

MAKING SPACE FOR CHANGE ~ THE PENTAGON CHALLENGE

WHAT WILL YOU START, STOP AND
SHIFT TO MAKE PROGRESS HAPPEN
AND REACH YOUR GOALS?

ZS

ZOË SCHOFIELD
Coaching

DO WHAT MAKES YOUR SOUL SHINE

W E L C O M E

Hi There!

We often think achieving a goal is about adding more. But real progress often comes from letting go, making space and focusing our energy. This tool helps you see where to shift your effort so change feels possible.

In this exercise you'll explore what needs to change so that you can find the time you need to achieve a desired personal objective or goal.

I first came across the idea in 'The Art of Coaching' by Jenny Bird & Sarah Gornall, in which they refer to it as the Review Pentagon. So, this is my take on that great idea with a few extra questions thrown in. Give it a try and let me know how you get on!

Why it helps...

In order to achieve an objective or goal, we're likely to have extra things we'll need to do. So we'll need to create some space and capacity to do these extra things.

This simple technique can help you to explore the things you might need or want to let go of, to give you that much needed time and the best chance of achieving your goal.

Zoe Schofield

ABOUT ME

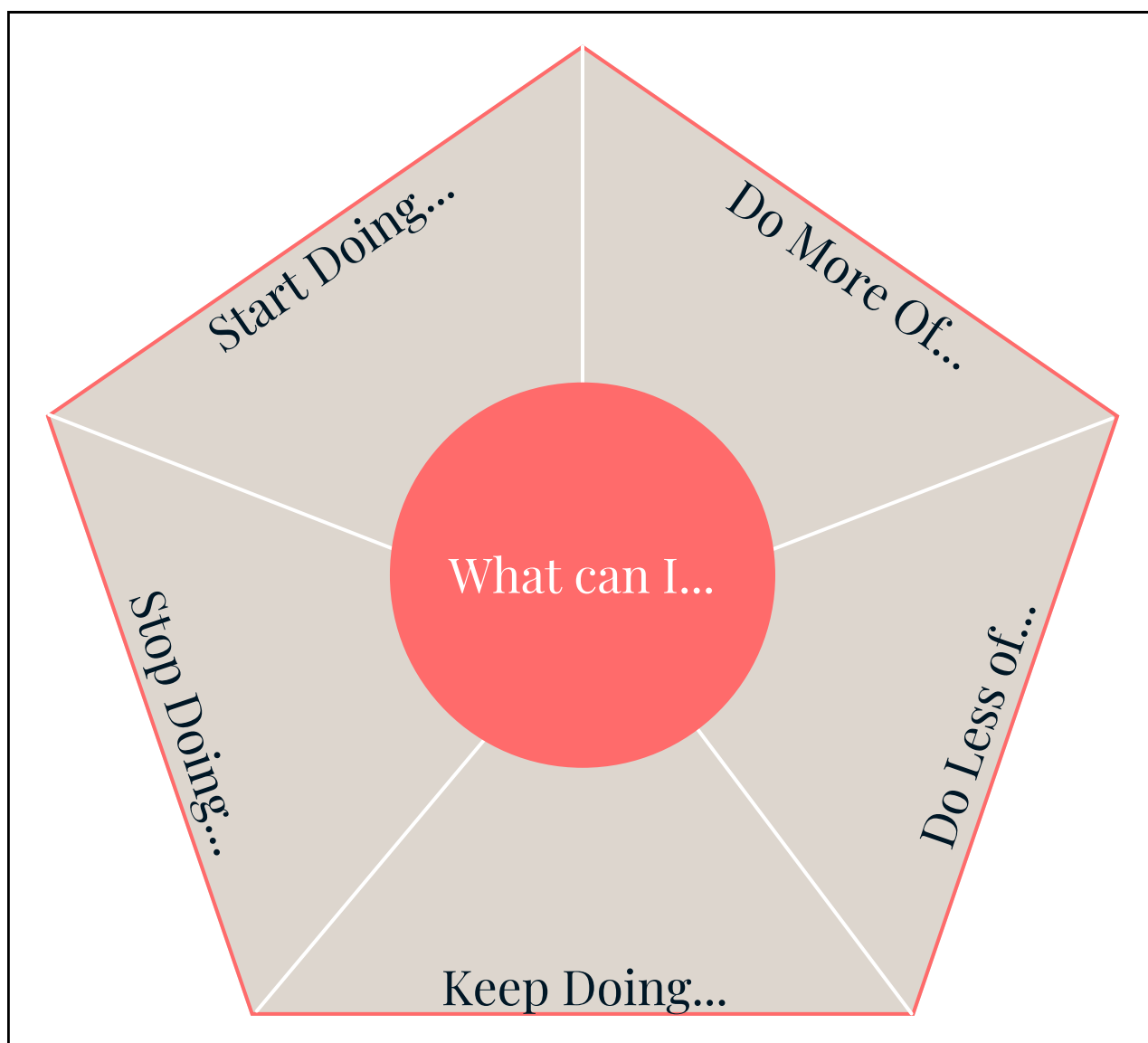
As a coach, facilitator and podcast co-host I love helping people to see the best in themselves and build a meaningful and thriving life...but I also love to find time for my art and design side-hustle (my other life). So I know what it's like to struggle find the time for all my ideas and goals!



