

Your goal

Describe what you want to achieve

Gold standard

What your goal looks like without any constraints

Silver standard

What your goal looks like if it's achievable and satisfactory

Bronze standard

What is the minimum that you want to achieve

What do you plan to do to reach your goal?

What are your current skills and capabilities?

What progress have you made so far?

What actions will you take next?

Have you identified any barriers?

What skills and capabilities might be missing?

What could help you reach your goal?