A NEW LEAF SELF-COACHING TOOL

The Next Chapter Canvas.

A self-coaching workbook to see where you are, decide how you want to feel and choose what matters most next.

See It

Plot six parts of your life on the wheel and read what it tells you.

Feel It

Choose three guiding feelings to steer your choices.

Choose It

Rank your outcomes against your constraints to find your highest priority.

Start It

Take the first small step within 48 hours.

Designed by Elle Anderson. Certified Executive Coach (Center for Executive Coaching); ICAgile Certified Professional in Agile Coaching, Agile Team Facilitation, Agility in the Enterprise and Coaching Agile Transitions; Red Team Coaching Practitioner (Red Team Thinking). Prefer to type? Fill it in privately at andersonco.uk/next-chapter-canvas, where there are also versions for coaches and teams.

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BEFORE YOU BEGIN

How to Use This Workbook

This is a quiet conversation with yourself, written down. It helps you see where you are, decide how you want to feel and choose the one thing that matters most next. Then it helps you take the first step.

About an hour
In one sitting, or a step a day over a week.

Two coloured pens
One for today, one for a year from now.

Somewhere quiet
A cup of tea helps.

Honesty
There are no right answers, only honest ones.

Three ways to fill it in. Type straight into the boxes in a free PDF app such as Adobe Acrobat Reader, Apple Preview or Microsoft Edge, then save. Or open it in GoodNotes or Notability on an iPad and write with your Apple Pencil, which feels just like pen and paper. Or simply print it and use your favourite pen.

The Seven Steps

1. **Where I Am Now**
   Score six parts of your life on the wheel, today and a year from now.
2. **How I Want to Feel**
   Choose three guiding feelings to steer everything that follows.
3. **What I Want**
   Picture a good year ahead and write up to six priority outcomes.
4. **What I Bring and What Could Get in the Way**
   Name your strengths, then be honest about your constraints.
5. **My Highest Priority**
   Score and rank your outcomes to find the one that matters most now.
6. **My Next Moves**
   Three small steps, and the first one within 48 hours.
7. **My Check-In**
   Come back in a month, score again and notice what moved.

Go gently. Some steps may stir things up. That is normal, and it usually means you are close to something that matters. Take a break whenever you need one. If you are between roles, this pairs well with New Leaf, the free career story builder at andersonco.uk/newleaf.

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SEE IT

STEP 1

Where I Am Now

The first step is a wheel, sometimes called a wheel of life or a spider diagram. It turns six parts of your life into one simple picture, so you can see at a glance what is going well and what needs attention.

How the Wheel Works

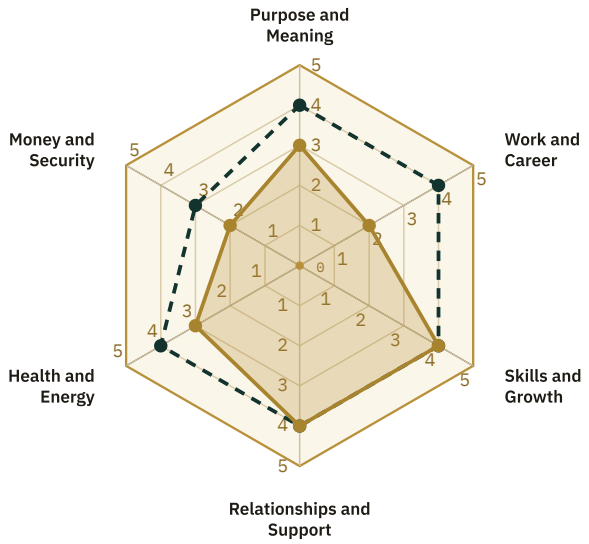
Each spoke is one part of your life. The centre of the wheel is 0. Each ring is a score, from 1 on the smallest ring to 5 on the outer edge, and the numbers are printed beside every spoke to help you.

