

## LEARNING



WELLBEING  
EXPENSES & RISKS

1	2	3
---	---	---

### LEARNING > WELLBEING > EXPENSES & RISKS \*

- |   | 1                        | 2                        | 3                        |
|---|--------------------------|--------------------------|--------------------------|
| - Attending complementary workshops or training .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Travelling to collect data or present results .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Purchasing equipment and/or materials .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Issuing an insurance .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Paying for space allocation (exhibitions, focus groups, etc.).... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Paying honoraries to third parties involved .....                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Exposing to geographically unstable regions .....                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Interacting with disturbed/violent individuals .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Obtaining accredited documents or clearance .....                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

\* HIGHER COSTS AND RISKS SHOULD BE MARKED WITH LOWER IMPACT SCORES

## LEARNING



WELLBEING  
LOVED ONES & PRIVACY

1	2	3
---	---	---

### LEARNING > WELLBEING > LOVED ONES & PRIVACY \*

- |   | 1                        | 2                        | 3                        |
|---|--------------------------|--------------------------|--------------------------|
| - Meeting up with friends .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Spending time with my family/partner .....        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Eating healthily and regularly .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Sleeping properly .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Taking time to relax and deep breathing .....     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Looking after myself (e.g. health check-up) ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

\* LESS TIME FOR IMPORTANT/MEANINGFUL ACTIVITIES SHOULD BE MARKED WITH LOWER IMPACT SCORES

## LEARNING

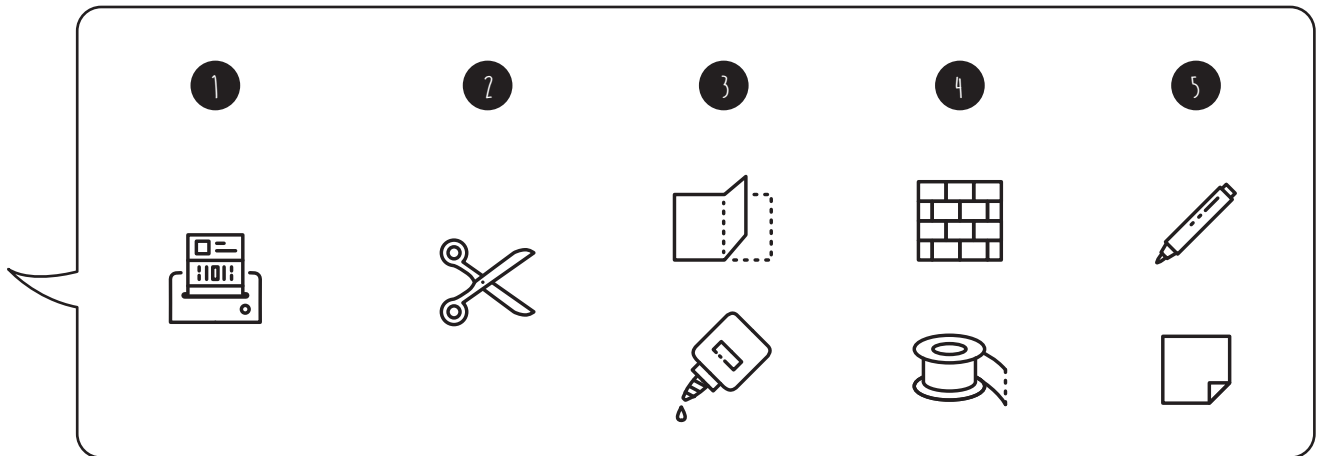


DEVELOPMENT  
EFFECTIVE COMMUNICATION

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > EFFECTIVE COMMUNICATION

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Improving active listening skills .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Consistently interpreting and using non-verbal communication | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Articulating follow-up questions .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Creating concise verbal and visual messages .....            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Adapting the tone of voice to the audience .....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Selecting/adapting means of comm. according to the context . | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Defining and developing a personal brand .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding accessibility and usability .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Recognising the boundaries of digital social isolation ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



DIY IN 5 STEPS:

- 1 Print both the Impact Plan canvas or the boards and the deck of cards.
- 2 Cut out the cards through the solid line.
- 3 [Optional] you can fold and glue each card so that the heading and score box is on one side and the descriptors on the other side of the cards.
- 4 Mount the canvas or the boards on a wall.
- 5 Assess the impact of your up to 3 projects, select the most impactful one and make notes with initial insights on how you're going to make it work.

