



Use the circles and pie pieces to show graphically:

How many areas of key focus in my next phase? (NB. There is no right number.)

How big (in terms of priority or time) is each area of focus? (NB. The dotted lines are to be replaced by yours.)

What key language will help me remember them (capture this in the inner circle)?

Think about (and capture your thoughts and reminders in the outer circle):

Which areas are easy for me to act on (my usual “default” actions)?

Which areas of focus will require more effort and attention?

Is there anything I need to do / would like to do / give myself permission to do that will help me shift my focus to those areas and help me start action?