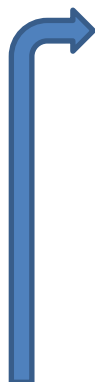


5. What is standing in your way?

What feelings, situations, convictions, thoughts and/or dragons are standing in your way?
Why haven't you reached your goal already?



PE STOK



De Wortel

3. How do you feel when you do nothing?
What is it that you NOT want to be? What is it that you not want to achieve?

4. Start situation
How do you feel right now? Do you feel excited to start? Can you start already or is there something standing in your way?

7. Your first (tiny) step
What move do you make first? When do you make your first move? Where?

8. Make a planning and evaluate every now and then your progress
- what are your subgoals?
- make a planning in detail for your first subgoal.
- evaluate regularly and make adaptations to your planning if necessary

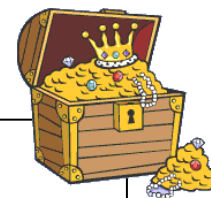
1. Aim, target
What do you want to achieve? Express your goal SMARTI:
GOAL SETTING
Specific
Measurable
Achievable
Realistic
Timely

2. Values / Sequitor
Why do you want to achieve this goal? What values are so important to you?



6. Who or what can help you reaching your goal?

6a. What talents, strengths can you use?



6b. What do you really need reaching your goal?

6c. What feelings, situations, persons, convictions, thoughts and/or things can help you to stick to your plans and to reach your goal?

How to use?

Start with step 1, START and answer the questions in your own way(s).

No answer is wrong or right. However you can answer in a short way or take your time to formulate your answer as fully and precise as possible.

Continue with steps 2 to 8.

This model is based on the NeuroLinguistic Outcome Model.