

SELF SOARING

Set/narrow a personal goal:

- What would you like to be different?
- What, if anything, would you like to work on?
- 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?

Sort your 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?
- What kind of experiment could you do (e.g. trying the change for a week)?

Arrive on a plan:

- What's your plan?
- What will you do first?
- What specific steps will need to be taken?
- Who might support you in this process?
- What might get in the way?