

My 4 Steps

What are My 4 Steps?

One of the side effects of having a disability, illness or health condition, can be loss of confidence and motivation.

My 4 Steps can help you identify steps and plans to achieve the things you'd like to do.

You and your Work Coach can fill in **My 4 Steps** now and you can do more yourself later.

You can ask a friend, family member or carer to help you.

Let's now look at **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 answer here:

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 answer here:

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.

Take a moment to imagine what is stopping you.

Write your answer here:

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 answer here:

Write down your answers from your **Obstacle** in **Step 3** and from your **Plan** in **Step 4**.

Obstacle from Step 3

Plan from Step 4

If

then