

STICKY NOTE PLANNER

RAPID MENTORING
FASTTRACK PROGRAM



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Take charge of where you are heading in life. The sticky note planner is a great way to map out your goals. Have a go and see how much further this life can take you.

Introduction:

Planning our future is a massive undertaking, so massive that many never even attempt it. We are here to show you that developing a simple plan really isn't all that hard or scary.

The idea is to start with a blank canvas and to start writing things down randomly onto sticky notes.

- Go with one or two words that will give you a prompt
- Try using different colours or put a red star next to the important ones
- Sticky notes are moveable, if you don't like where it was put peel it off and shift it!
- If you change your mind on a particular note, scrunch it up and start again

On page five you will find a pre filled example showing some of the areas you may want to consider, then on page six there is a blank version for you to print out (A3 if possible). It is a super simple layout, so if you don't have access to a printer, sketch it out by hand or even work on a whiteboard/window/mirror, whatever works for you.



Getting started:

Getting started is the hard part! Get your timeline board ready, a stack of sticky notes and some coloured pens and start somewhere, anywhere, it really doesn't matter – JUST START! Seriously, I don't care if you copy an idea you like in my examples just **start!**

The build-up:

Once you have a few sticky notes down start to think about which areas you need to expand on and try to get the creative juices flowing in that direction until you have a good spread across the board.

Now keep going until you run out of ideas, feel free to double stack, write as big or as small as you want – your plan – your rules!

Shuffle time:

Once you have exhausted your brain and your stack of sticky notes, stand back for a bit of reflection. Ask yourself the following questions:

Are there any timeframes that you have just put way too many activities into?
If so, now is the time to decide if anything needs to come forward or push back/slip out.

Have you included anything overly ambitious that may require a little longer to achieve?
As seen in the example on Page 5, if you have indoor rock climbing on your bucket list it may not pay to wait until you are 60 to try it.

Are there any sticky notes which are no longer relevant or doubled up and can be removed from your board?

Are there any sticky notes which would be better moved to another location?



The Embellishment:

Now it is finally time to pad things out and explore each of the sticky notes in a little more detail. You can either write or type this information out.

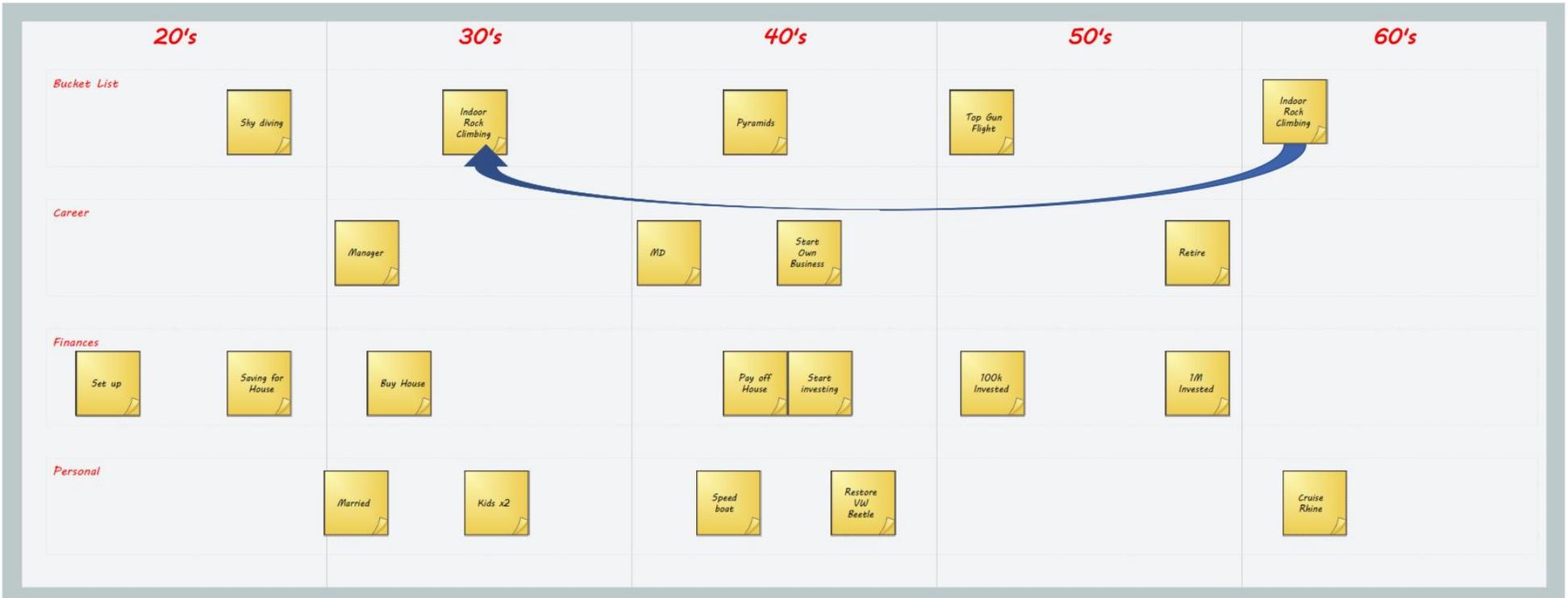
For each sticky note, write out a detailed paragraph explaining the ins and outs of its topic.

Try to structure your plan in a way that makes sense to you, there really are two main options:

- 10 Year Brackets which are broken down into the following categories:
 - 20's
 - Career
 - Personal
 - Bucket list
 - Finances
 - Other
- Or by category then by year

Build it all up and congratulations you have your very own future plan!

If you need a hand or have any questions don't hesitate to get in touch with the team at info@rapidmentoring.com.au





	20's	30's	40's	50's	60's
Bucket List					
Career					
Finances					
Personal					





**Make more of
your life and career
in less time.**

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