



THE DESIGN
WEB

BOOBY MAGNAMARA

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VISION
allow yourself to
dream & create goals

PAUSE
incorporate
times of rest
& rejuvenation

HELPS
identify the things that
are going to help

REFLECTION
evaluate
progress

LIMITS
identify the things
that might block
your path

APPRECIATION
focus on
things to be
thankful for

PATTERNS
identify the
helpful &
unhelpful
patterns

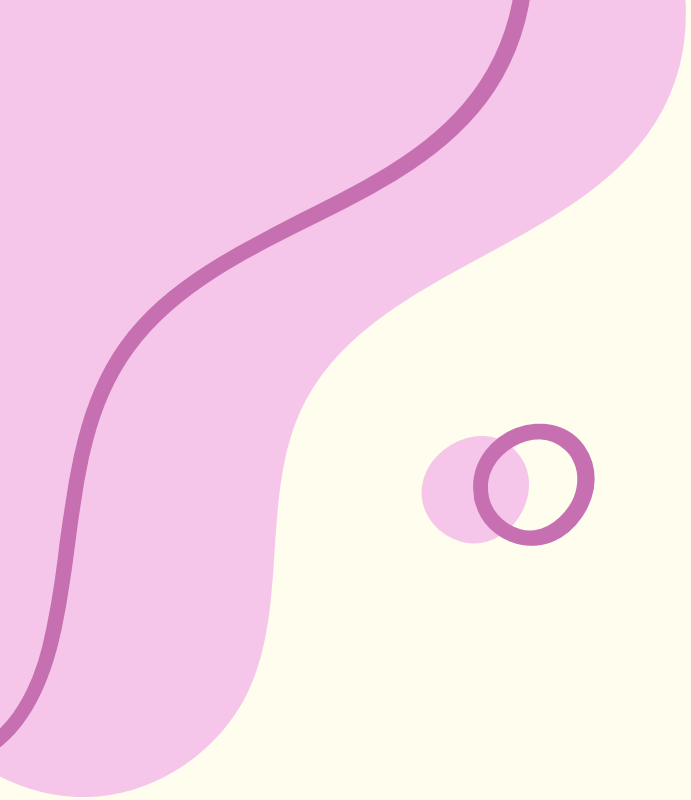
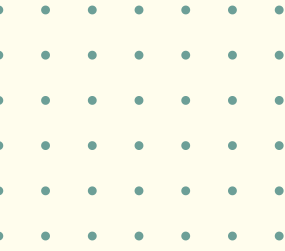
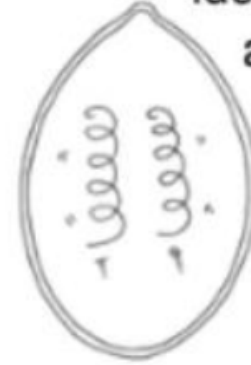
MOMENTUM
consider how
to keep going

