

MANUAL AND
WORKSHEET
FOR TESTERS



C NTROL G AL S UL

THE SIMPLE TOOL THAT HELPS
ANYONE GET UNSTUCK,
POWER UP AND LIVE
MORE PURPOSEFULLY



INTRODUCING CONTROL GOAL SOUL

It often starts with a feeling, a recurring nagging sensation that you could and should be doing more with your life. Maybe even that you deserve more from life but are currently just overwhelmed by it.

At some stage we all get to a point where we want to step up and make changes. But this can be pretty daunting and without support it is often easy to put off what needs to be done until tomorrow, later, next year, never...

If this sounds familiar, if you are looking to make a change, get out of a rut, move forward with purpose towards your ambition, and ultimately transform yourself into the person you know you are capable of being - but you're not sure where to start and how to progress - then you are certainly not alone.

Control Goal Soul (CGS) is a simple and effective tool to help anyone power up, get unstuck or live more purposefully. It will help you find direction and motivation on your journey of transformation, and it will provide you with greater resilience to take on whatever life throws at you in the future. As we've all discovered, this is especially important in these unprecedented times.

Importantly, CGS is also a flexible tool, designed to be adapted to your needs. Whether you are big picture or micro, looking long term or need help right now, CGS provides the flexibility to engage with it no matter the level of detail you are after or the time you have.

The outcome of using CGS is a visualisation of your future, near or far, and a roadmap of how to get there, complete with a plan of prioritised actions. It will then guide you on how to easily integrate this into your daily life. By using CGS, you will establish a strong sense of purpose. It will quickly help you feel responsible for your own destiny, and give you the tools to move towards a more rewarding life.




So let's get started.

CGS templates for you to use right now:

At the end of this pdf, you'll find templates to use. You might find it handy to print one out now and add your thoughts as you go along, using the notes that follow as your instruction manual. All you need is a pen, a genuine desire to transform yourself and your situation, and an open mind. And please note: There is no 'doing it right' when it comes to filling in CGS with your ideas. Simply by engaging with the model and thinking about the questions it raises for your personal situation will achieve results. From there, you can just keep building.

HOW IT WORKS

Control Goal Soul is built around the philosophy that all the essential ingredients that will determine the course of your life can be boiled down into three core areas of influence:

-  Things over which we need to take **Control**
-  Things that provide a motivating directional **Goal**
-  Things that nurture our **Soul**.

An acute awareness and understanding of the various elements within these spheres of influence, along with knowing how to interact with them, is the key to establishing and maintaining a happier, more fulfilled life. CGS was created to do just this; helping you to map life's ingredients and then take command of them.

Whilst other concepts for personal development or transformation can be largely theoretical or encourage a great deal of deep, focussed attention, CGS aims to be simple to understand, practical for anyone to use and easily actionable.

With that in mind, we created two versions of CGS: a FULL tool and a QUICK tool.

The Full version is for help with bigger transformations and major life changes. It consists of four ringed layers and provides a more robust mechanism for transformation.

The Quick version is for more immediate plans and changes you want to make. Get instant clarity on the path that will move you towards renewed happiness and greater success. If this means using it to set yourself up for a great week, perfect!

The 4 steps of CGS are:

1. Intention

Set the north star for your journey of transformation.

2. Priorities

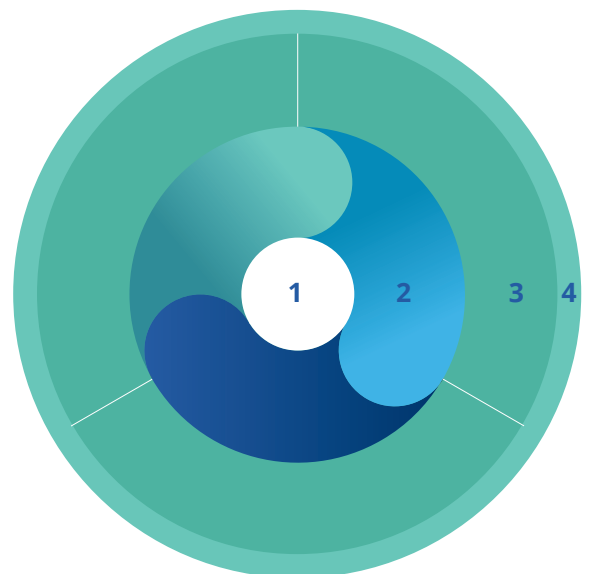
Set the course towards your Intention by outlining the details of the three areas of influence: Control, Goal & Soul. (This is the most important part of CGS.)

