ADAPT & TRIUMPH

# THE TRIUMPH MAP

Picture the future you want.
Find the way there.

**This map belongs to** _____

ADAPTNTRIUMPH.COM

## BEFORE YOU START

**The more clearly you can picture the future you want, the clearer the steps to get there become. It won't make the road easy. It will show you which way to go.**

### THREE THINGS TO KNOW

1. Steps can come in **any order**. You can skip around and come back to any of them.
2. **Triumph is yours to define.** It need not mean winning first place, walking again, or achieving someone else's measure. It may mean independence, confidence, community, or reaching a personal goal.
3. **What you write here is yours.** Nothing is sent or shared.

### HOW TO FILL IT IN

A. **Print it and write.** Every answer space has lines.

B. **Or fill it on a phone or computer.** Open it in an app that fills PDF forms, tap a box, then type or speak your answer. Save your copy when you finish.

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The twelve steps are grouped in two parts: **ADAPT** (steps 1–5, the foundation) and **TRIUMPH** (steps 6–12, the achievement).

## WHERE YOU ARE TODAY

A starting point. There are no wrong answers.

**Date** _____

**Today, in your own words, your life looks like...**

**What are you proud of right now?**

**What is one thing you would like to grow or change?**

**Who or what supports you today?**

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# 1 ASPIRE

*Identify what you want to achieve.*

**A year from now, what does a really good day look like?**

**What would you go after if no one doubted you?**

**What do you want to be able to say you did?**

**What does triumph mean to you?**

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# 2 DETERMINE

*Make a commitment to reaching your goal.*

**Why does this matter to you?**

**Who or what are you doing this for?**

**What will you say yes to? What will you say no to?**

**How will you remind yourself why you started?**

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# 3 ASSESS

*Understand your strengths, resources, and barriers.*

**What are you already good at?**

**What do you have to work with: people, places, tools, time?**

**What gets in the way?**

**What is missing: equipment, access, time or know-how? Who might help?**

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# 4 PLAN

*Choose a realistic route toward your goal.*

**This month: what do you want to get done?**

**This season: where do you want to be?**

**This year: what do you want to have started or finished?**

**If the plan has to change, what is your other route?**

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# 5 TAKE ACTION

*Begin, even if the first step is small.*

**What is the smallest first step?**

**When will you do it? (Day and time)**

**What do you need ready first?**

**Who will you tell that you have started?**

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TRIUMPH · THE ACHIEVEMENT

# TEST

*Put your approach into practice and learn what works.*



**What did you try?**

**What worked?**

**What did not work?**

**What surprised you?**

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TRIUMPH · THE ACHIEVEMENT

# REASSESS

*Recognize obstacles and evaluate your results.*

**What got in the way this time?**

**What would you change next time?**

**Is the goal still the right one? Why?**

**What do you need that you did not have?**

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TRIUMPH · THE ACHIEVEMENT

# INNOVATE

*Find new solutions and adapt your methods.*

**What is another way to try it?**

**Who has done something similar, and how?**

**What tool, trick or shortcut could help?**

**What small experiment could you run this week?**

TRIUMPH · THE ACHIEVEMENT

# 9 UNITE

*Seek support and collaborate with others.*

**Who is in your corner?**

**Who could you ask?**

**What would you ask them for?**

**How can you be in someone else's corner?**

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TRIUMPH · THE ACHIEVEMENT

# MASTER

*Develop the skills and confidence needed to advance.*

**What skills are you building?**

**Where do you notice your confidence growing?**

**What can you do now that you could not before?**

**What do you want to learn next?**

TRIUMPH · THE ACHIEVEMENT

# 11 PERSEVERE

*Keep progressing through challenges and setbacks.*

**What will you tell yourself on a hard day?**

**Who or what picks you up?**

**What will you do when a plan falls apart?**

**What is one small win you can count today?**

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TRIUMPH · THE ACHIEVEMENT

# HONOR

*Recognize your achievements and the journey that made them possible.*

**What are you proud of?**

**Who and what helped you get here?**

**How will you celebrate?**

**A letter to your future self**

## LOOKING BACK

Come back to this page after 30 days and again after 90 days.

### 30 DAYS Date _____

**How far you've come**

**What you'd tell yourself at the start**

### 90 DAYS Date _____

**How far you've come**

**What you'd tell yourself at the start**

## MY PLEDGE

# I, _____ choose to...

### ADAPT *my mindset*

- **A** **Aim** beyond what seems possible.
- **D** **Demonstrate** determination.
- **A** **Adapt** when the path changes.
- **P** **Push** through adversity.
- **T** **Trust** in my ability to grow.

### TRIUMPH *my actions*

- **T** **Take** action, even when afraid.
- **R** **Rise** every time I fall.
- **I** **Inspire** others through my actions.
- **U** **Understand** that strength comes in many forms.
- **M** **Move** forward with purpose.
- **P** **Pursue** progress, not perfection.
- **H** **Honor** how far I have come.

*My circumstances do not define my potential.*

## I Adapt. I Triumph.

Signed _____ Date _____

## FOR LEADERS

Running The Triumph Map with a group, or as one person helping another.

1. **One or two steps a meeting.**
   The map has 12 steps. Going slowly beats rushing.

2. **Nobody has to share.**
   People keep what they wrote. Sharing is always their choice.

3. **Let people answer their own way.**
   Speaking, typing or writing all count. Ask what works for each person.

4. **Offer a printed copy and a phone copy.**
   Hand out paper, and send the PDF to anyone who prefers a screen.

5. **Start anywhere.**
   Steps can come in any order, and people can repeat them.

6. **Come back at 30 and 90 days.**
   Set a time in your calendar for the “Looking back” page.

7. **Celebrate small steps.**
   A first step taken is worth noticing out loud. Triumph is whatever the person says it is.

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This is a thinking and planning tool. It does not give advice, and it does not collect or send anything. Every answer stays with the person who wrote it.