

Sample worksheet for “packing light” (support for using Tool #3)

A hope/wish in my backpack right now (use Tool #1 to help choose just one):

Why do I want to do this?

Top three reasons:	Selfish (hidden agenda) reasons:
1. 2. 3.	1. 2. 3. 4.

Factors

God factors	Other People factors	Me factors
<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

Given these factors, what outcome could I work on with *no cooperation* from others (but which would statistically support progress toward my hope/wish if I did it)?

So, rephrasing hopes into outcomes (use Tool #2 for this)

Hopes and dreams and wishes....	Desired outcomes:	SMART goal

How will carrying this one rock help my hope/wish happen?