1 - GOAL

🚀 What do you want to get out of our conversation today? *(have the client set their intention)*

2 - REALITY

🔍 What's currently getting in the way of you achieving this goal? *(explore all possibilities)*

3 - OPTIONS

💡 What steps would move you closer to your desired goal? *(explore all possibilities)*

4 - WAY FORWARD

👍 What step(s) do you want to commit to taking?

When will you complete these steps?

What resources and/or support do you need?

How will you feel when you achieve this goal?