

INTRODUCTION

The Soft Systems Masterclass

Introduction Workbook

Take your time. There are no wrong answers.



You Are Not Here to Be Fixed

This masterclass starts with one truth: you are not the problem. The goal is to design systems that respect how you actually function.

Setting Intentions

Why did you choose a soft approach to planning? (1–2 sentences — no essay needed)

Your Current Planning Experience

When you think about planning, you usually feel:

Exhausted

Overwhelmed

Guilty

Hopeful

Curious

What do you want to feel LESS of?

What do you want to feel MORE of?

Permission

"I give myself permission to move slowly."

Write this in your own words — make it feel true for you:

What Makes Learning Feel Safe

What would help this feel calm for you?

Examples: Short sessions • Quiet space • No pressure to finish • Permission to revisit

One Intention

Instead of a goal, choose one intention for this journey:

Examples: Understand your energy patterns - Reduce planning guilt - Build systems that actually support you

"Understanding comes before change."