

How do you keep focused regularly on the 20,000 foot view of your projects in GTD?

Posted At : March 8, 2013 12:19 PM | Posted By : Michael Smith

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The key on 20,000 foot view for Getting Things Done for me is that I have some way to remind myself to look at my business and personal projects regularly. I do put project master pages in Evernote and I also find some non-computer methods help too. However I often create a **mindmap** for projects (can be hand drawn) helps organize my ideas. Also at the 50,000 foot level I find that a **vision board** with pictures I have cut out of magazines that represent my high level goals and dreams is good. I put it where I will see it every day as a reminder of where I want to go!

If you are more auditory rather than visual person then a weekly check in with a **goal buddy** to talk about the progress on each of your big goals can be an effective way to keep focused at the 20,000 foot level. If you are kinesthetic then a regular activity where you express emotions and movement related to your goal is helpful. I have got inspiration and motivation from free form dance about a goal, even going for a regular **goal walk** where you think about your goals can do the trick.

How do you stay focused on your big goals?