

Sow The Seeds of Success with 'The PIPS Framework'

Zoë Thompson

The logo for Zoë Thompson features her name in a black cursive font. To the right of the name is a stylized graphic consisting of several overlapping, curved bands in shades of orange, yellow, and red, resembling a flame or a sunburst.

SOW THE SEEDS OF SUCCESS WITH THE PIPS FRAMEWORK™

Thank you for downloading the 'Sow The Seeds of Success with The PIPS Framework™' Workshop and Workbook.

To watch the workshop please click on the graphic below.

If you have any questions please feel free to get in touch and ask, I will be happy to help.

I hope that you find this workshop and workbook of value.

Kindest regards

Zoe

Sow The Seeds of
Success with The
PIPS Framework™

ZoeThompsonuk

DEC 2024

Welcome

Thank you for taking the time to invest in your future by exploring the PIPS Framework. Whether you attended the live workshop or are working through the recording, this workbook is designed to help you take actionable steps to plan for success in 2025 and beyond.

The PIPS Framework—Plan, Intention, Performance, Structure—is a powerful tool to bring clarity, focus, and balance to your business and life. It's not just about setting goals; it's about aligning those goals with your purpose, building the habits and mindset to achieve them, and creating a structure that supports sustainable growth.

This workbook will guide you as you reflect on where you are, clarify where you want to go, and design the roadmap to get there. As you work through each section, take the time to think deeply, be honest with yourself, and commit to the process. Remember, this isn't about perfection—it's about progress.

I'm so excited to be part of your journey and can't wait to see how you apply the PIPS Framework to build a business and life you love.

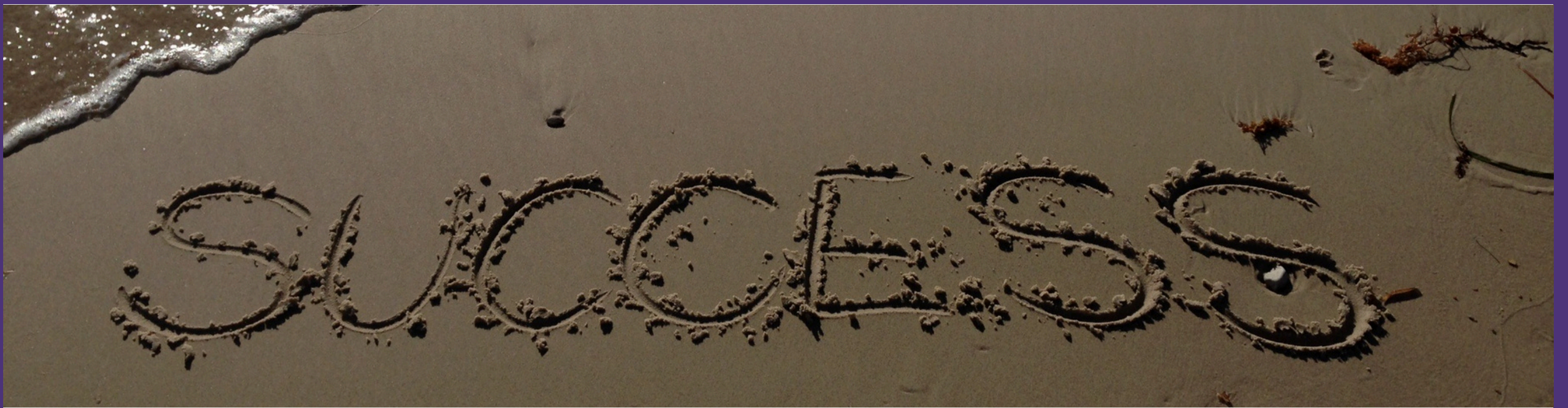
Use this workbook as your companion, refer back to it regularly, and let it inspire you to keep moving forward.

Here's to a year of clarity, confidence, and success.

You've got this!

Warm regards,
Zoë Thompson
Master Coach | Trainer | Speaker
Founder of the PIPS Framework





The PIPS Framework is the result of over a decade of experience supporting clients to achieve their goals in life and business.

Since 2014, I've worked with individuals to develop strategies, overcome challenges, and create meaningful success. This framework brings together all of those key insights into one clear structure, designed to explore the essential areas that contribute to successful outcomes.

Created in 2024 during a long walk in the hills of Cyprus, the PIPS Framework represents a fresh and cohesive approach to planning, aligning, and achieving goals. It's now the foundation I use with my clients and teach to others, offering a simple yet effective way to make progress in life and business.

This framework is not just a tool—it's a way to gain clarity, build confidence, and create the structure you need to thrive.

On the following pages, you'll find an introduction to each element of the PIPS Framework and how you can apply it to your own journey.

PIPS

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Plan: Define your goals, resources, and measures of success.

Intention: Align your actions with your values and purpose.

