

## How To Create A Well-Defined Major Focus

### Step 1: State what you want in the positive

- State specifically what you want.
- Avoid describing what you don't want.
- If we had a video recording of your major focus, what would it look like?

### Step 2: State what lies within your area of control.

- State things that you can initiate and keep within your control.
- What's one thing you can do to move in the right direction?
- Don't wait on circumstances or people to change.

### Step 3: Contextualize your goal.

- Define the specific environment, context and situation needed for your major focus.

### Step 4: State in sensory-based words.

- Describe specifically what someone would see, hear, and/or feel.
- Specify the behaviors that someone could videotape.

### Step 5: Break it down into bite-sized steps. (Backwards Planner)

- Use the backwards planner to identify the preceding steps for achieving your major focus.

### Step 6: Load your description with resources.

- What resources will you need to achieve your major focus? Confidence? Self-Esteem? Assertiveness?
- List them as sub-goals

### Step 7: Check for ecology.

- Does this goal fit with all of your other goals, values, state of being?
- Does any "part" of you object to this major focus?
- Check if this goal is acceptable to all parts of the self.