Worksheet: Finding the 3 Ingredients to Shift Your Mindset

In your biggest, boldest, wildest dreams, what is your BHAG (Big Hairy Audacious Goal)? *(You may have many more than one! If that’s the case, start with one for now—any one will do—then you can come back and do the worksheet for other goals later.)*

**Ingredient #1: Inspiring Role Model(s)**

Who do you know who’s doing or has done something similar to your BHAG? Write that person or persons down here. *(Note: You don’t have to have actually met this person or persons. They may not even know you exist. They may not even be living. This is fine! Just knowing that someone else has done something similar to what you’re dreaming of doing helps to make it possible in your own mind.)*
Ingredient #2: Supportive Community

Part A:
First, think about what kinds of support you’re looking for. Do you need people who can lovingly listen to your plans, without dismissing them? Do you need encouragement and cheerleading? Would you like some accountability? Are you looking for logistical help (for example, babysitting, hanging an art show, capital funding)?

Keep in mind that people who will happily offer one type of support are often totally useless when it comes to other types!

In the left column of the chart below, write down the specific type(s) of support you need.

Part B:
Who among your friends, family, acquaintances, and network can support you in the specific way(s) you need? (Note: You don’t have to have actually met this person or persons. They may not even know you exist. They may not even be living. This is fine! Just knowing that someone else has done something similar to what you’re dreaming of doing helps to make it possible in your own mind.)

In the middle column of the chart below, write down anyone and everyone you can think of who can offer you support.

Part C:
Now, connect the dots! Draw lines connecting your potential supporters with the types of support you’re looking for.

Part D:
Next, think about how you can approach these potential supporters. In the right column, for each potential supporter, write down one step you will take toward approaching that person, and building your own support community.
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<thead>
<tr>
<th>Types of Support I Need</th>
<th>Potential Supporters</th>
<th>Next Step</th>
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Ingredient #3: Your Personal Toolkit

You’ve already accomplished a lot in your life. No matter how far away you are from your BHAGs, you’ve had to deal with fear, uncertainty, self-doubt, and a whole lot more, in order to get where you are right now.

What has proven helpful for you so far? Are there spiritual practices or rituals that you turn to?

For example, I find any kind of physical exercise helpful, especially walking outdoors in a natural setting, yoga, or going out dancing. My daily meditation practice is also an enormous help, as are my 10 Rules for the Creative Sandbox.

The point here is to empower you by showing you how many tools you already know, so let loose! You may find it helpful to do this as a mindmap, rather than writing a linear list.

If you’ve never done a mindmap before, it's simply a nonlinear way of getting items down onto a page. You can't do this wrong, but here are some basic instructions:

Write “Tools I Already Have” in the middle of a sheet of paper, then draw a circle around those words. Next, write down everything you can think of in the space around that central circle.

Write as quickly as you can. Let each “tool” you write down inspire thoughts of others. You can circle each “tool” and draw lines linking relevant items. Keep going for five minutes, or until you fill up the paper.

Let me know what you discover!