Your Scoring Guide

1	2	3	4	5
Needs real attention	A struggle right now	Getting by	Good	Going really well

How to Plot It: An Example

1. **Score each area.** Here, Work and Career scored 2 and Skills and Growth scored 4.
2. **Find the spoke and count out the rings.** For a 2, count two rings out from the centre and put a dot on the spoke.
3. **Join the dots and shade the shape.** That shape is your life today.
4. **Do it again in a second colour** for where you would like each area to be a year from now. A dashed line works well.



The space between the two shapes is the change you want. In this example the biggest gap is Work and Career, from 2 today to 4 in a year.

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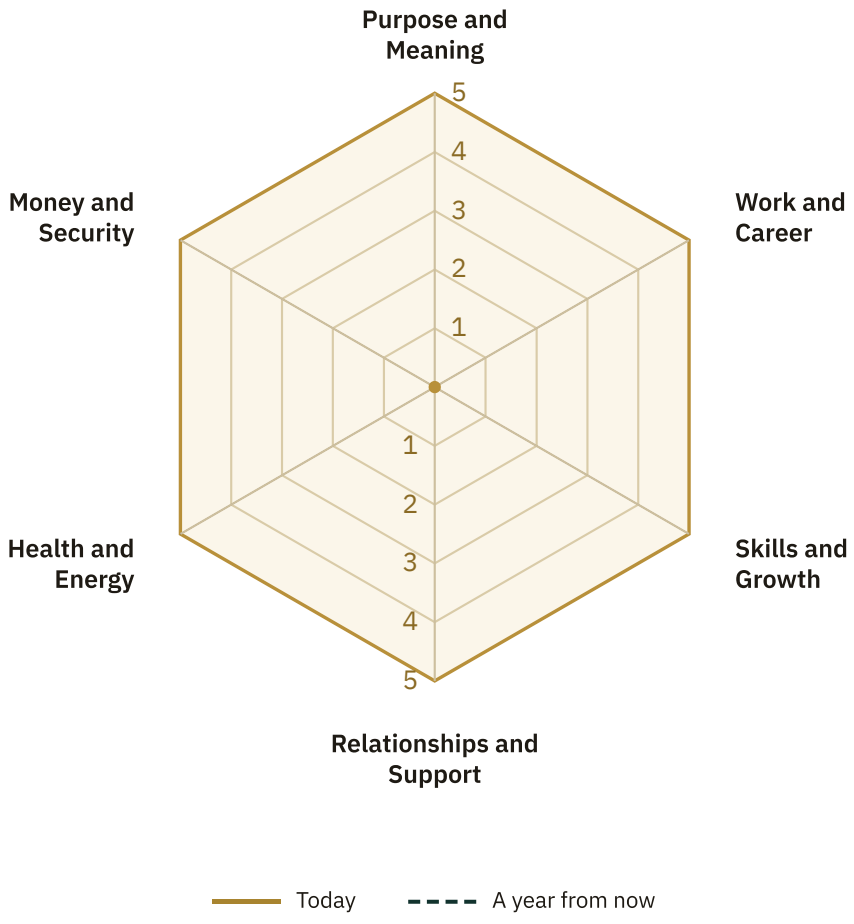
SEE IT

STEP 1

My Wheel

Score each area from 1 to 5 first, then plot your scores on the wheel. Use one colour for today and a second colour, or a dashed line, for a year from now. Typing? Click the number on each spoke that matches your score for today.

AREA OF LIFE	TODAY	IN A YEAR	THE GAP
Purpose and Meaning			
Work and Career			
Skills and Growth			
Relationships and Support			
Health and Energy			
Money and Security			



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SEE IT

STEP 1

What My Wheel Is Telling Me

Your wheel is a snapshot of a season, not a verdict on your life. Read it with curiosity. These four questions turn the picture into your next steps.

1. **Look at the shape.** A round shape, even a small one, means life feels fairly balanced. A dent shows where life is pulling hardest right now.
2. **Find the biggest gap, not just the lowest score.** An area can score low and still not be a priority for you. The biggest gap between today and a year from now shows where change matters most to you.
3. **Look for the area that would lift the others.** Often one area moves several. More security can bring more energy; better support can make room for growth.
4. **Notice what is working.** Your highest scores are resources. They are the strengths and habits you can lean on while you work on the rest.

