

PROJECT FRAMEWORK

CONCEPTS, TOOLS, & PRACTICES

NAME AND DATE

PROJECT ID

CONCEPTS: GUIDING PRINCIPLES THAT YOU'LL USE TO TACKLE THIS PROJECT.

TOOLS: A LIST OF TECHNIQUE TO ADVANCE YOUR PROJECT.

- _____
- _____
- _____
- _____

PRACTICES: A LIST OF REAL LIFE OPPORTUNITIES TO USE THE TOOLS YOU'VE IDENTIFIED. (AT LEAST ONE PRACTICE FOR EVERY TOOL)

- Tool: _____
- 1. _____
- 2. _____
- 3. _____

- Tool: _____
- 1. _____
- 2. _____
- 3. _____

How do you use the Project Framework?

To get started do this:

Look over the blank version of the framework. Let's take a closer look at each section so you can begin using it immediately. Project identification is what you're going to name the hard work you want to focus on. You can't change everything at once.

This is a chance to get clear with yourself about what feels most urgent in your life right now. I suggest you make a list of possible projects and spend some time thinking about which one or two are most pressing in your life today. Ask yourself which issues in your life you'd most like to improve and write them down.

Your project should feel like something that really matters to you right now. Once you've selected at least one project from your list that feels most urgent to you right now, write it on the blank framework in the Project ID line.

Guiding principals are the overarching concepts that you'll use to tackle this project. What's written here will guide the work you do on your project.

Tools is a list of techniques you can experiment with to advance your project. These ideas can come from any source that resonates with you. Mine multiple sources for ideas of tools you might use — books that you read, articles with good ideas, suggestions you get from friends or any other source of ideas for things you might want to try. The Tools section of the framework should get updated as often.

Practices is a list of the real life opportunities to use the tools you've identified. Each item on this list should be linked to at least one specific tool. In other words, you should identify specific times you will try using one of the tools on your tools list. Be specific about when, where, and how you'll practice the tool. For each practice there's a debrief section with some questions for you to answer. Having a running list of practices means you can never say, "I don't know what to do," or, "nothing much has been going on this week." If those statements are true you'll know it's because you choose for them to be. It will be because you've made a decision to drift, not because life didn't present you with any chances to grow, learn, or change. If you want to drift then drift! No judgment. Just do it with your eyes open. If you commit to putting your practices into action you'll progress. Your life will change and you will experience something different from what you're used to.