

Packing your backpack with a *manageable outcome* (or, just one rock!)

1. Pick **one task today** to pack for – just to get the hang of this.
2. **Why** are you doing this task? (Pick your top 3 *obvious* reasons – could be it's your job, needs to get done, you want to do it to reach a goal, someone you love has asked you to do it...whatever). Rephrase these to be **desired outcomes**. For example, "it's part of my job" could be: "I want to be seen as indispensable at work." (See Tool #2 for help with this step.)
3. Now, **think strategically**. What are some secondary benefits to getting this job done? Be *selfish*. Be really, really brutally honest here. What are some of your *hidden agendas* that this task could possibly serve to work towards? (**You don't have to show this to anyone!** It's just helpful for *you* to be honest with *you*!)
4. Now make three columns. Label one **God factors**, one **Other People factors**, and one **Me factors**. "God" here is a term covering all those forces we don't understand and which we can't, as mere mortals, control. (See Tools #4- #6 for templates.)
5. Under each column, list all the **factors that could affect your desired outcomes**, based on who is in control of those factors. For example, *weather* is a God factor. *Traffic* is an Other People factor. What time you get up in the morning is a *You* factor. The more factors you can think of, the better.
6. **You can only control the Me (or You :) factors**. Given this information, which of your outcomes can you realistically hope (and work) to achieve with this task without having to depend on "God" or others to cooperate? Again, brutal honesty is helpful.
7. See if you can now choose from the outcomes you *can* control, and reword one to be super achievable, but also as helpful as possible to your hidden agendas. **That's** a pretty (and useful) rock to carry with you!