LEARNING > WELLBEING > PERSONAL ACTIVITIES \*

## LEARNING

WELLBEING

PERSONAL ACTIVITIES

1	2	3
---	---	---

	1	2	3
- Practicing physical activity .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Dedicating time to hobbies .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Cleaning the house .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Volunteering to causes .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Following group commitments (religious, scouts, associations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Reading or solving quizzes/puzzles .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Watching films/series/tv .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Attending events (shows, gigs, exhibitions, etc.) .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- Changing established habits/vices .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- _____ .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
- _____ .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* LESS TIME FOR IMPORTANT/MEANINGFUL ACTIVITIES SHOULD BE MARKED WITH LOWER IMPACT SCORES

## LEARNING



DEVELOPMENT  
INFORMATION LITERACY

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > INFORMATION LITERACY

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Recognising and articulating a need for information .....        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Distinguishing ways in which said need may be addressed .....    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Constructing strategies for locating information .....           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Locating and accessing information .....                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Assessing information obtained from different sources .....      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Using information appropriately and ethically .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Creating usable information from raw data .....                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding multisensory perceptions of information .....      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Publishing (e.g. blogging, directing) relevant information ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Categorising and analysing information .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding the basics of digital data compliance .....        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## LEARNING



DEVELOPMENT  
PROBLEM SOLVING

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > PROBLEM SOLVING

- |   | 1                        | 2                        | 3                        |
|---|--------------------------|--------------------------|--------------------------|
| - Understanding complexity .....                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing imagination and empathy .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Generating alternatives and scenarios .....           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Getting to know decision-making processes/tools ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing project management skills .....            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding and implementing Design Thinking .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Develop research skills .....                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Improving analytical thinking.....                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing my leadership potential.....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## LEARNING



DEVELOPMENT  
STRATEGIC THINKING

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > STRATEGIC THINKING

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Prioritising tasks .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Being aware of biases .....                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying risks .....                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Defining synergies .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Improving listening skills .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Refining questioning skills .....                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding causality and consequentiality ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding group dynamics .....                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Defining pragmatic and realistic objectives .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying contexts and ecosystems .....          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## LEARNING



DEVELOPMENT

CREATIVITY

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > CREATIVITY

- |   | 1                        | 2                        | 3                        |
|---|--------------------------|--------------------------|--------------------------|
| - Building confidence in my ideas .....                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Overcoming negativism .....                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Realising that most problems have multiple solutions .....    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding stereotypes and mental blocks .....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Engaging with sensorial representations of information .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Looking for sources of inspiration .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing imagination and desire .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Speculating and creating alternative, unusual scenarios ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing cultural awareness .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Fighting the "Not-Invented-Here" syndrome .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Questioning the <i>status quo</i> and changing things .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Prototyping, trying, making .....                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## LEARNING



DEVELOPMENT

ETHICAL & MORAL AWARENESS

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > ETHICAL & MORAL AWARENESS

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Identifying ethical and moral dilemmas .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding and assessing ethical values and principles ....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Examining the implications of acts for the lives of others ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding deontology, authenticity and transparency .....    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Familiarising with diversity, inclusivity and equality .....     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Recognising biases (conscious and unconscious) .....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## LEARNING



DEVELOPMENT

PLURIDISCIPLINARITY

1	2	3
---	---	---

### LEARNING > DEVELOPMENT > PLURIDISCIPLINARITY

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Identifying adjacent/different relevant disciplines.....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying real-world complex issues .....                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding approaches and interventions holistically .....        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Realising the contribution of different domains to the same issue... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Engaging with Design Thinking methods and practices .....            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Coordinating with others .....                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Refining negotiation and persuasion skills .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding the boundaries of different domains .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Creating comprehensive research questions .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing consensual definitions and guidelines .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## CAREER



DEVELOPMENT  
INFLUENCE & LEGITIMACY

1	2	3
---	---	---

### CAREER > DEVELOPMENT > INFLUENCE & LEGITIMACY

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Building connections and hubs .....                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Learning to listen .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Learning persuasion techniques .....                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing expertise and know-how .....                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Mapping power structures .....                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Getting to know stakeholders' needs, perspectives and interests... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing leadership competencies .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding honesty and authenticity .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing accountability for others .....                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing emotional intelligence .....                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Cultivate co-operative and collaborative working habits .....      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Defining decision-making processes .....                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## CAREER



DEVELOPMENT  
CHANGE IN CAREER PATH

1	2	3
---	---	---

### CAREER > DEVELOPMENT > CHANGE IN CAREER PATH

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Evaluating current job satisfaction .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Assessing my interests and skills .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Considering alternative professions .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Reaching out for interviews .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing my CV and applying for jobs .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Setting up a job shadowing .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Volunteering in a new field .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Upgrading my specialisation .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Assessing the benefits of changing job (satisfaction, fulfilment, salary, stress, work-life balance) ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Building confidence in my career options .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Understanding psychometric tests used in recruitment .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## CAREER



