

# F.L.O.W. Model



## Future

What is your desired future? What would you like to have happen? What would success look like?  
How would reaching your goals change your life and business?

## Limits

What is limiting you now?  
What barriers do you face?  
What challenges do you have?

## Opportunities

What options do you see for reaching your desired future?  
What can you do to move beyond the limitations?  
What needs to change? What shift could you make?

## Who Will do What by When?

What options are you willing to commit to?  
What will you do? By when?  
How will you “keep score?”

### WHO WILL DO WHAT BY WHEN?

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