

# My Big Goals

**My focus area:**

## Step 1

Open Brainsparker and select the packs you wish to include in this brainstorming session from the [main menu/my collections] screen.

## Step 2

Think about your focus area. Shake to shuffle up your pack(s) and tap to pick a random spark card. Reflect on it. What new ideas and thoughts does this trigger? Jot these down in the space provided for Spark 1.

## Step 3

Shake again and tap to pick another random spark card. Write your new ideas down in Spark 2. Repeat this again until you have completed all five sparks.

## Step 4

Now take some time to review your notes. What ideas feel the most inspiring and fulfilling? What ideas would really stretch and grow you?

## Step 5

Choose your Top 3 and write these down on the next page.

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# My Big Goals



*my big goal is to...*

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*the actions i need to take are:*

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## Tips

- Keep this page where you can see it everyday.
- Take photos of your goals & use them as screen wallpapers.
- Set up monthly reminders to keep track of your progress.

