



STAYING ON COURSE

Date:

What is your overall goal?

<p>What is your primary goal for this session? <i>What would be your ideal scenario? What is the outcome or result you want? What issues require your attention and action?</i></p>	<p>How attractive is this goal? (circle one, 1=LOW, 10=HIGH)</p> <p style="text-align: center;"> <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 </p>
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What are your action steps towards your goal from this session?

*What will you do to move forward?
 What are your next steps? Precisely when/where will you take them?
 Who or what would support you?
 What might get in the way? How will you deal with that?
 How can you keep track of your progress?*

	Done? Yes or No	Date
1		
2		
3		
4		
5		

How confident are you of achieving your action steps?

(circle one, 1=LOW, 10=HIGH)

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

What would make you more confident?