The area with the biggest gap

The area that, if it rose by one point, would lift the others

What is going well that I can build on

What surprised me

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FEEL IT

STEP 2

How I Want to Feel

Most goal-setting starts with what we want to do or have. This step starts somewhere different: with how you want to feel. Underneath almost every goal is a feeling we are hoping it will bring, so it helps to name the feeling first.

For each area of your life, write three to five words for how you want to feel there. Don't judge them; just write what comes.

AREA OF LIFE	HOW I WANT TO FEEL HERE
Purpose and Meaning	
Work and Career	
Skills and Growth	
Relationships and Support	
Health and Energy	
Money and Security	

Stuck for words? Borrow from these, or use your own.

calm · capable · connected · curious · energised · free · grounded · useful · proud · respected · secure · steady · trusted · valued · creative · playful · brave · at ease · clear · focused · generous · independent · in control · appreciated · hopeful · light · strong · settled · challenged · part of something · confident · content · inspired · purposeful · rested · balanced · optimistic · joyful · fulfilled · seen · safe · loved · relaxed · motivated · peaceful · heard

Now look back over your words and circle any that repeat or mean something similar. What do they have in common?

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STEP 2

My Three Guiding Feelings

Choose the three feelings that matter most to you across every part of your life. These are your guiding feelings. In the steps that follow, they help you choose outcomes that will feel as good as they look on paper.

GUIDING FEELING 1

In an ordinary week, this looks like

The last time I felt it was

GUIDING FEELING 2

In an ordinary week, this looks like

The last time I felt it was

GUIDING FEELING 3

In an ordinary week, this looks like

The last time I felt it was

A Feeling I'm Ready to Put Down

Sometimes it helps to name the feeling you would like less of, such as rushed, stuck or invisible. Naming it makes it easier to notice when a choice would bring more of it.

> **The source of this idea.** Starting with how you want to feel is inspired by Danielle LaPorte's book *The Desire Map*, which puts feelings at the heart of setting goals. This step is our own version of that idea, shaped to sit alongside the wheel. For her full method, read the book (see Further Reading).

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SHAPE IT

STEP 3

What I Want

Picture yourself a year from now, with things having gone well. Then turn that picture into a few clear outcomes.

Describe a good day a year from now. Where are you, who is with you and what are you doing?

My Priority Outcomes

Write up to six outcomes. An outcome is something that will be true, not a task on a list. “I’m in a part-time role that uses my project skills” is an outcome; “apply for jobs” is a task. For each, note the area of your wheel it belongs to and the guiding feeling it would bring.

	THE OUTCOME: WHAT WILL BE TRUE	AREA OF LIFE	GUIDING FEELING
1			
2			
3			
4			
5			
6			

How will you know you are on the right path? Name three signs.

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SHAPE IT

STEP 4

What I Bring and What Could Get in the Way

You are starting with more than you think. You also have real limits, and being honest about them now is what makes the plan work later.

My strengths: what people count on me to do well

The people in my corner, and how each could help

My Constraints

Tick anything that limits what you can do this year, and add a note. Constraints are not failures. They mark out the space you have, and every good plan starts there.

- ☐ **Time**
- ☐ **Money**
- ☐ **Where I live, or might move to**
- ☐ **Caring for other people**
- ☐ **My energy**
- ☐ **Skills or qualifications**
- ☐ **Other people's plans**
- ☐ **Something else**

Red Team My Plan

It is a year from now and this did not work. What went wrong?

What am I assuming that might not be true?

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CHOOSE IT

STEP 5

My Highest Priority

You can make progress on many things over time, but a season usually has room for one main focus. This step helps you find yours, once your constraints are taken into account.

Copy your outcomes from Step 3, then score each one from 1 to 5 in three ways.

Matters
How much this matters to me. 5 means it matters enormously.

Feeling
How strongly it would bring my guiding feelings. 5 means very strongly.

Doable now
How possible it is now, given my constraints. 5 means my constraints barely touch it.