3. Commitments

Make personal pledges to action your Priorities, forming a game plan.

4. Values

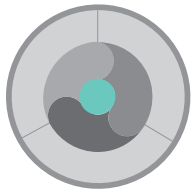
Protect your plan and guide your actions by stating what is important to you.



Keep reading to walk through the Full CGS in detail (this is how we recommend starting), or skip ahead to page 12 for notes on how to use the Quick CGS.



THE FULL CGS - STEP BY STEP



STEP 1. STATE YOUR INTENTION

Some people will be motivated to use CGS because - like its creators' did - they have something specific they want to tackle. Perhaps something that requires them to take *control* back in their life, or they have a clear *goal* in mind (that requires the wider, holistic support CGS will provide), or because they have simply neglected their *soul* for too long and don't know how to start replenishing it.

But, whatever we instinctively *feel* is our burning motivation, there is always a wider *purpose* for our ambition. This transformation, this 'why'... this is what sits at the centre of CGS. This is what you are aiming for. So we need to start by articulating and visualizing it.

The important thing here is that you only write what feels genuine and truthful to who you are and not who you think the world wants you to be. Personal transformation is a journey towards a more authentic version of yourself.

Maybe you want to be a better parent, to have a more successful career, gain more balance in your life, to love yourself more, to contribute to society, to be someone who takes on life rather than gets taken over by it, to establish your voice as a leader...

Whatever your vision, starting on the journey is naturally more important than fixating on an endpoint. However, we need to set a direction if we are to move forward with motivation and ownership. As we progress, our course may change - and that is OK - but at least you will be in charge of that. So...

First set a clear, guiding Intention for what you want to achieve.

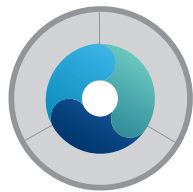
If you want to come back to this later once you are more familiar with the Priorities in your life (Step 2), that's fine - some people may find it easier to jump in there. But if you now already have a clear Intention, write it down in a paragraph, a single sentence or just a few words. This is now your North Star.

Here are some questions you could ask yourself to help:

"What is the transformation I want?"

"What is the path I want to be on as I move from *surviving* to *thriving*?"

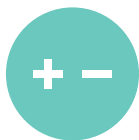
"If I was to describe myself in 6 months in a way that excites me, what would that be?"



STEP 2. IDENTIFY YOUR PRIORITIES FOR CONTROL, GOAL AND SOUL

This is where we really get to work. This section will set your course towards your Intention. Here you detail the primary concerns of your life into the three core areas of influence you now know so well. It's time to articulate what you want to take responsibility for (**Control**), where you will find reward (**Goal**) and how you intend to nurture emotional strength (**Soul**).

Whilst it is important to focus on each area of influence individually, you might find there are ideas that come up that could feature in more than one area.



CONTROL

Get unstuck by taking responsibility for everything in your life

It can be easy to feel overwhelmed, to feel the chaos of life is running its own course and we are just watching it unfold. The important thing within the Control area of CGS is to embrace the idea that *you* are responsible for your own happiness and success. Understanding and owning this responsibility yourself is incredibly empowering.

In this section, you list all the individual, specific things that are weighing you down, holding you back, keeping you awake at night and impacting your life. Spend as much time as you can here and don't hold back.

Think big and small, rational and emotional, actions and thoughts. What needs your attention in order to transform? Anxiety, smoking, social media addiction, anger, poor diet...?

Here are some questions you could ask yourself:

- "What is on top of me or causing stress?"
- "What is a weakness or indulgence that is holding me back?"
- "What do I feel is getting out of control?"
- "What must I change to help achieve my goals?"
- "What must I change to give time to my soul?"

Here are some Control categories that might help you develop / separate ideas:

Physical | Emotional | Work & Finances | Relationships | Passions | Habits



You will see that everything listed can fall into either of two categories:

- **Things you do have the power to control**

The items listed here might surprise you. You might realise you ultimately do have control over some things you previously thought had control over you, and you can start to put your energies to addressing these. For now, consider how they came to be there and remind yourself that you will very soon take back some command. In a moment, we will make plans to address them.

- **Things that you don't have the power to control but that you do have the power to choose how you react to them**

Just as important to note are the things that we feel hold us back but which we have no control over, like pandemics, the economy, other people's reactions, or even the weather. By noting our reactions to them, we can start to plot a more resilient approach to these reactions in the Goal and Soul sections, or we can simply free ourselves from the wasted energy of considering them at all. With so much going on in our lives, we need to put our attention to the things that we can influence and ignore the rest. So note your emotional response to potentially letting go of the things 'not in your control', and hopefully enjoy the sense of freedom or reduced burden you feel.

If you are not sure if something is within your control or not, keep it on your list anyway. We can always return to this once the rest of this step has been filled in. Because, even for the big things - like anxiety - you might feel you don't have control over it right now, but listing it here sets your *ambition*, and hopefully ideas you list within the other sections of this step will provide complementary support to help you realise that ambition, as we will explain.



GOAL

Power up by focusing on the things that matter to you most

Without goals it can be hard to get momentum to move towards our Intention, but we can also look back over our lives and wonder if we feel satisfied with what we have achieved. Without them, we drift and are exposed to threats. It is not because things are difficult that we do not dare; it is because we do not dare that things become difficult.

So what do you want to do? Publish a book, find greater purpose at work, run a marathon, or just get back in shape? What gives you energy and fulfills you? What goals can you achieve that will help you journey towards your North Star and help with your personal transformation?

By listing the goals here - both short and long term - you also are forced to prioritise what is most important to you. It is important here to exert yourself within your own individual limits: a content life is one where we don't compare our goals and achievements to the successes of celebrities, friends or even siblings. And where we stop comparing our insides (our hopes or fears) with other people's outsides (those snaps on Instagram). Happiness only comes when we set our own agenda.



Here are some questions you could ask yourself:

- "What do I really want to achieve?"
- "What will give me a greater sense of Purpose?"
- "What will make me feel I am moving forward?"
- "What will stretch me and motivate me to complete it?"
- "What daily goal can I set for myself to help me achieve my ultimate transformation?"

Here are some Goal categories that might help you develop / separate your ideas:

- Personal - using my skills or passions to achieve personal ambitions
- Professional - taking my career or working life to the next level.
- Purposeful - achievements that contribute to wider society



SOUL

Living purposefully begins by nurturing your soul

What is it that gives you peace or inner strength, what puts a smile on your face? Maybe you do it already or maybe you feel this is currently missing. The things you used to help you during the lockdown period might be perhaps the very things you should be doing more of at *all* times. Perhaps it's running, or yoga, maybe it is maintaining strong family relationships, making music or even baking bread. Perhaps none of these things. It's important to be genuine, and note down the food of *your* soul. When we are busy, it is easy to drop these things, feeling they are just 'nice to do'. They aren't nice - they are essential architectural elements of our lives.

Important to note: You must love yourself and prioritise your own wellbeing if you are to be able to best love and help others. Self love and self care is therefore the opposite of being selfless.

Here are some questions you could ask yourself:

- "What nurtures, restores and energises me?"
- "What must I invest in to help give me the strength to take control?"
- "What must I invest in to provide support to achieving my goals?"

Here are some Soul categories that might help you develop / separate your ideas:

- Mind - what I need to maintain a healthy mind*
- Body - things I do to ensure I am fit and well*
- Connections - the people and places I need in my life*
- Expressions - the outlets for my creativity*



WRAPPING UP STEP 2

REVIEW, REFINE AND RANK

Congratulations, you are well on your way. Simply by detailing the primary concerns of your life (listing your sometimes chaotic ideas and hard to grasp thoughts), you should get a sense of clarity - you can hopefully start to see what you have to do, and feel this is within your power.

