

## The Art of Zooming Out!

Your Hack To Doing the Shit You love Forever

**Click File > Make a copy! OR follow along on paper**

**Step 1: Stepping Back And Taking It All In:** What does a typical week look like right now?

Job(s) - how many hours, when and what is involved

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Training - hours, when, what type (cross training, aerial, flex, strength etc)

Monday	
Tuesday	
Wednesday	
Thursday	

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Friday	
Saturday	
Sunday	

Other - hobbies/responsibilities/obligations - family, pets, anything you regularly invest energy in that is not already listed.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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## Detail work for training:

Fill out any/all that apply to you:

Technique/skills/creative (aerial, acrobatic..whatever your brand of  
poison is)

Strength

Flexibility

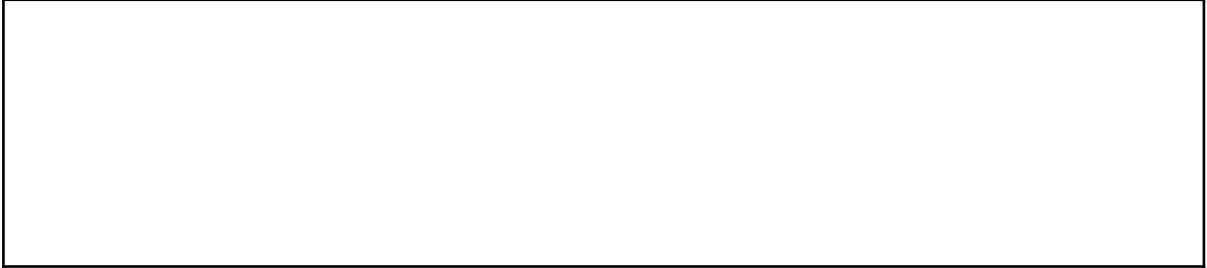
Cross training

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Recovery



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## Step 2: Back to The Future: Goals, focuses and fun stuff!

Shoulds

Health/recovery and well being

Aerial/Acrobatic/Movement practice:

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## Flexibility/Strength

## Jobs/ Career

## Other

## Step 3: Assessing and Myth Wrangling

What are you happy and proud of

What needs to change

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Rewrite your changes/add-ins in order of priority

A large, empty rectangular box with a thin black border, intended for the user to write their changes or add-ins in order of priority.

What are you willing/able to do less of? Or maintain vs grow? Or let go of for now (or for good)

A large, empty rectangular box with a thin black border, intended for the user to write about what they are willing/able to do less of, or maintain vs grow, or let go of for now (or for good).



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## Reconstruction:

The Big Picture - Reconstruct your week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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## The Details

Aerial/Acrobatic/Creative

Strength

Flexibility

Cross training

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Recovery

