

BACKWARD CHAINING

WORKSHEET

Purpose: Solve problems by working backward.

1. Define the goal.
 2. What needs to happen right before achieving it?
 3. Continue backward until you reach the present.
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What is the end goal/objective?

How did I get there?

How did I get there?

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How did I get there?

How did I get there?

How did I get there?

Action I will take to get there starting today?



HOW TO USE (PRO TIPS)

Goal Clarity:

- Clearly define your ultimate goal at the top of a worksheet. Then list prerequisites or conditions that must be met to reach that goal.
- Ensure that each backward step is specific, measurable, and time-bound.

Sequential Mapping:

- Create a flowchart that maps out each step in reverse order.
- Identify dependencies and decision points.
- Validate each step by asking, "If I had this in place, would it logically lead to the next required step?"

Identify Gaps and Bottlenecks:

- Use the process to uncover hidden obstacles or missing resources.
- Brainstorm alternative routes or contingencies if a particular step proves problematic.

Iterative Refinement:

- Review the entire chain with stakeholders to ensure feasibility and alignment with broader objectives.
 - Update the chain as circumstances change, maintaining flexibility in planning.
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QUESTIONS TO REFLECT ON

Defining the Ultimate Goal:

- What is your final, most important goal (e.g., achieving financial independence, launching a successful project, maintaining work-life balance)?
- How would you know, in concrete terms, that you've achieved this goal?

Mapping the Steps in Reverse:

- What is the immediate step right before reaching your goal?
- What conditions or milestones need to be met at each preceding stage to ensure the next step is possible?

Identifying Dependencies and Obstacles:

- For each step, what resources, information, or support do you need?
- What potential obstacles could derail a particular step, and how might you mitigate them?

Ensuring Alignment with Long-Term Vision:

- How does each backward step align with your overall values and priorities?
 - In what ways can you adjust your current practices to better support these critical steps?
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