But if you now have a lengthy list that looks too long to be practical, now is the time to go back over and really ask yourself: "Is this a priority?" Try to scale back your list by cutting out anything that seems unnecessary right now, or doesn't serve your bigger Intention. Or if cutting feels drastic, try highlighting the most valuable ideas, or try grouping ideas to understand what some of the principal themes are. You can decide where you want to focus your actions on these priorities in Step 3.

Note: All three areas - Control, Goal and Soul - must have some Priorities listed within them. In our experience this is the best way to build an effective and sustainable transformation; creating a framework for happiness and resilience for the future ahead.

GO FURTHER: FIND POWER IN THE CONNECTIONS

CGS is designed visually as it is - with the three sections for Control, Goal and Soul seemingly flowing into each other - to signify the strength of their relationship to one another.

On one level, the three aspects are co-dependent: i.e. mastering goals without paying attention to controls can lead to burnout, mastering controls without nourishing your soul can lead to diminished joy... etc.

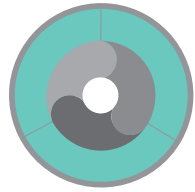
On another level, they provide profound *active* support to one another, a powerful flow-through effect that helps you go further. For example, nurturing your soul benefits a state of mind that allows for greater strength in taking back control, and having control is required to put your attention to realising your goals. In turn, achieving goals also gives you the confidence to take control of even more priorities in your sights. The cycle goes on...

It is in recognising this interdependence that we will get more powerful results from using CGS. Co-founder Adam notes he would never have got his anxiety under control without prioritising the elements of writing, running and family in his Soul circle. In fact, he could *only* take back control by putting priority to his soul.

Where our priorities support both Control and Soul, it can help us achieve greater **Recognition** and self-awareness. Between Soul and Goal, we find **Elevation**, greater self-worth. And between Goal and Control, we find **Progression**, moving forward. And finally, where all areas are supported, we find greater opportunities to affect **Transformation**.

Look at your map of Priorities now and start to identify the connections.

If using the circular template (page 19), you might even want to try drawing connecting arrows to show how a Priority in one section supports a Priority in another. These 'Super Priorities' will be where you need to apply greater attention when you set your plans in the next section.



STEP 3. MAKE YOUR COMMITMENTS

You should already benefit from simply having listed your primary concerns in Step 2. It might give you an 'ah ha' moment, where you can finally gain clarity on what to focus on, determination to get there and confidence to pursue it. But how to ensure you are making progress?

In this layer we really start moving forward by listing '**Commitments**'. These commitments are personal pledges to tend to your selected Priorities. These may be time or achievement orientated, or a simple promise to check in again at a specific point. If running is good for your soul, you could make a commitment to get out there twice a week, or if anxiety needs to get under control, make a commitment to speak to someone - a professional - about it, or if you have a goal of switching careers, commit to improving your LinkedIn activity and look at online courses that could give you a leg-up, and set a deadline for that.

It is important not to overwhelm yourself with a long list of actions - this is not about creating tasks but finding *focus*; making our complex lives more simple, and our actions more purposeful.

Try to put more attention to aspects that you identified as having strong connections *between* Control, Goal and Soul in the previous layer. And consider this: what are the things that will be easiest to do AND have the most impact? Put those things at the top of your list.

Where possible, try to set SMART commitments (ones that are Specific, Measurable, Achievable, Realistic and Timely). Why is this important? Because this will help things get *done*. Getting things done here builds momentum. Building momentum creates habits. Habits reinforce the changes you are making and lead to sustained transformation.

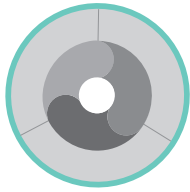
Make between 5 and 10 commitments that all start 'I will...'

More information on this Step

One way to expand (or just help to identify) your list of Commitments is to consider the **Obstacles** that stand in the way of your Priorities. Once noted, you can include actions that make achieving your Priorities, and your ultimate Intention, more likely.

