

What is my REASON WHY?

What are my GOALS?

My key roles

My key relationships

Plus

Pluses
Positives

Minus

Downsides
Negatives

Interesting

Try asking...
What if...?
Perhaps...?
Could I...?
Might we...?
I wonder...?
How about?
Maybe...?
Who might...?
How might we possibly...?
What if we looked at it this way...?
Alternatively we could...?

My weekly planner

Week commencing

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY & SUNDAY

Involving others

Who?

Other Peoples Views?

Weekly review:

Any learning?

I'm grateful for...