





Name of Client: \_\_\_\_\_

Date: \_\_\_\_\_


## 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?

\_\_\_\_\_