

My 4 Steps

Fill in this section of the booklet with your work coach. Look at what you want to do and how you can do it.

Step 1 – Want (This means ‘what would you like to happen’)

This should be something that is important to you, that you really care about or are excited to do. It should be something that is not too easy, but still something you think you can do.

Write your response in the box below.



Step 2 – Outcome (This means ‘what do you believe can happen’)

This is about how you would feel (for example, excited, proud or happy) or what you would be able to do if you get what you want in Step 1.

Take a moment to imagine how you would feel.


Write your response in the box below.



Step 3 – Obstacle (This means ‘what is stopping you’)

This is about what is stopping you from getting what you want in Step 1. It's something within you that you have some control over, and you're able to do something about it, even though it is difficult. It could be a habit, something you believe in, or a feeling you have.


Write your response in the box below.

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Step 4 – Plan (This means ‘what you are going to do’)

This should be something that helps you get over the obstacle in Step 3. Your plan should be something that you can do, and that you believe will be helpful to you.

Write your response in the box below.

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