



# Goal

Connect to the energy of an inspiring goal to increase self-motivation and commitment.

Ask: **"What do you (really) want?"**

Tip: Partnership (not "pulling" / "pushing")

# Reality

Explore current situation and inner thoughts to generate greater clarity and self-awareness.

Ask: **"Where are you now?"**

Tip: Curiosity (no blame)

# Options

List and sort all the possibilities and strengths to increase creativity, choice and self-belief.

Ask: **"What could you do?"**

Tip: Brainstorming (not advising)

# Will

Define actions, set accountability and feedback to create the conditions for continuous learning.

Ask: **"What will you do?"**

Tip: Checking in (not checking up)

