



IDEA SIFTER

M - MOTIVATE ME

Idea Sifter

So you've done the hard work on your mindset, built some self awareness and now you know where you want to focus with clarity on your 1% CALMer goal. So how do you figure out what to do next? Work through the following steps to generate some ideas and work out which ones to prioritise for 1% CALMer.

Set your timer for 3 minutes and brainstorm as many ideas as you can think of to move your 1% CALMer goal forwards. Work on the basis that anything is possible at this stage.

Map your ideas to the motivation/ability grid to see which ones are worth focusing on.

Focus on those ideas that you've mapped to the high impact and easy to do quadrant and select your best 3 ideas.

Identify your first next step and what support you need to start establishing a habit around your chosen 3 ideas.