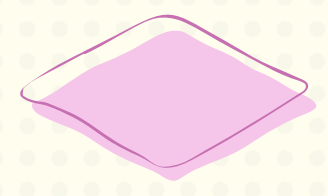
IDEAS
gather
inspirations

ACTION
make a plan for
getting things done

PRINCIPLES
look through the
lens of each one

INTEGRATION
bring it all together





• **VISION**

Allow yourself to dream and create goals

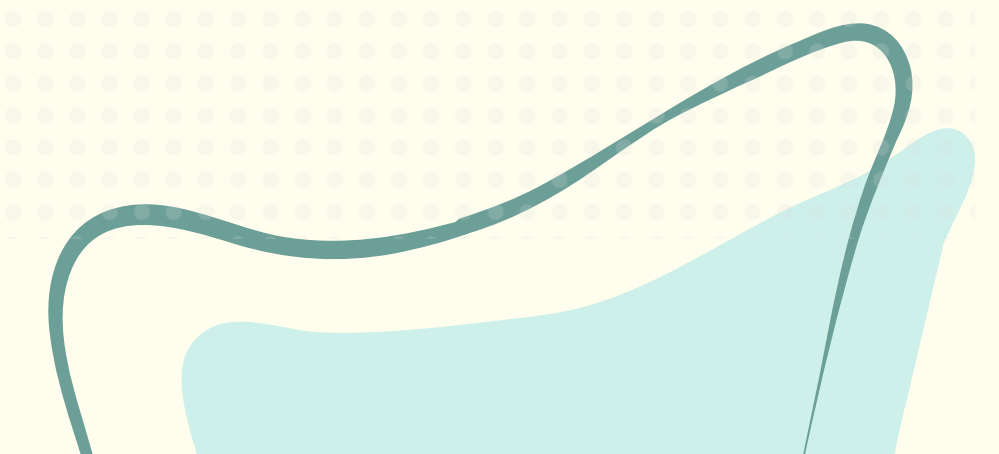
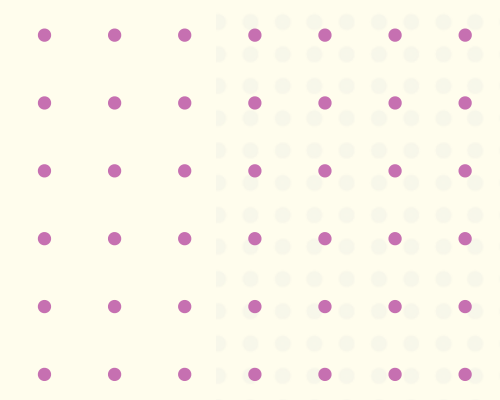
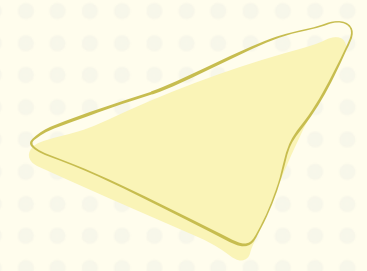
• **HELPS**

Identify the things that are going to help

• **LIMITS**

Identify the things that might black your path, keep it small or slow it down

Anchor Points





Anchor Points

- **PATTERNS**

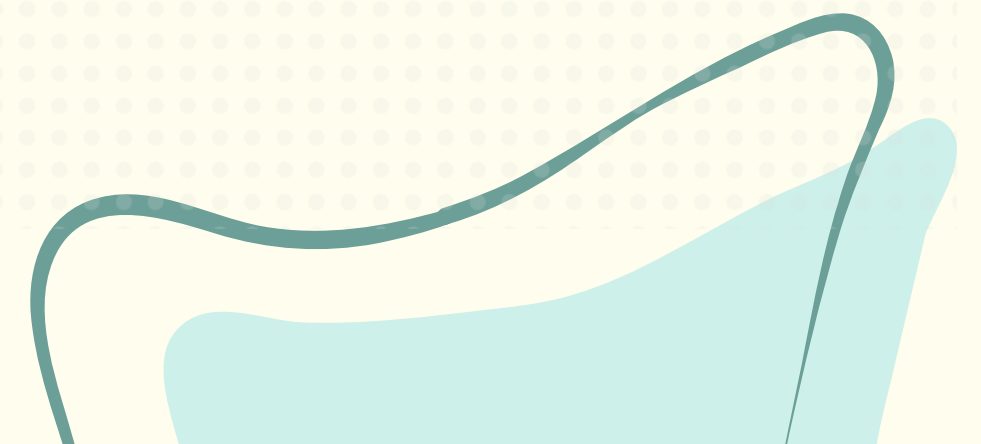
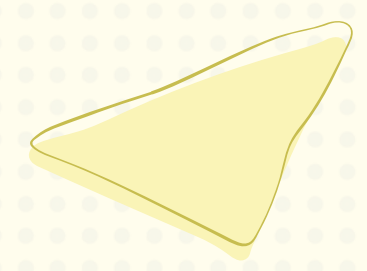
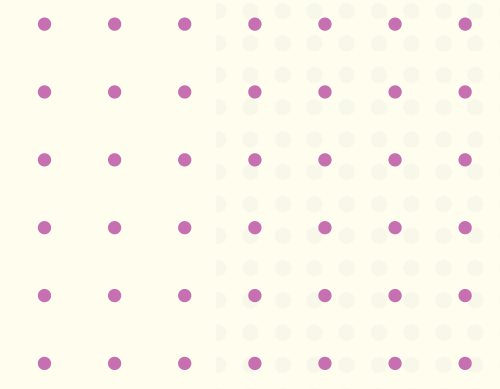
Identify the helpful and unhelpful patterns