	OUTCOME	MATTERS	FEELING	DOABLE NOW	TOTAL	RANK
1						
2						
3						
4						
5						
6						

1. **Add up the three scores** to get each total, out of 15.
2. **Rank them,** with the highest total as 1. If two tie, rank the one with the higher Feeling score first.
3. **Check it with your gut.** If you could make progress on only one this season, would it be your number 1? Does another outcome have to happen first? If so, that one comes first.

MY HIGHEST PRIORITY NEED

Why this one, and why now

Parked for now, not forgotten

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START IT

STEP 6

My Next Moves

Small, specific and started soon beats big and someday. Plan your moves for your highest priority only.

Three small steps that would move my highest priority forward

	THE STEP	BY WHEN
1		
2		
3		

THE ONE STEP I WILL TAKE IN THE NEXT 48 HOURS

If Something Gets in the Way

Plans meet real life. Decide now what you will do when that happens, so a wobble doesn't become a stop. Write it as "If this happens, then I will do that."

If (what might knock me off course)

then I will

Who I will ask for help, and what I will ask them

How I will celebrate progress

A note to my future self

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STEP 7

My Check-In

Come back to this workbook in a month. Score your wheel again and notice what moved. Progress is often quieter than we expect, and a good planner makes the habit easier (see Further Reading).

My check-in date

AREA OF LIFE	LAST TIME	NOW	CHANGE
Purpose and Meaning			
Work and Career			
Skills and Growth			
Relationships and Support			
Health and Energy			
Money and Security			

How often did I feel my guiding feelings this month? Circle one for each, or pick from the list if you are typing.

Guiding feeling 1	Rarely · Sometimes · Often · Most days	
Guiding feeling 2	Rarely · Sometimes · Often · Most days	
Guiding feeling 3	Rarely · Sometimes · Often · Most days	

What moved, and what helped it move

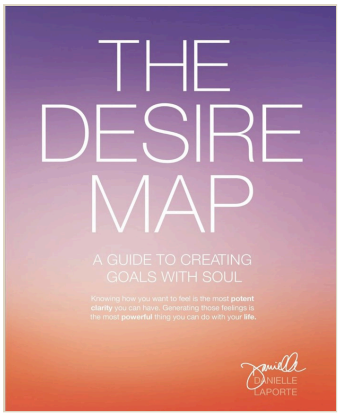
What I will keep, change or try next

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FURTHER READING

Two Books and a Planner We Love

If this workbook has got you thinking, these go deeper. One book helps you set goals from the inside out, starting with how you want to feel. The other helps you see your whole career, squiggles and all, as a strength. And the planner helps you keep going all year.

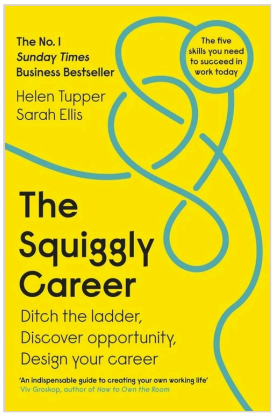


The Desire Map

DANIELLE LAPORTE

Setting goals from the inside out: work out how you want to feel, then shape your plans around those feelings. (Sounds True, 2014)

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The Squiggly Career

HELEN TUPPER AND SARAH ELLIS

The language for a career that does not run in a straight line, with tools for finding your strengths and your next step. (Penguin Business, 2020)

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The Centered Planner 2027

DANIELLE LAPORTE

Goal setting and planning isn't a one-off exercise. You'll need to check in, keep steering your life in the right direction and maybe even change course during the year. There are lots of great products out there, but this one is my personal favourite. Elle

SEE THE PLANNER

About the Author

The Next Chapter Canvas was designed by Elle Anderson, a product leader and coach, from years of coaching leaders, teams and people starting their next chapter. It draws on her coaching qualifications: Certified Executive Coach (Center for Executive Coaching); ICAgile Certified Professional in Agile Coaching, Agile Team Facilitation, Agility in the Enterprise and Coaching Agile Transitions; Red Team Coaching Practitioner (Red Team Thinking).

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