BIG VISION MAP

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BIG VISION GOAL

Choose a goal that would make a big difference to your life. Ask yourself and others what is the single thing I could do that would produce the biggest change in my life. (work, life, relationships, finances, management) over the next 12 months. Next clarify the behaviours, that will make it happen. Keep them positive for example, "delegate more."

What do I need to do differently?

What behaviours go against my goal?

Ask yourself, whats the thing you do or don't do that gets in the way of you reaching your goal. Reflect on the things you do instead of the positive behaviours that could help you achieve your goal. You don't need analyse your obstructing behaviours, just be aware of them and write them down. Define your actions not your feelings.

Hidden Competing Commitments

Worry Box:

Competing Commitments:

Put your fears in the worry box. Your fears can point you to your competing commitments which you can list bellow your worry box. You can see across your three columns, how you have one foot on the gas pedal (1) and one on the brake (3). This fear of change is what protects you from moving into the new behaviour.

Big Assumptions

Big assumptions are the internalised beliefs we have about how the world works, how we work and how people respond to us. They are assumptions that make each hidden commitment feel necessary. Look for assumptions that anchor each hidden commitment. Notice how assumptions lead to behaviours that undermine rather than support your goal.

Empowering Mindset

What mantras, stories, feelings and practices can you do to help support you in achieving your goal? Try to think of ways that incorporate your physical body and posture, emotional body and feeling state, mindset and narrative. Be as creative as you like and try to keep a growth mindset rather than fixed.