



# Wonderful Life Academy

## Be the best you can be

### **Stepping Stones Takeaway**

This takeaway is a simple but effective way for you to work out what the journey to your desired outcome looks like and will help you to get there quicker and with better results.

You will need pens and paper.

Some people like to make a list of all the different actions or steps they could take to move towards their goals.

One interesting method is to draw it as if it were a river crossing.

Here's what you need to do:

- Divide a large sheet of paper into 3 thirds by drawing two vertical lines from top to bottom.
- Imagine this represents a river flowing down the middle with a bank on either side.
- On the left hand side draw a picture that represents where you are now (If anyone states that they cannot draw remind them that this is just a limiting belief). This picture can have as much or as little detail as you like as long as it represents to you how you are feeling right now.
- On the opposite bank on the right hand side draw a picture that represents what you want to achieve. Again make sure this represents to you how you will be feeling when you achieve what you want to achieve.
- Now take some time to consider what steps you will have to take to get from where you are now to where you want to be.
- In the river draw a number of circles from the left and side across to the right hand side to represent the stepping stone to cross the river.

- Now for each stepping stone write down one of the steps you will have to take to get across the river or to achieve your goal.
- You now have a list of actions that will take you from where you are now to where you want to be.
- Which ever method you choose you will end up with a list of possibilities or things you could do. The next step is to decide which of these possibilities will best take you towards your goal and are the ones you are most likely or able to complete.
- You can now pick out these 3 or 4 steps and create your plan of action.
- Action is critical if you are going to achieve your goals and creating this action plan will help ensure your success. When writing your action points be sure to use the same rules as when writing your goals. You can use SMART if it works for you.

So now you have a plan to move at least one step closer to achieving your Wonderful life.