

1. Personal motivation : Do I want to? Am I motivated? ___ Y / N _____

Notes

2. Ability : Can I do it? Do I have? Practical skills (interpersonal, practical (applying for jobs etc), health (good nutrition, stress reduction)

Details here:

3. Social: Motivation of friends / buddies (list friends who are supportive and friends that might need to be avoided for a while)

Details here:

4. Coach : Give you support, skills, motivation, learning space, safe place for sharing journey

Details here:

5. Incentives and rewards : Milestones, treats, Write down rewards plan!

Details here:

6. Environment : home, work, community

Details here:

Turn difficult days into learning

Analyse and readjust. Build resilience. Details here of what might be learned from past attempts or current / recent setbacks
