**CLIENT WORKSHEET**

1. Personal motivation : Do I want to? Am I motivated?\_\_\_Y / N\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Details here:**

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1. Ability : Can I do it? Do I have the skills (i.e interpersonal), practical (applying for jobs etc), health (how to get good nutrition, stress reduction etc)

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

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

What they need from a coach

**Details here:**

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

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6.Environment : home, work, community

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**Key Moments**

**What are the key moments in your day / week that are most risky for you?**

Write down times, places, people etc

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**Key behaviours / possible key behaviours**

Make a list of the ones that can be used / tried at the key moments above (i.e call coach/friend

/use a structure, arrange change to the behaviour circumstances, eat, drink, music, walk etc.)

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**Turn difficult days into learning**

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

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