

WIFS DRILL

INSTRUCTIONS



Stuck? Try this.

When you're stuck you always have two options. You can step away or step toward the thing. Try doing this WIFS drill when you choose to step toward it.

WI = What Is

FS = Future State

WIFS Drill Instructions:

Step 1 - Imagine Future State

Step 2 - Braindump What Is

Step 3 - Review, List Possible Next Steps, and Pick One Step

Step 4 - Pick a TINY Action You Can Do TODAY

Step 5 - Do It

Step 6 - Celebrate

Use the worksheet on the next page to jot down your future state and current state side-by-side. Compare the two lists and think about where the gaps are and ways to close them. Then list all possible next steps. Pick the easiest step. And then make that easy step even easier by choosing a tiny action you can take today.

WIFS DRILL WORKSHEET



STEP 1 -
FUTURE STATE

Large empty rectangular box for writing the future state.

STEP 2 -
WHAT IS

Large empty rectangular box for writing what is.

STEP 3 - BRAINSTORM NEXT STEPS AND CHOOSE ONE

Large empty rectangular box for brainstorming next steps and choosing one.

STEP 4 - THE TINY ACTION I WILL TAKE TODAY IS:

Small empty rectangular box for writing the tiny action to take today.