Let's look at an example of setting Commitments: Someone wanting *control* over the feeling of stress from work. For some people, proper mental health support may be required but some people could also benefit from self-enquiry; examining the causes of stress and determining some practical steps they could take themselves. These commitments could include sketching a personal career path, scheduling a check-in with HR, talking to a partner about their feelings and obstacles, imposing work-free times in the day to commit to their Soul, or simply being kinder to themselves when the pressure is one of self-imposed perfectionism. Once you make progress with these, you are then able to set more aspirational commitments towards excellence.

You'll notice the colour of this layer is the same all the way around - this signifies that some Commitments will be supporting ideas across two or more CGS aspects. For example, someone might make a commitment to go running twice a week as they not only enjoy running specifically but can also see huge value in it given they listed connecting with nature as important in their Soul circle and managing stress in their Control circle, both things that benefit from running outdoors. OK, not everyone likes running, but you get the point.



STEP 4. PROTECT YOUR PLAN WITH YOUR VALUES

Values are the essential qualities that sit within us. They reflect what is important to us, and so we can use them to motivate us and steer our success. Detailing our Values can therefore be an important step in helping us protect our CGS plan - because they guide all our decisions, they will help us fulfill our Intention. That is why in the illustration of CGS they form a strong protective ring around all the insights and ideas you add within the tool.

Examples of Values might include: *Empathetic, Driven, Honest, Reliable, Trustworthy, Kind, Committed, Creative, Curious, Patient, Positive, Innovative, Rebellious, Responsible...* There are many more.

If it helps, think of them as personal positive affirmations you might say about the future you and that will motivate you. *I am courageous, I am intelligent, I am collaborative...*

Feel free to stretch yourself here: think about words that both represent you now and the direction you want to take.

Refer back to these Values whenever you need a motivational nudge towards your Intention.

Write down 3 to 5 Value statements that all start 'I am...'

RECAP OF THE FULL CGS

We appreciate that there has been a lot of information to digest. CGS is a simple tool but it is worth spending time getting to understand how to get the maximum value from it.

The template on page 18 should also act as a recap for the main points on CGS. Use it to refresh your thinking, as well as to guide you actually completing a full CGS.

But also listed here is CGS boiled down to its very basics.

1. **Intention:** *Envision your transformation*
2. **Priorities:** *Detail the elements of your life that will lead towards your Intention*
 - Control:** What is causing stress, distraction, weakness or unhappiness?
 - Goal:** What ambitions will motivate and empower you and move you forward?
 - Soul:** What nurtures, energises, enriches and strengthens you?
3. **Commitments:** *List the specific steps you will take to progress these Priorities*
4. **Values:** *Protect your plan by listing the core values that will motivate and steer you.*



NOW INTEGRATE CGS INTO YOUR LIFE

Now you've filled in the model, you have your Game Plan. You know where you are heading and how to get there. So now it's time to ensure you integrate all this good work into your life, and adopt some simple approaches to make sure you stick with the plan, and keep moving towards your Intention. Here are five things we recommend doing:

1. MAKE IT VISIBLE

- Make your completed CGS - your Game Plan - big and bold and stick it on the wall, so you can refer to it and are reminded of it often. You might also note down just the main points (perhaps your key Commitments) - then take them with you in your wallet or save them as your phone screensaver for constant encouragement.

2. SHARE IT

- You may wish to share your completed CGS with a trusted friend or loved one, who can support your progress. Sharing your plans is a great way of making yourself feel more accountable, able and determined. Share your successes with that person and use them to help address barriers you encounter.

3. SCHEDULE A WEEKLY CHECK-IN

- This is really important. Check against your progress *every* week, regardless of whether you are doing the Full or Quick version. It works best when you do this at the same specific time each week, such as every Sunday evening. The first session you have could be as simple as setting out your Commitments into a schedule or a stepped program towards a more distant transformation. In each weekly session after that, ask these three simple questions:

+ **PLUS. What went well this week?**
Celebrate the progress you are making, get strength from it.

— **MINUS. What didn't go so well?**
Learn from it, and adapt if needed, but don't beat yourself up.

➔ **NEXT. What is my focus for the week / month ahead?**
Based on the first two points, what will you do next? Put these points in your diary, scheduling time to attend to them.

