

# SOARS CHEAT SHEET

## Questions to help set/narrow goals:

- What would you like to be different?
- What, if anything, would you like to work on?
- Based on what we talked about today, what would you consider a personal goal?
- What specifically would you like to see change?
- What would you like to have more of? Less of?
- What do you see as the first change?

## Questions to help sort options:

- How might you go about doing this?
- What have you considered doing?
- What's worked for you before?
- What have you heard other people do?
- Techniques (E.P.E./Offer a Concern, Suggest an Experiment)

## Questions to help arrive at a plan:

- What will you do first?
- What specific steps will need to be taken?
- What's your plan?
- How will you know when it's time to implement this strategy?
- Who might support you in this process?
- What might get in the way?