

# The Visual Goal Canvas

Title

## WHY

WHY do you wish to achieve your goal?  
What is the purpose?  
Why is it worth your time and energy?  
Why do this one thing and not something else?

## WHAT

WHAT is your goal?  
What do you hope to achieve?  
What are you aiming for?  
What is your one hope?

## HOW

HOW will you reach your goal?  
What activities/tasks will help you get there?  
How will you stay on track?

## WHO

WHO do you need to achieve your goal?  
Who manages the journey?  
Who else might you need on board?

## HOW MUCH

What is the size of your goal?  
How many parts is your goal made up of?  
How might you prioritise these parts?

## WHERE

WHERE will you start?  
What resources/skills/network/partnerships  
do you have in place?

## WHEN

WHEN do you hope to achieve your goal?  
What is your time-frame?  
What might be some of the important checkpoints along your journey?

