

The Middle Way Method

Where Top-Down and Bottom-Up Meet in the Middle

Top-Down



Bottom-Up

Top-Down

- Big Picture
- Future Looking
- Working with Personal Values

Bottom-Up

- Accomplishing Tasks
- Processing Inputs
- Flexible Systems

The Middle-Way-Method

1. Mission and Vision Statements
2. Setting and Achieving Goals
3. Journal Keeping
4. Capturing Information
5. The Weekly Review
6. The Daily Review
7. Creating and Maintaining Systems