- **IDEAS**

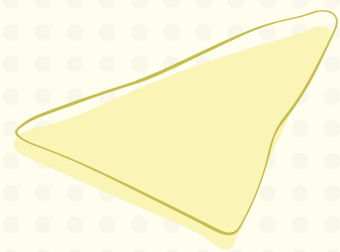
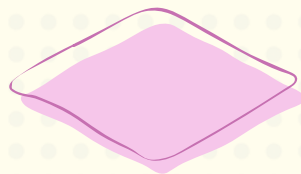
Gather inspiration

- **PRINCIPLES**

Look through the lens of each one



Anchor Points



- **INTEGRATION**

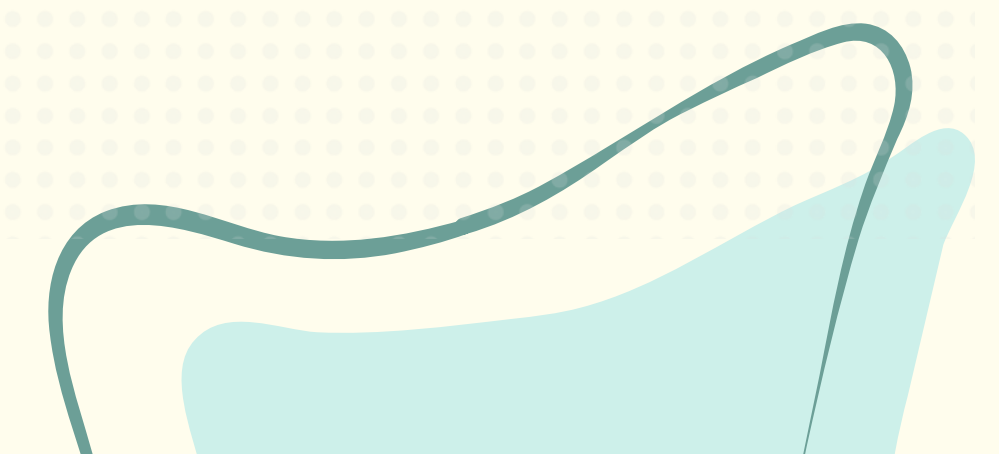
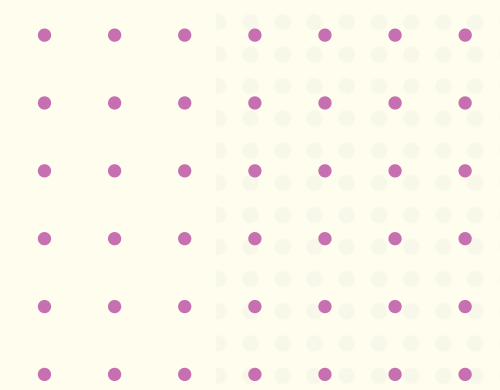
Bringing it all together

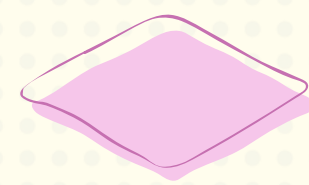
- **ACTION**

Make a plan for getting things done

- **MOMENTUM**

How to keep going





• **APPRECIATION**

Focus on things to be thankful for

• **REFLECTION**

Evaluate progress

• **PAUSE**

Incorporate times of rest and rejuvenation

Anchor Points