4. USE CGS IN CONJUNCTION WITH OTHER PLANS

'Congruence' is important for a happy and successful life. Everything you strive for should be aligned and working towards the same vision: i.e. your Intention. So, whether it's work-related or a personal training plan, CGS can and should help. Ensure that you utilise the valuable work you put into CGS and weave the main ideas in your Game Plan into any other personal development materials you have, so that every part of your life is working in harmony together to support you.

5. UPDTE AND MODIFY AS REQUIRED

CGS aims to be practical and impactful. To do that it is important it remains a living, evolving tool that adapts to you and your needs, and works with your rhythm, rather than against it. There are no rules on how often you can modify your CGS to ensure it is doing just that. Just commit to trusting the process and be kind to yourself along the way.



CGS QUICK VERSION

As we said, CGS has been designed for all levels of time availability and commitment level: you can go deep and form a resilient mechanism for transformation with the Full version, or you can orientate yourself and set a course with the Quick version. Indeed, this is how Control Goal Soul all started.

If creating a complete plan is too much right now or you just want to test the water and try some ideas, or even need a bit of a lifeboat to get past the current fog you are in before you can make a more detailed plan, then a Quick CGS could be for you. It works whether you are short on time or just need more short-term support.

FIRST: Print off the template on Page 20 (or just grab a sheet of paper / notebook to write on freehand) so you can note ideas as you go.

SECOND: Get a good understanding of CGS by reading through the step by step instructions for the Full tool, starting on page 4, but feel free to skip the text within blue boxes if you have less time (these texts provide supplementary information to the main points) and also focus your attention on Steps 2 and 3 (as these are the main aspects required for a Quick CGS).

THIRD: Complete the Quick CGS template.

- Start by writing down what has prompted you to seek the help of CGS. This could be an Intention (as in the Full version, a picture of your future transformation), but it could also be capturing the issue you want to address or the thing that is wrong right now. Perhaps you have a general feeling of being stuck, stressed or rudderless. Whatever it is, write a quick, honest note of why you turned up today and took this positive step for yourself.
- Next write down your Priorities in the three areas of Control, Goal and Soul, just as you would in the Full version.
- Then write down your Commitments; the actions you plan to take to support these Priorities. And here, try and note a timeframe for each. Do you aim to do this in the next week, month or even six months?
- Finally: set an appointment to check in; to read through the plan in detail and update it where needed. (This is in addition to your weekly PLUS MINUS NEXT check-in).

CONGRATULATIONS - YOU HAVE COMPLETED YOUR QUICK CGS





ABOUT THE CREATORS OF CGS

Control Goal Soul has been created by us, Gareth Jones and Adam Stones: two British friends who, for over 20 years, have shared life's ups and downs with joy, honesty and - sometimes - vulnerability. We created CGS as both an aggregator of our personal and professional experiences, as well as a simplifier of all this knowledge.

Both of our work is rooted in our passion for positive change; helping organisations and individuals to power up through Purpose. But, crucially, we also understand the importance of making things simple if you want to tackle the complexities of life. We both worked in London in senior roles in international organizations, focused on communications and organizational strategy, before relocating to Australia and The Netherlands. Gareth is the founder of Melbourne-based brand strategy consultancy The Drawing Board. Adam is the founder of Amsterdam-based communications consultancy, A'DAM Communications.

The idea for the CGS model emerged in 2016 whilst Gareth was completing his altMBA. Motivated by a need to address his anxiety and panic attacks, Gareth's key insight was that to take control, he also needed to nurture what was feeding his soul, as well as set himself a goal to channel his energy (in his case, running his first marathon). It was by distilling everything down to these three focuses, and by having these work in collaboration, that he was able to change the way he engaged with the world around him and achieve his ambitions.

When Gareth told Adam about his idea, it immediately resonated, as Adam had been leading the communications strategy for a national business mental health initiative. Adam jotted down his thoughts into the three areas - adding his own ideas on how the model could even expand - and immediately felt empowered to take control of his own anxiety, and to set the direction of his personal and professional development with clarity and confidence.