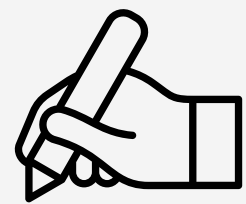
Performance: Build habits, mindset, and confidence to drive progress.

Structure: Create systems, routines, and boundaries for sustainable growth.



PLAN: Setting the Foundation

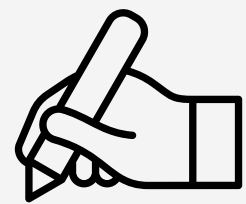
- Define your primary goals for 2025
- Identify the tools, resources, and support you need.
- Set measurable milestones and success indicators.





INTENTION: Aligning Your Vision

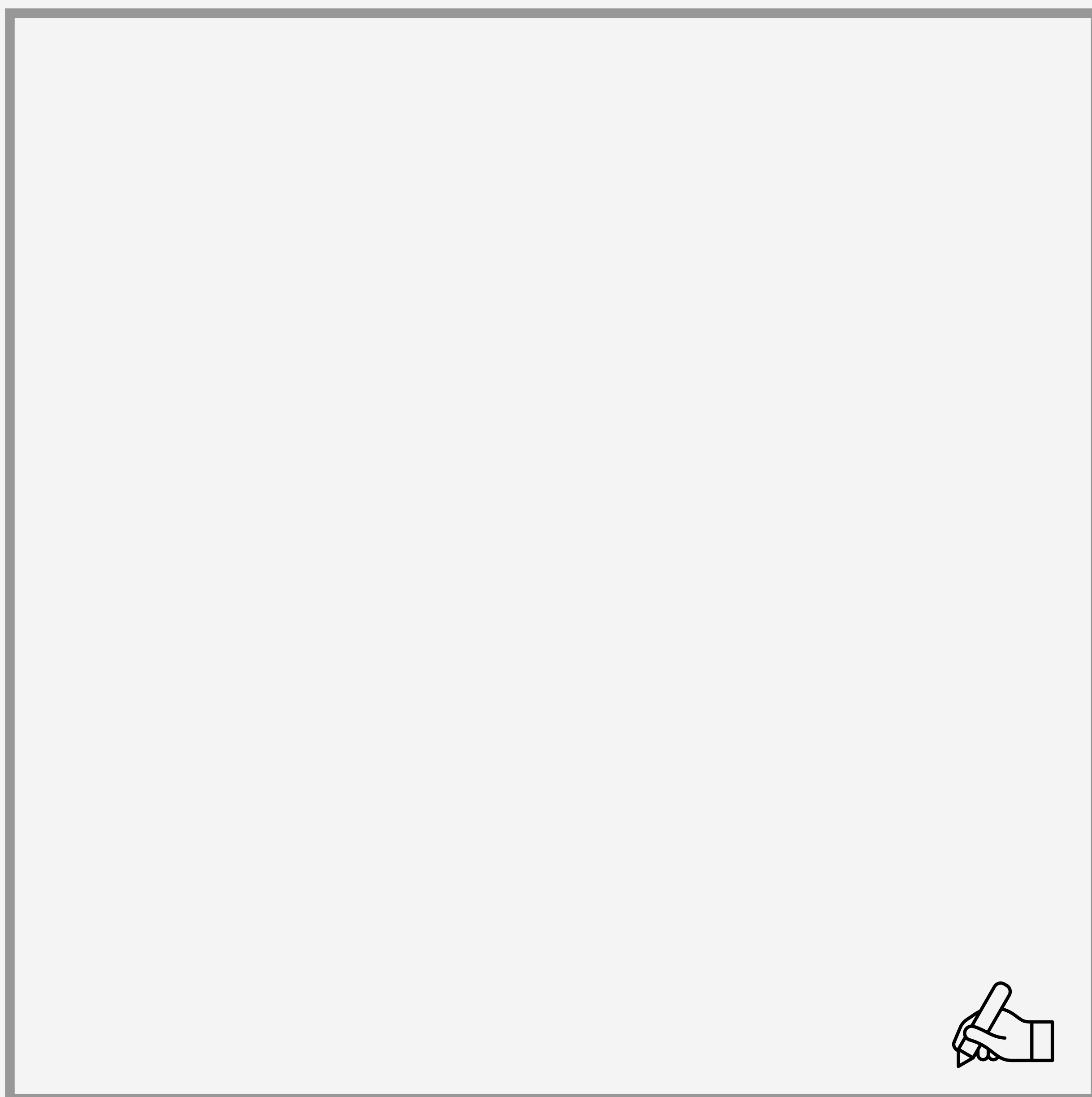
- Clarify your mission, vision, and core values.
- Ensure your goals align with your personal needs and client needs.
- Define the "why" behind your life/business decisions.





