

Gap Analysis Framework

Here's a framework to guide you through your Gap Analysis process:

- **Identify Current State:** Map out areas of your life (career, relationships, personal growth, etc.; Use your Wheel of Life!) and reflect on your present situation in each. Note what feels stable and where you sense dissatisfaction.
- **Define Desired State:** Envision your ideal future in these areas—be specific about your goals and what success or fulfillment looks like.
- **Pinpoint the Gaps:** Compare your current state with your desired state and identify specific gaps, such as lacking a skill for career growth or experiencing disconnect in a relationship.
- **Prioritize Areas of Focus:** Select 1-3 areas to address first based on urgency and impact.
- **Develop Action Steps:** List actionable steps for each priority area, ensuring they are achievable, specific, and aligned with your vision.
- **Establish Internal Anchors:** Find trusted people, habits, or practices that keep you grounded during external chaos.
- **Review and Adjust:** Regularly check your progress and refine your action steps as needed.