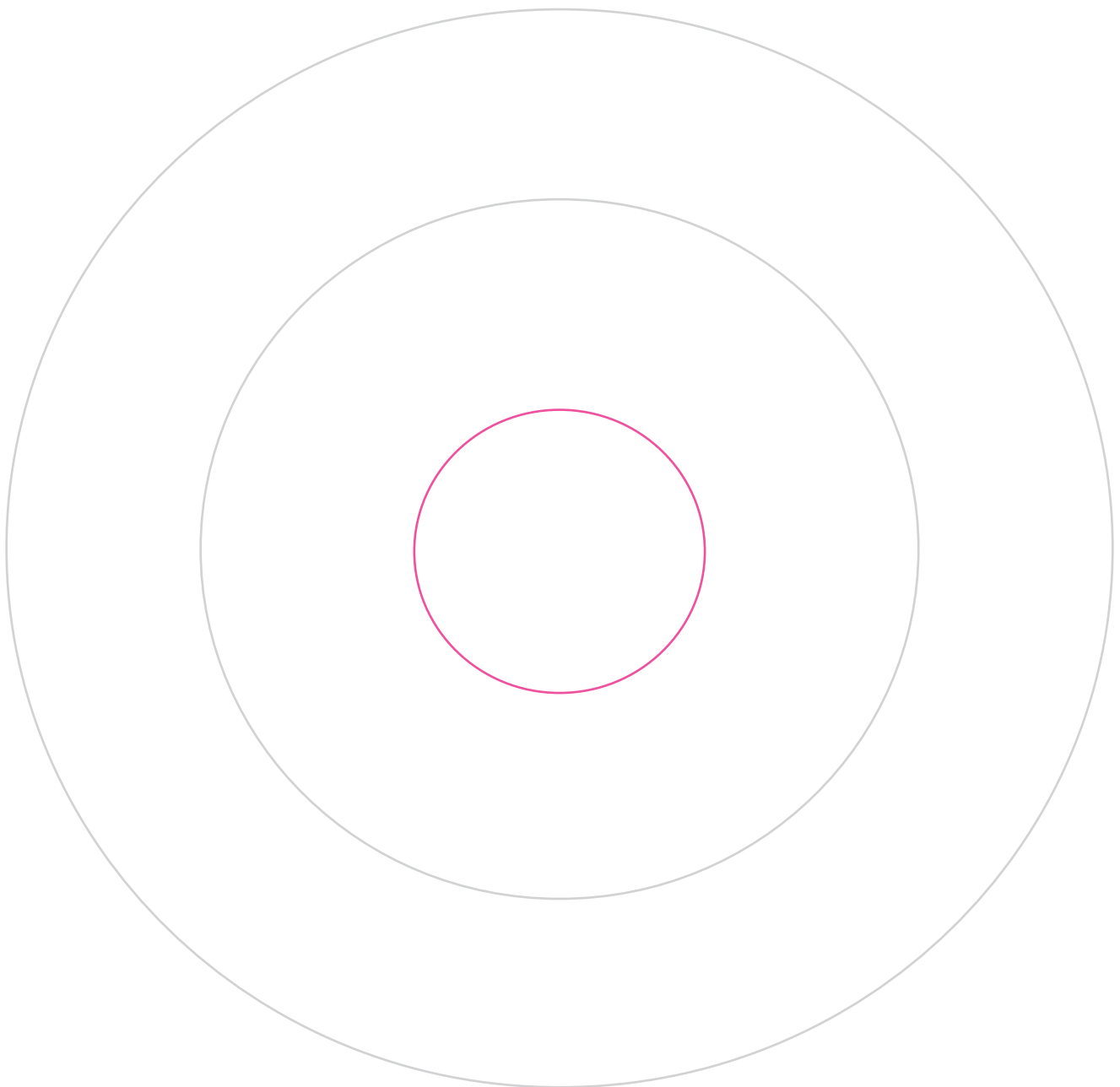
Goal Overview

Look back at your goal map-- what goals do you want to focus on to support your big goals? Record the big goals & the supporting goals here. On the next page, we'll break each supporting goal into a list of action items/tasks.

Action Plan

Goal:

Start Date	Projected Due Date

Steps	Complete By
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Notes: _____

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Menteaship

Personal Goals
& Branding Workshop

http://www.menteaship.com

Join us on Slack!
https://stltech.org
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Links to worksheets and more resources
https://github.com/menteaship/knowledge-base