

GOAL setting (SPECIFY) Start with your goal in mind:

Sensory Specific

- What date/time do you intend to have this outcome by?
- Put yourself in the position of having it.
- What do you see/hear/feel when you have it?

Positive Language. (if stated negatively)

- If you don't have that what will you have?

Ecological

- What will you gain if you have this outcome?
- What will you lose if you have this outcome?
- What situations do you want this outcome in?
- Are there any situations you do not want it to affect?

Choice increases with this goal?

- Does this outcome increase your choices?

Initiated by self

- What do you personally need to do to achieve this?

First Step identified and achievable

- What is your first step?

Your resources Identified.

- What resources do you have to achieve this outcome?

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