

Lotte Johnson

Wonderment Group - Project Check-in & Roadmaps

These are resources for you to make sense of the noise when you're working hard or feeling unclear on the next step. Use the foundations to check-in and the roadmaps as a linear or cyclical guide to develop your projects and your personal growth.

Foundation building - *The basics for your wellness that allow you to build or grow. If things feel static or like a struggle this is your first check point to see what you need:*

Daily movement (not the perfect workout)

Good personal hygiene

Getting the necessary (not perfect) nutrition

Getting enough (not perfect) amount of Sleep

Awareness of stress levels & tools to use / a stress release practice

Safe / healthy (not perfect) relationships

Stable (not perfect) home life

Good (not perfect) mental & physical health - functioning with or without the required medication / tools for when struggles arise and a support network.

Financial means for day to day essential needs

The Project Roadmap - *Creative project / business / event or organisation*

Visioning

Strategising

Collaboration (community / professional support / team)

Action taking

The Dip / Rest

Surrender / letting go

Reflection

Celebration

Building / Scaling

The Personal Growth Roadmap - *Internal clarity/connection to self/spiritual wellness / intuition*

Visioning

Immersion (community & support tools)
Lexicon / Internal dialogue building
Action Taking
The Dip / Rest
Surrender / letting go
Reflection
Re-inforcing
Celebration
Building / Scaling

Self enquiry -

Where are you on your roadmap?

What is your next step for your project?

What would you like to give more focus to in general?

What action or actions does this need you to take?

What is a realistic deadline for this stage?

What could you ask the group to support / help with? Please post in the group if you need or want to.

- *If you need to unpack more in a 1:1 session just email me and let's talk about the options*