We both used CGS periodically after this but, without the additional layering it now has, CGS was only ever able to provide us with a lifeboat. In March 2020, like you, we found ourselves in isolation. Our shared life experience then took on a strange synchronicity with both of us having to stop work to become full time carers for our baby sons, and both of us experiencing intense anxiety again - this anxiety was fuelled by concerns for global events, health, work, finance, family wellbeing, and even whether or not we were being good dads. Without mentioning it to each other at first, we both found ourselves turning back to Control Goal Soul for direction. It immediately helped us to get back on track, so we discussed how we could take it further, to not just get in the lifeboat, but to also plot a course and raise the sails.

Realising that we might be able to help many others to secure the same benefits we had experienced, we embarked on a series of zoom calls, brainstorming and model developments - using our combined experience of development coaching and training - to take CGS forward; to establish the model which anyone can use to create their own simple plan for personal transformation. We believe that just as the present is a result of our past decisions (or lack of them), we have an opportunity to write our future by the actions we take today.

Control Goal Soul worked for us and we believe it could work for you. We'd love to get your feedback so we can continue to refine CGS and use it to help more people.



LET US KNOW YOUR THOUGHTS

Thanks for looking at our first version of CGS.

In time, we plan to expand the tool. This could include:

- Listing user cases on the website to give examples and inspiration
- Downloadable and printable Quick and Full versions
- Digital tools that will make it easier to integrate CGS into your existing software tools and schedules (e.g. Trello)
- Expanded guidance on aspects of the model, such as goal setting, finding Values, finding Purpose etc
- This guidance would be complemented by other expert voices
- Opening a support@ email address to help people get going with CGS

For now, we want to get the tool out there and we'd love to get your feedback to ensure the first live version is really helping to add value to people's lives. So...

- If you feel comfortable sharing can you let us know what challenges you're going through or personal transformation you are looking to make that you felt CGS could help with?
- Has CGS helped you? If so, how?
- Was the CGS tool easy to understand?
- How did you find the process of using CGS?
- What areas deserve some closer attention? Or trimming back?
- What additional ideas do you have about how to integrate CGS into your daily life? (Please let us know any ideas you have here as we are really keen for this to be more than a one off exercise for people).

Email your answers and any other thoughts and feedback you have to hello@controlgoalsoul.com



CGS TEMPLATES TO PRINT AND USE

Use either of the following templates.

The first two are for completing the Full tool - whether you prefer a grid-like form to fill in or a more free-handed model to write notes on.

The third is for anyone looking to do a Quick CGS.



CONTROL GOAL SOUL - FULL VERSION

1. Set your INTENTION

Envision your transformation. Describe yourself in 6 months or a year. What do you want your life to be like? What do you want to be doing, how do you want to feel?

2. Identify your PRIORITIES

Detail the primary concerns of your life



CONTROL

What is causing stress, distraction, weakness or unhappiness?



GOAL

What ambitions will motivate and empower you and move you forward?



SOUL

What nurtures, energises, enriches and strengthens you?

Refine down the list | Note the connections | Free yourself of everything else not listed

3. Make 5 to 10 COMMITMENTS against these

"I will _____"	"I will _____"
"I will _____"	"I will _____"
"I will _____"	"I will _____"
"I will _____"	"I will _____"
"I will _____"	"I will _____"

4. List 3 to 5 VALUES that will help you fulfil these Commitments

"I am _____"	"I am _____"
"I am _____"	"I am _____"
"I am _____"	

