



# Learning Marathon | Explore your learning goals

## Map everything

Use the boxes to map *all* that relates to your learning/development: professional and personal.

## Highlight & prioritise

Highlight recurring themes and anything that jumps out. What is most important *now*?

## Share & discuss

Choose a friend or colleague and walk them through the map, interrogating your goals.

## Draw out key themes

Use the right hand boxes to summarise. You should feel excited by what you're writing.

## Refine

Review what you've done: what can you strip back? Is this feasible to tackle over six months?

### Motivations

Why are you interested in learning right now? What causes matter to you? Which questions drive you to discover?

### Commitments

What targets are you already committed to (e.g. at work)? What projects are you already working on?

### Ambitions

What are your career goals? Where will you be in 5, 10, 20 years? What will you regret if you don't try?

### Capabilities

What do others value about working with you? When do you feel most capable? What are your talents and strengths?

### Limitations

What tasks make you feel anxious? Where do you think you under-perform? What gets in the way of your development?

### Skills

What are your 'hard' and 'soft' skills? Where are the gaps? Which skills do you enjoy using the most?

### Interests

List your active and inactive passions. What would you like to add to the list? Which activities give you most energy?

### Practicalities

Where is there space in your life for more learning? Which opportunities could you make more use of?

### Reflections

What has made the most important learning experiences of your life so powerful? What really drives you?

**1. What are the key questions I'm interested in exploring?**

**2. Which strengths and capabilities do I need to develop in order to do this?**

**3. What will this development allow me to do, create, make or achieve?**

**4. What do I need that I don't have now in order to make this happen?**