DEVELOPMENT  
ENTREPRENEURSHIP

1	2	3
---	---	---

### CAREER > DEVELOPMENT > ENTREPRENEURSHIP

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Attending an entrepreneurship course .....                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying the right team to ensure the essential business activities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Listing incubators and arrange a meeting with directors/managers       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Getting initial funding via FFF round (Family, Friends and Fools)...   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Preparing an elevator pitch .....                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Getting to know businesses' legal and financial aspects .....          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Creating, designing and registering a brand .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Building a customer base .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Defining how and what to communicate .....                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying the supply and distribution chains .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Completing a Business Model Canvas and a Business Plan ...             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Identifying interesting possible investors .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## CAREER



DEVELOPMENT  
PROMOTION & SALARY

1	2	3
---	---	---

### CAREER > DEVELOPMENT > PROMOTION & SALARY

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Knowing my worth in the job market .....                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Providing evidence of my value .....                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Learning to deal with rejection .....                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Refining the art of negotiation .....                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Building a case for promotion .....                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Evaluating the compromises attached to a raise (pains and gains) ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Assessing my real needs/values .....                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Refining my emotional agility and resilience .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## CAREER



WELLBEING  
SELF & LOVED ONES

1	2	3
---	---	---

### CAREER > WELLBEING > SELF & LOVED ONES \*

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Spending time with the meaningful/loved ones .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Eating healthily and regularly .....                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Commuting to and from work .....                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Sleeping properly .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Taking time to relax .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Practising physical activity .....                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Dedicating time to hobbies and other social/cultural commitments ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Reading and watching TV/series/Films .....                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Attending events (cultural, entertainment, professional) .....         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Changing established habits/vices .....                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

\* LESS TIME AND HIGHER COSTS FOR MEANINGFUL ACTIVITIES SHOULD BE MARKED WITH LOWER IMPACT SCORES

## ECONOMIC



DEVELOPING INVESTMENT

1	2	3
---	---	---

### ECONOMIC > DEVELOPING INVESTMENT

- |                                      | 1                        | 2                        | 3                        |
|--------------------------------------|--------------------------|--------------------------|--------------------------|
| - Education .....                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Infrastructure and Transport ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Design .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Data and Information .....         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Technology .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Communication and Media .....      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Employment .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Housing .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Businesses and Marketing .....     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Finance and Tax .....              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Entertainment and Tourism .....    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Health and Wellbeing .....         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## ENVIRONMENTAL > PLANET & SPECIES

### ENVIRONMENTAL



#### PLANET & SPECIES

1	2	3
---	---	---

## ENVIRONMENTAL > PLANET & SPECIES

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| - Reducing pollution and emissions .....             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Decreasing waste .....                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Contributing to the circularity of resources ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Advancing neutral technologies .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Mending climate conditions .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Developing natural products .....                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Balancing natural resources .....                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Changing nutrition habits .....                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Advancing/adopting renewable energies .....        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Respecting biodiversity .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Protecting and expanding animal rights .....       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## SOCIAL > ADVANCED SOCIETY

### SOCIAL



#### ADVANCED SOCIETY

1	2	3
---	---	---

## SOCIAL > ADVANCED SOCIETY

- |   | 1                        | 2                        | 3                        |
|---|--------------------------|--------------------------|--------------------------|
| - Developing citizenship .....                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Designing education systems for all .....               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Changing health and hygiene .....                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Adjusting law and regulations .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Enhancing culture .....                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Rethinking structures of benefits .....                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Adapting social behaviours to critical conditions ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - _____ .....   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## SOCIAL > UNIVERSAL COMMUNITIES

### SOCIAL



#### UNIVERSAL COMMUNITIES

1	2	3
---	---	---

## SOCIAL > UNIVERSAL COMMUNITIES

- |  | 1                        | 2                        | 3                        |
|--|--------------------------|--------------------------|--------------------------|
| Improving:   |                          |                          |                          |
| - Accessibility and inclusivity .....                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Gender and racial equality .....                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Mobility .....                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Empowerment of minorities .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Parenthood and family .....                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Work conditions/wellbeing .....                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Quality in ageing .....                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - <b>Quality in disability</b> .....                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - <b>Quality in disease or chronic condition</b> ..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Respect toward ethnicity and religion .....          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Awareness toward sexual orientation .....            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |