**Force Field Analysis – Template**

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| **1. Ask participants in a brainstorming session to list all the factors or forces in favour or against an idea. The objective is to generate as large and complete a list as possible.** |
| 1. Click or tap here to enter text. |
| 2. Click or tap here to enter text. |
| 3. Click or tap here to enter text. |
| 4. Click or tap here to enter text. |
| 5. Click or tap here to enter text. |

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| **2. Distribute or display the completed list and ask participants, individually or as a group, to assign a score to each of the items on the basis of the strength of their influence. Use a scale from 1-5, where 1 represents a weak influence and 5 a strong influence.** | |
| **Force** | **Influence score** |
| 1. | Click or tap here to enter text. |
| 2. | Click or tap here to enter text. |
| 3. | Click or tap here to enter text. |
| 4. | Click or tap here to enter text. |
| 5. | Click or tap here to enter text. |

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| **3. Evaluate the results, considering how restraining factors can be reduced or driving forces strengthened. Contemplate whether any additional positive forces can be identified.** | |
| Reduce restraining forces | Click or tap here to enter text. |
| Strengthen driving forces | Click or tap here to enter text. |
| Additional positive forces | Click or tap here to enter text. |