



THE GOAL CHASM

INSTRUCTIONS

The Goal Chasm is a fun way to visualise the areas of your life where you may need to set goals for the coming year.

To begin, give yourself a mark out of ten for each of the areas of your life in the table on the right where 0 is totally useless or non-existent and 10 is perfection for you (as perfect as you'd ever want it to be).

Then on page two you'll see the Chasm. You are the adventurer on the top left of the page. You have to get across the Chasm by building a rope bridge. You construct the rope bridge by filling in the little white plank sections corresponding to the 0 to 10 score you gave yourself. When you've filled in a plank for each of the twelve areas, join them up with a line that represents the rope to form the bridge.

Now ask yourself: How easy is it to get across the chasm of life? Are areas of your life so lacking that you're in danger of being eaten by crocodiles? These danger areas are the ones where you might need to set your goals, to build a more stable bridge in your life.

family	<input type="text"/>
health	<input type="text"/>
partner	<input type="text"/>
time management	<input type="text"/>
living space	<input type="text"/>
career	<input type="text"/>
finances	<input type="text"/>
social life	<input type="text"/>
recreation	<input type="text"/>
personal growth	<input type="text"/>
spirituality	<input type="text"/>
contribution	<input type="text"/>

Give yourself a mark out of 10 for each area in your life as it is right now.

0 = non existent, a blank vacuous void

1 = totally useless

2 = very poor

3 = lame

4 = crummy

5 = average

6 = ok, getting there

7 = fairly good

8 = very good, well done

9 = most excellent

10 = perfection

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