



**Positive  
Evidence  
Context  
Self achievable  
Advantages & Disadvantages  
Worthwhile**

<p>What do you want?</p>	
<p><i>How will I recognise when you have this? How will you know when you have this?</i></p>	
<p><i>Where and when do you want to have this resource? Where and when do you not want this resource?</i></p>	
<p><i>What resources do you need to be able to achieve this? What do you need to do to achieve this? Is this something which you, yourself, can achieve? Or does it require that OTHER people behave in a certain way?</i></p>	
<p><i>What are the advantages of making this change? What are the disadvantages of making this change? What will achieving this lose you? Become?</i></p>	
<p><i>What's important to you about getting this? What will this outcome help you <u>avoid</u> feeling? What is the benefit of this outcome?</i></p>	