HOW TO START...

Firstly, think about a personal objective or goal you would like to achieve. Then score yourself out of 10 against the following question (with 1 being low and 10 being high), feel free to write your score in the box.

How confident am I that I'll achieve my objective/goal?



WHAT TO DO NEXT?

Now challenge yourself to look at each of the sections of the pentagon above. Thinking about 'What can I...' for each of the sections.

When it comes to achieving your personal objective or goal, it's likely that you are going to need to make some changes in order for you to achieve it.

Starting with whichever segment you like (there are no rules about which section to review first), write down anything that comes to mind for each one when you think about achieving that objective or goal...



What can I stop doing?



What can I do less of?



What can I do more of?



What can I start doing?



What can I keep doing?



Do it in a way that works for you...print it / type it / draw it / journal it. Jot down anything that comes to mind - there's no right or wrong way to start!

HOW TO MOVE INTO ACTION

Once you have got down all your ideas, let's dig a little deeper and think about these ...

Next, taking one thing you've written at a time, explore and answer the following questions;

- ① Is it realistic and how committed am I to making this happen?
- ② How would I go about making this change (what/how/when)?
- ③ Do I need any extra resources or skills to make this happen and if yes, what are they and how will I get them?
- ④ Who can support me to achieve this and what do I need from them?
- ⑤ What is my first action to make this change, what will I do, how will I do it and by when?

Now that you've taken time to think about each segment and the questions above, let's keep the momentum going and think very specifically about what you'll do first.

Pick one action from your notes that you could do this week. What is it, what will you do and by when?

A LITTLE EXTRA ENCOURAGEMENT

Keeping momentum and a few extra ideas ...

Once you have completed this process for all the things you listed, rescore yourself against the original goal score you gave;

How confident am I now that I'll achieve my objective/goal?

What surprised you most as you completed this exercise?

CONTINUE TAKING ACTION...

Why not find a friend/ colleague/ coach/ accountability partner to help you keep on track with this action and work on the other actions you've discovered during this exercise. Who could you share your ideas with?

Capture your other ideas and actions and schedule regular time in your diary to keep working on taking small steps to make these changes. When will you do that?

In order to move forward, it's not just about adding tasks, it's about creating capacity. The Pentagon Challenge helps you see what to release, what to shift, and what to hold onto, so your energy is freed for the things that matter most.

Remember to set a date for your next 'making space' for change review!

Scheduled Review Date:

DO WHAT MAKES YOUR SOUL SHINE



WANT FURTHER SUPPORT TO EXPLORE AND MOVE INTO ACTION?

If this exercise has sparked a desire to dig deeper into this, or perhaps you just need more support to get more clarity and begin to make changes...you don't have to figure it all out on your own.

I help multi-passionates, thoughtful people like you explore making changes, get unstuck and design careers and lives that feel rich with meaning, energy and joy.

Book a free 30-minute coaching call
Let's chat about what you discovered and what to do next.
Click below to book your free intro call



[Book A FREE Call](#)

©Zoe Schofield Coaching 2025 | This workbook is for your personal use only.
Please don't copy or distribute without permission.