

Umbrella Goals



THINK FC

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Our Umbrella Goals tool is a simple and effective way to plan a big goal or break something up into bite sized chunks.

1. Start with the bigger goal.

WHAT is your goal?
WHEN will you achieve it by?

2. Break down the big goal into smaller goals.

The idea is that if you achieve all of the goals in that row they will add up to achieving the row above.

3. Keep breaking down all of the smaller goals until you have an action you can do today or you have something useful to help you.



Your Umbrella Goal



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Don't forget - it's your Umbrella Goal.

What's useful to you is what's important...

1. This is your **BIG GOAL** - say what it is and when you will achieve it by...

2. Does this row - added together - equal the row above?

3. Repeat

4. Repeat as necessary.

5. What **ACTIONS** will you do today?

Stuck?

Using post-its can be helpful - you can keep moving them around until you have something you are happy with. Trying having some blanks - just in case you **THINK** of something after.

Don't worry if some things fall into more than one category - it's normal life can be complex!



1

2

3

4

5

