

## The goalmap from present to wanted position

### Activities

What do you need to do to reach your goals?

Be specific and fill in when you are going to do them.

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### Present

What does your present situation look like in relationship to your goal?

1.  
2.  
3.

### Obstacles/problems? →

What can hinder you from reaching your goals?  
Be specific.

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### Example of Goals

1. Health - a strong and calm body
2. Relationships - to be more present as a parent and leader
3. Work - to do each task the best I can and to be present in each task

### Solution?

When you know the solution, write it down here and then move it to Activities.  
What do you need to do to overcome the obstacle/ problem?

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