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What's about to change for you?	Where is the change coming from?	Your Value and Impact	For this to go just the way you'd like, it will be like what?	What are you doing now?
Name it clearly. Is it a new project, responsibility, role or something else?	Am I instigating or leading it? Is someone else? It is coming from somewhere or something else?	What value will I gain by doing this? What value will I bring? What might I lose by doing this?	How do I want thing to go? This could be tangible, intangible, a metaphor, picture, whatever resonates for you.	What am I leading? What am I contributing to? What am I monitoring?
Now you know this, what needs to happen for what comes next to happen in a way that works for you?	What Do You Need? Start, Increase or Change		What Don't You Need? Stop, Decrease or Change	
	From Myself	From Others People and Systems	From Myself	From Others People and Systems
Activities E.g. Where your energy is directed - be it work, activities, personal life, passion projects etc.				
Behaviours E.g. What we pay attention to, how we see the world, the choices we make, how we spend our time, our biases and decision-making processes.				
Capabilities E.g. Rules, processes, organisational structures, money, metrics, resources, communities, networks, incentive and reward systems.				