

SAIL TOOL



THINK FC

• Authentic • Connect • Trust

The **Sail Tool** is a useful tool to see where you are, reflect on key areas of your life and take action on what you want to achieve.

THINK about the key areas and score yourself on a scale of 1-10.

THINK about the present - **WHERE** are you now?

THINK about the past - **WHERE** were you **X** months ago?

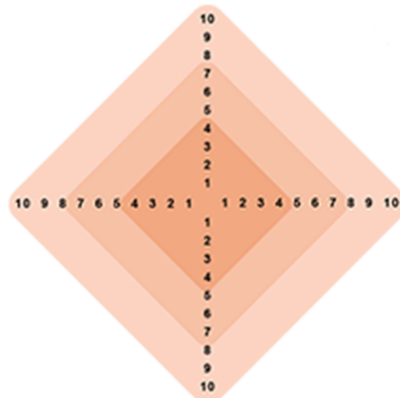
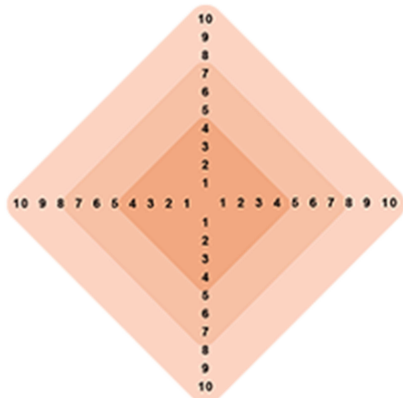
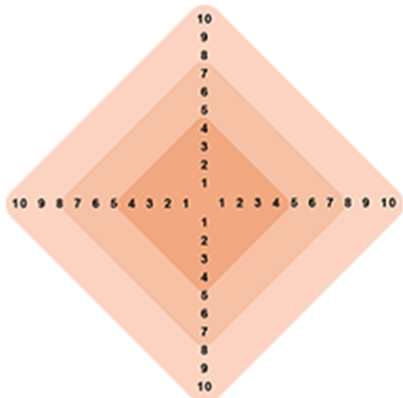
THINK about the future - **WHERE** you **THINK** you will be?



PAST

PRESENT

FUTURE



YOUR SAIL



THINK FC

• Authentic • Connect • Trust

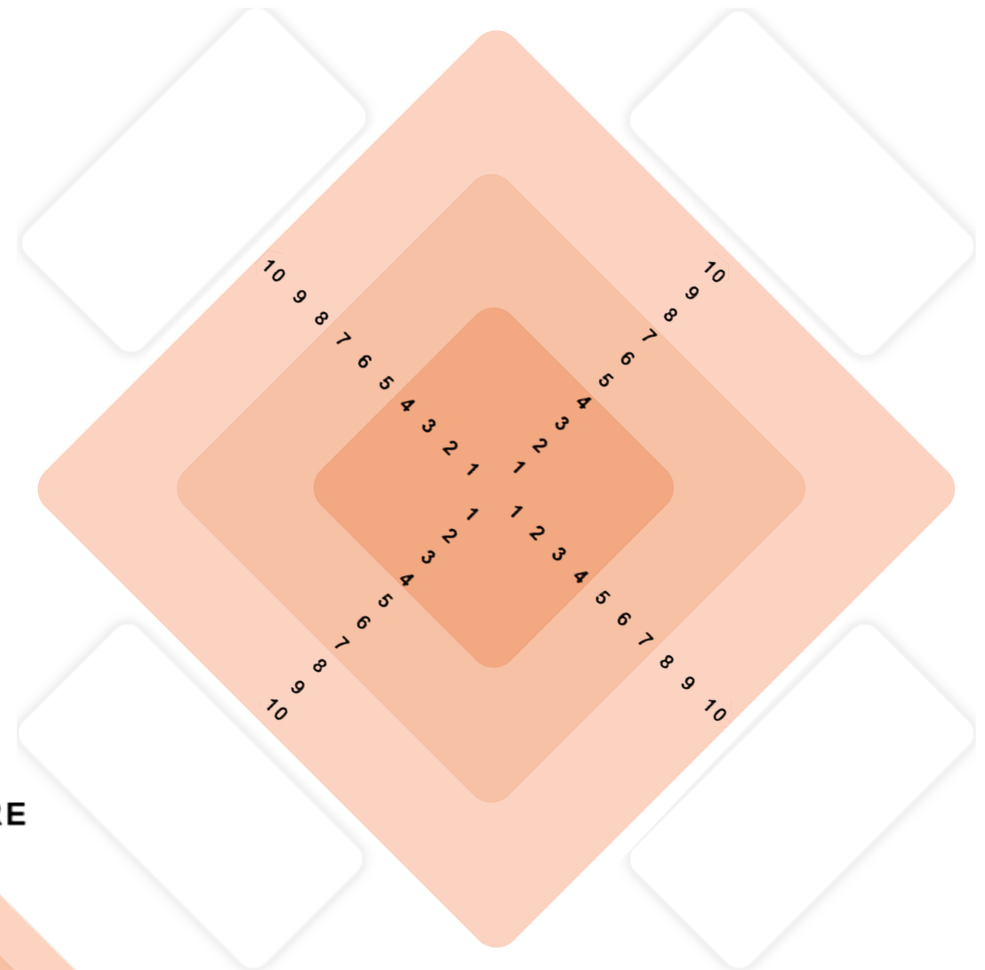
Why not have a **TH!NK** about the key areas you would like to measure. What might they be? You can write them in the white boxes.

TH!NK about your key areas and score yourself on a scale of 1-10.

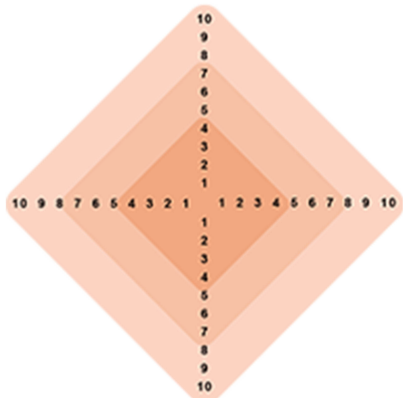
TH!NK about the present - **WHERE** are you now?

TH!NK about the past - **WHERE** were you **X** months ago?

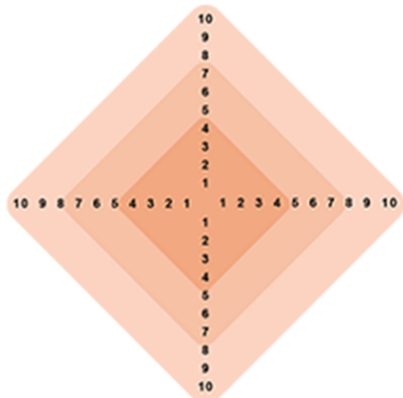
TH!NK about the future - **WHERE** you **TH!NK** you will be?



PAST



PRESENT



FUTURE

