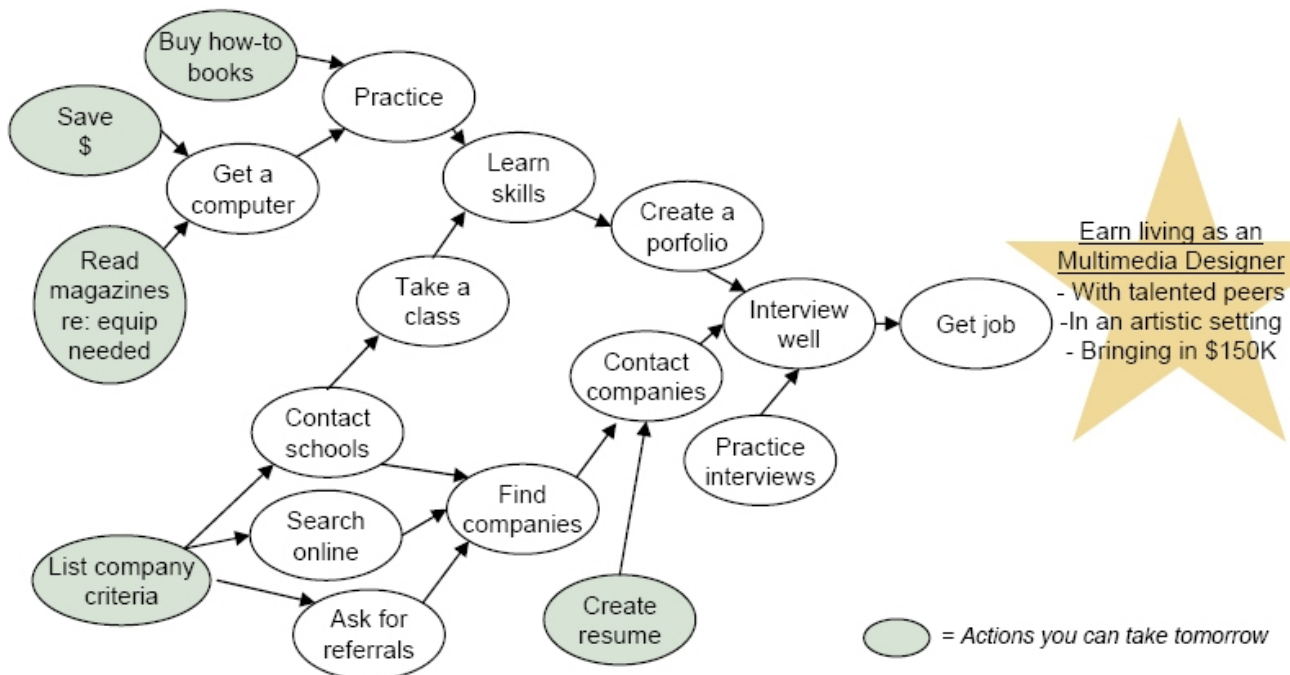


Simplified Critical Path Planning Method

Example

A practical approach to “flexible planning”, allowing individuals and groups to identify tasks they can do “Monday morning” to move along the shortest path to their goal. Adapted from Barbara Sher’s, “Wishcraft.”, 1979.



Here is a sample “critical path” for someone changing careers and entering a new field. It is the result of planning backwards from the goal on the right, listing all of the sub-goals necessary to get there until you’ve identified actions you can take tomorrow. As you can see, this helps you a) know where to start, b) avoid wasting time on steps you’re not ready to take, c) remember what comes next after each task.

To create your own plan:

1. State your goal, including enough sensory detail to make it lively, interesting, and attractive (you’ll be re-reading this often)
2. Then ask, “Can I do that tomorrow?” If the answer is no, ask, “What would I have to do first?” Add those items as sub-goals, working back from left to right.
3. Continue for each sub-goal until you end with only tasks you can do tomorrow. Highlight those.
4. If you just don’t know what to do to get to a sub-goal, try starting with all the problems involved in getting there. (I’ve got no job, no skills, no computer, no resume....etc.) Then see if you can brainstorm solutions to those problems and enter your favorite answers as sub-goals.