PERFORMANCE: Building Momentum

- Identify mental blocks or limiting beliefs.
- Establish success-oriented habits and routines.
- Strengthen resilience and confidence to overcome challenges.

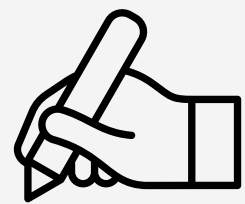




Structure

STRUCTURE: Creating Stability and Focus

- Prioritise tasks and manage your time effectively.
- Design daily/weekly routines for balance and productivity.
- Set boundaries to protect your focus and wellbeing.





Structure

Next Steps: Putting PIPS into Action

- Create some PIPS questions to help you plan and review
- Reflect on today's insights and apply them to your 2025 strategy.

PIPS - Questions

Plan

1. What is the main outcome I want to achieve this week?
2. What resources (time, tools, people) do I need to reach this outcome?
3. How will I measure my progress or success by the end of the week?

Intention

4. Why is this outcome important to me and my larger vision?
5. Which of my core values does this plan align with?
6. What do I need to believe is true to make this happen?

Performance

7. What habits or routines will support my success this week?
8. What mindset or belief do I need to strengthen for this week's challenges?
9. How will I build or maintain my confidence and discipline to stay on track?

Structure

10. What routine can I establish to prioritise my main goals this week?
11. What boundaries do I need to set to protect my focus and balance?
12. What adjustments can I make to my current strategy to streamline my efforts?

Zoe Thompson



Observations & Notes

What are your observations from completing this workshop?
What actions do you need to prioritise?
When do you want to do this by?



About Zoë



I've been where you are—working in the public sector, balancing a demanding career with the dream of building something of my own.

With over 15 years of coaching and mentoring experience, I specialise in helping individuals like you transition from secure public sector roles to successful entrepreneurship.

As an Accredited Master Coach and former senior leader in the police service, I combine practical strategies with personal insights to guide you on your journey.

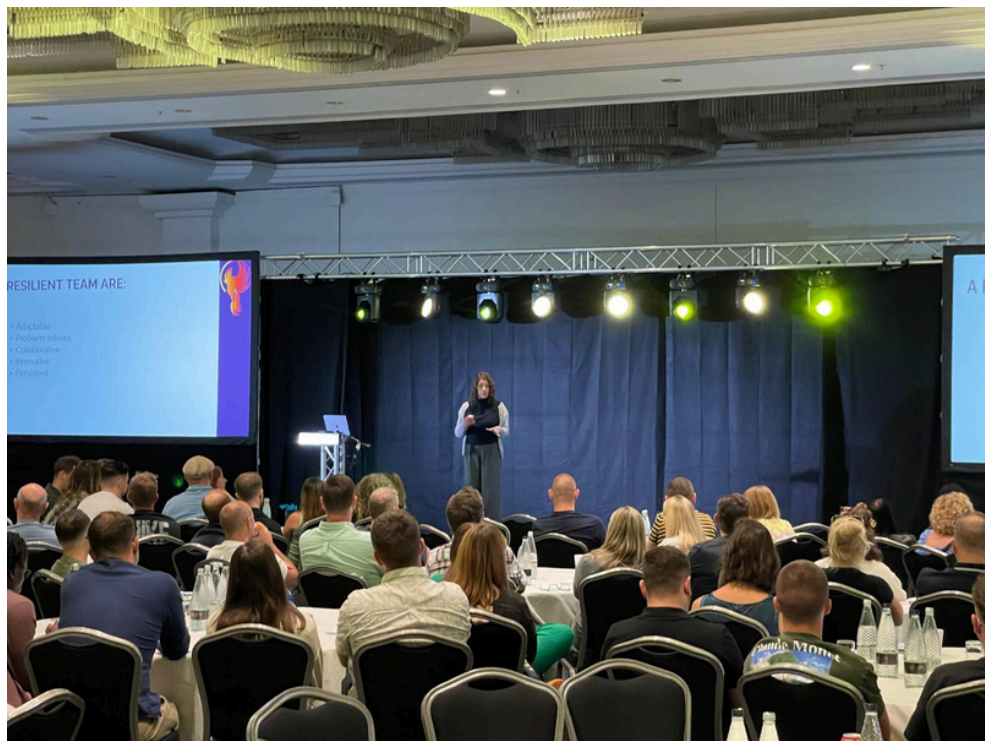
If you're ready to take your business to the next level and step into full-time self-employment, I'm here to help you make it happen.

With the right strategies and mindset shifts, you'll build a business that aligns with your values and gives you the freedom and autonomy you've been working towards.

Are you ready to take the next step?

Let's connect and explore how I can help you achieve your entrepreneurial goals.

Zoë



[Join the Facebook Group for Aspiring & New Business Owners From The Public Sector.](#)

[Book a clarity call to discuss how I can support you](#)

