

CLIENT WORKSHEET

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

Details here:

2. 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)

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
What they need from a coach

Details here:

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

Details here:

6. Environment : home, work, community

Details here:

Key Moments

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

Write down times, places, people etc

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.)

Turn difficult days into learning

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