

# Issue, Outcome, Question

*There are no right or wrong ways of answering these questions, just jot down or capture what first comes up. You're trying to get down in one place everything that's on your mind.*

## What's on your mind?

Set a timer for 15 minutes and jot down all of the topics, issues, challenges that you're thinking about. Don't try and filter this at all, just capture whatever comes to mind.

## Your desired outcome/s

Choosing the 2-3 areas that feel most important – what outcome (broadly) would you like for each of them?

## The Question/s

For each of these outcome, what question, if you could answer it, would move you close as possible to that outcome? Or, to put it another way, what question would allow you to think about that outcome?