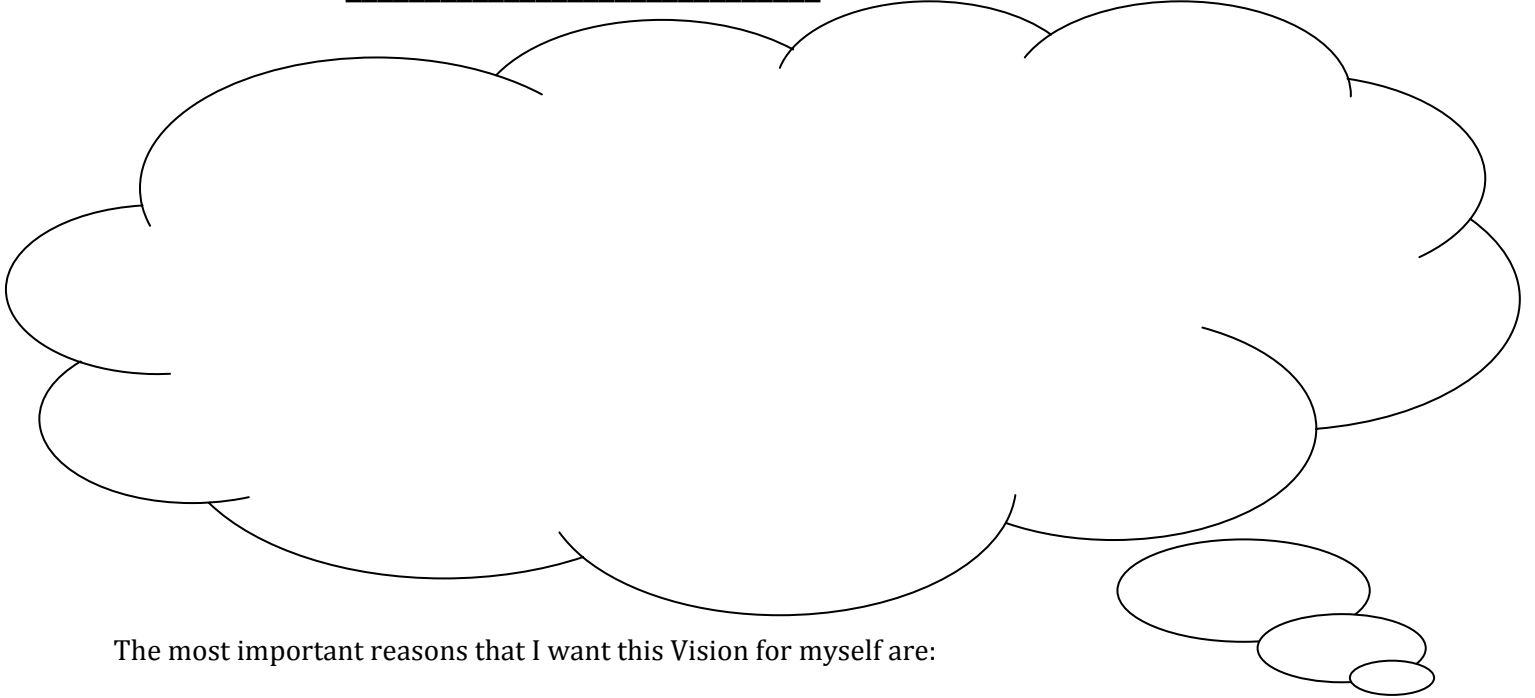


_____ 's Vision of Best Self



The most important reasons that I want this Vision for myself are:

Strengths that I already possess that will help me realize my vision:

Other people could help with change in these ways:

Person

Possible ways to help

These are some possible obstacles to change, and how I could handle them:

Possible obstacle to change

How to respond

My level of motivation related to achieving my Vision:

0 = not motivated

5 = somewhat motivated

10 = extremely motivated

0 1 2 3 4 5 6 7 8 9 10

Goals that will help me reach my Best Self

My 3-month goals:

My short-term goals:

Strategies:

Confidence Level
(see below)

My level of confidence in my ability to achieve my goals:

0 = not confident

5 = somewhat confident

10 = extremely confident

0 1 2 3 4 5 6 7 8 9 10

