Review Your Context Worksheet

YOUR DESTINATION

What do you want to be doing?

What do you want to have acquired and have accomplished?

Is this your true goal, a proxy for your true goal, or an internalized version of someone else's goal?

YOUR STARTING POINT

What are you doing currently?

What are the things that you want to keep?

That you want to change?

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YOUR RESOURCES

What available time, money or energy do you have?

How can you free up more time, money or energy, if you need it?

What are your other resources like friendships, community, skills and experience?

YOUR CONSTRAINTS

What are your current constraints?

How can you verify that these constraints are real?

What are the ways you can remove these constraints?

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