



## Goals for change

What is the most important thing for me to work on changing right now?

**Goal:**

What would be my steps for making that change?

**Step 1:**

**Step 2:**

What is another important thing for me to work on changing right now?

**Goal:**

What would be my steps for making that change?

**Step 1:**

**Step 2:**

## Yarning about clients

What are my main client worries?

Are there any clients I need to talk about today?

YES  NO

What steps can I take to help them?

Do I need to do something right away?

YES  NO

What do I need to do?

### Reasons to change

- >> Family
- >> Learning

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### Helping you change

Who will help?

What will they do to help?

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How far along the road am I?

>> Made the change  
**Your GOAL**

>> Planning to make the change  
**STEP 3**

>> Thinking about making the change  
**STEP 2**

>> Not yet making the change  
**STEP 1**

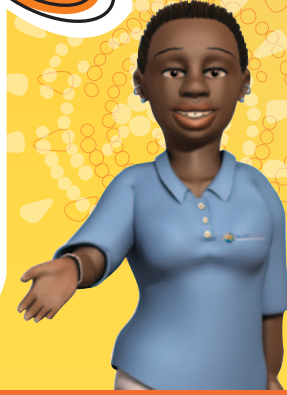


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# Yarning about Work

Name: \_\_\_\_\_



Who to see

Name: .....

Health Centre: .....

Date: .....

Supervisor: .....

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