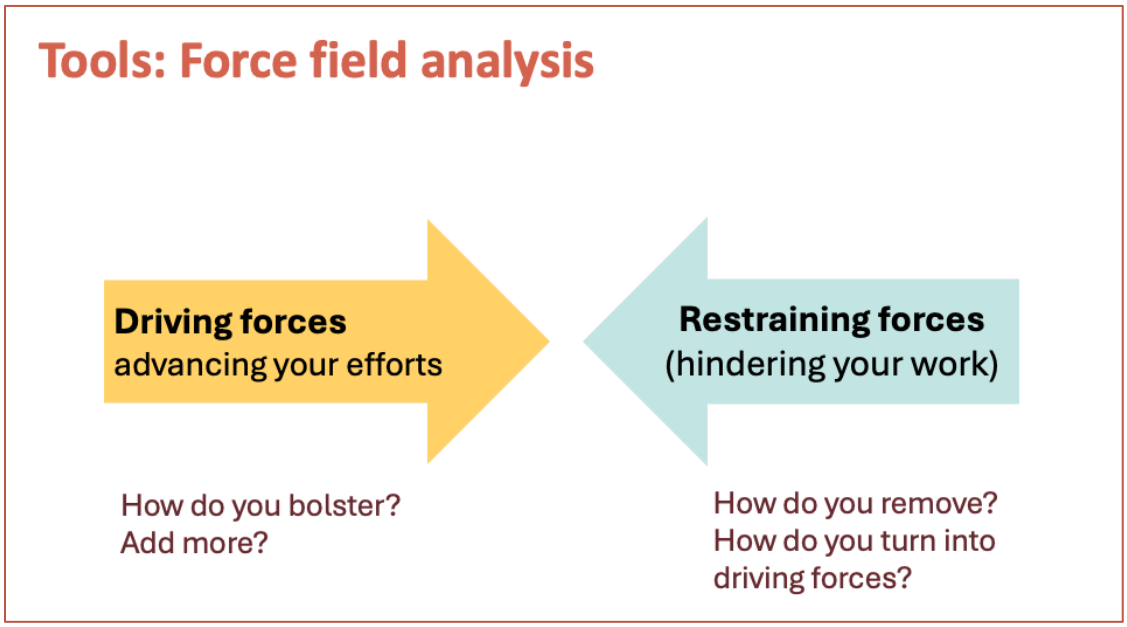
Force Field Analysis Worksheet

Map out the forces helping and hindering your work. Identify strategies to bolster your driving forces and reduce or transform restraining forces.



Driving Forces (advancing your efforts)

How do you bolster these? How do you add more?

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Restraining Forces (hindering your work)

How do you remove these? How do you turn them into driving forces?

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