Now **INTEGRATE** your CGS into your life



MAKE IT VISIBLE / STICK THIS PLAN UP



SHARE IT



SCHEDULE A WEEKLY CHECK-IN



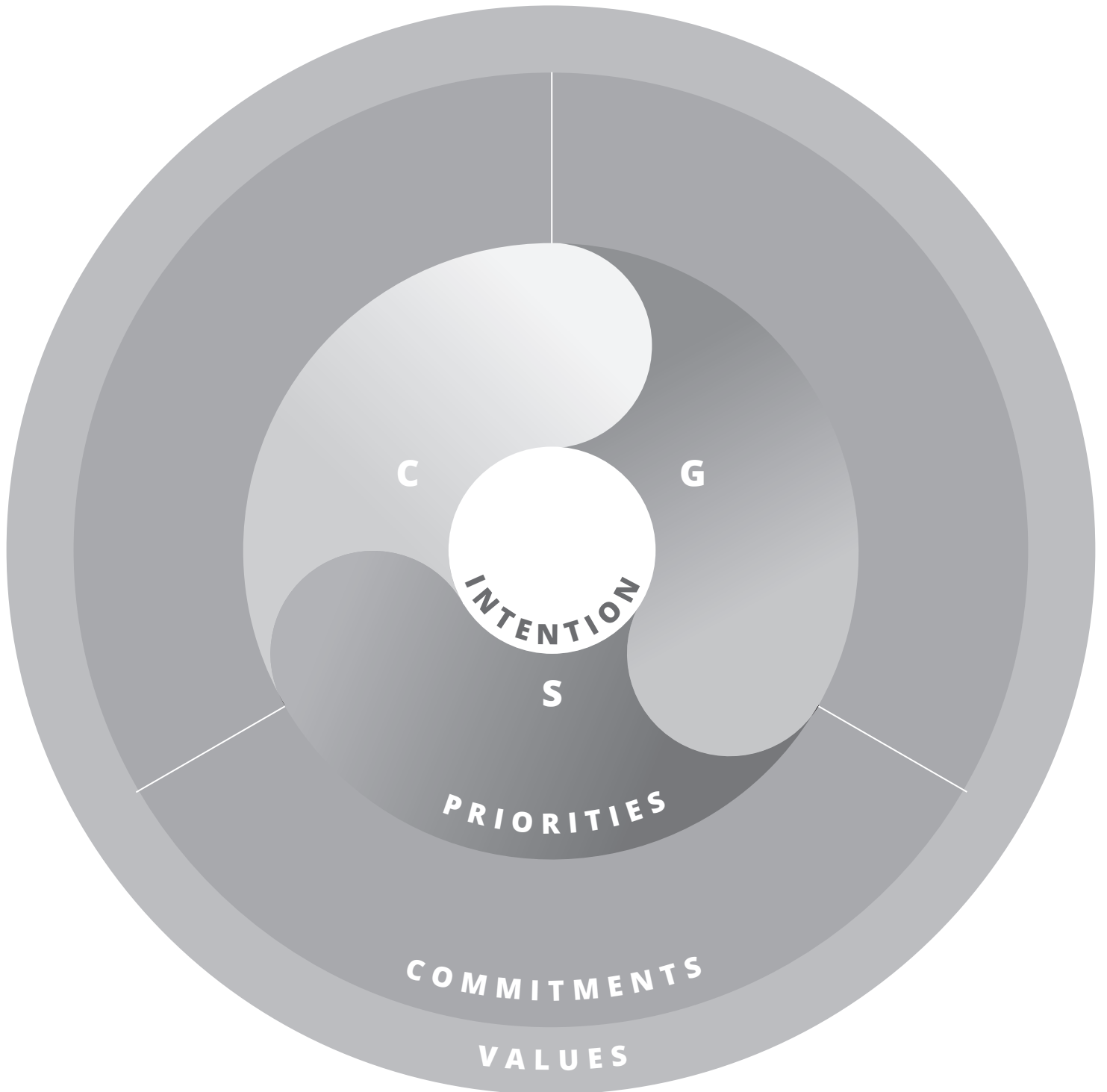
BRING TOGETHER WITH YOUR OTHER PLANS



MODIFY AS REQUIRED



CONTROL GOAL SOUL - FULL VERSION



CONTROL GOAL SOUL - QUICK VERSION

NAME:

DATE:

WHY ARE YOU HERE?

What is motivating you to complete this CGS today?

Identify your **PRIORITIES**

Note the *primary* concerns of your life that you want to focus on



CONTROL

What is causing stress, distraction, weakness or unhappiness?



GOAL

What ambitions will motivate and empower you and move you forward?



SOUL

What nurtures, energises, enriches and strengthens you?

Make **COMMITMENTS** against these priorities

Circle timeframe for activities:

Week | Month | 6 months

.....

Circle timeframe for activities:

Week | Month | 6 months

.....

Circle timeframe for activities:

Week | Month | 6 months

DATE OF NEXT PLAN UPDATE TO BE:

