

Backcasting

1. Set a date in the future and describe the vision in detail.
2. Move one step back: What needs to be true at this time, and what needs to happen, for you to achieve your vision?
3. Move another step back and repeat the question.
4. Return to today, identify your resources and first steps.
5. Replay your plan going forward to make sure it makes sense.

The Vision Date:	
Back 1 step Date:	
Back 2 steps Date:	
Today	

GRAHAMNORRIS

www.grahamnorris.me

graham.norris@foresight-psychology.com