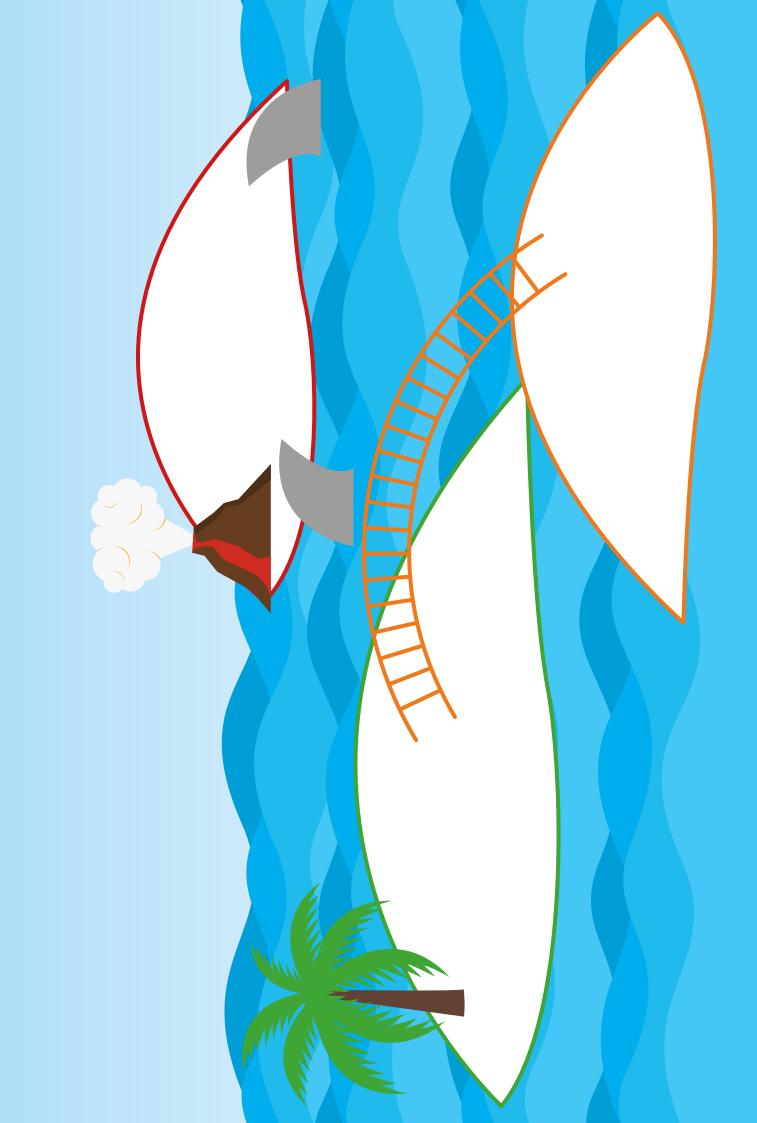
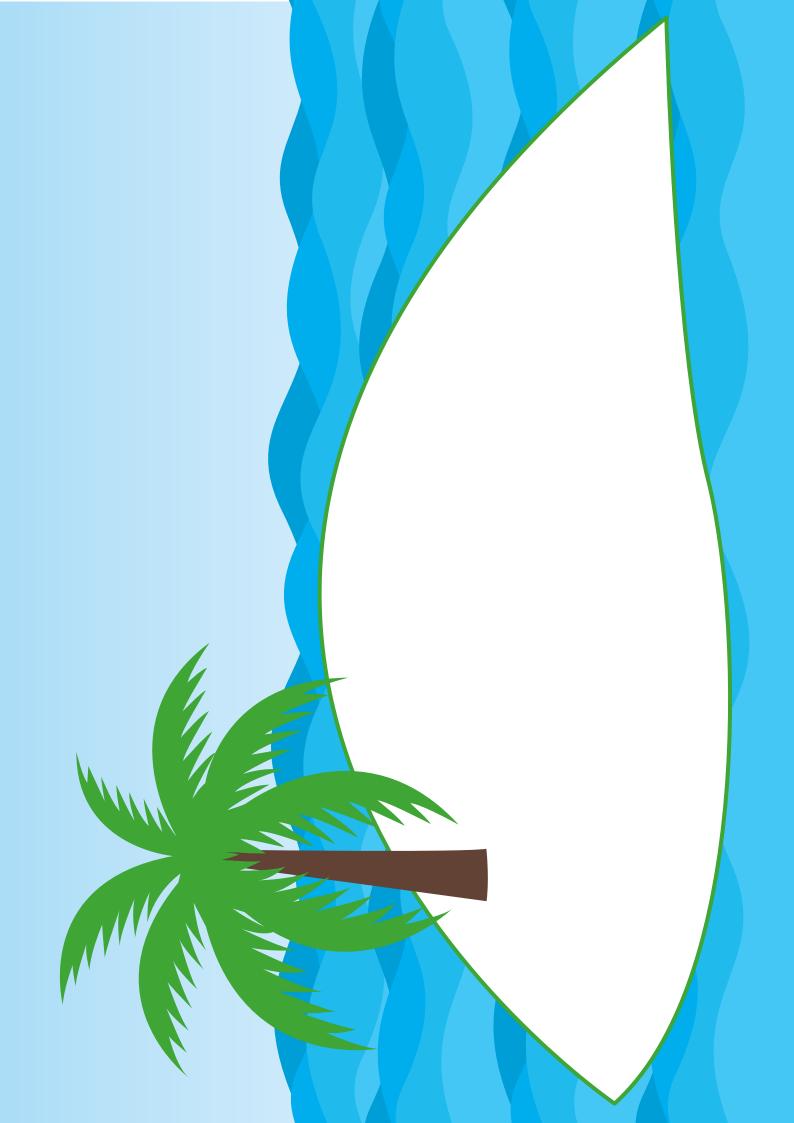


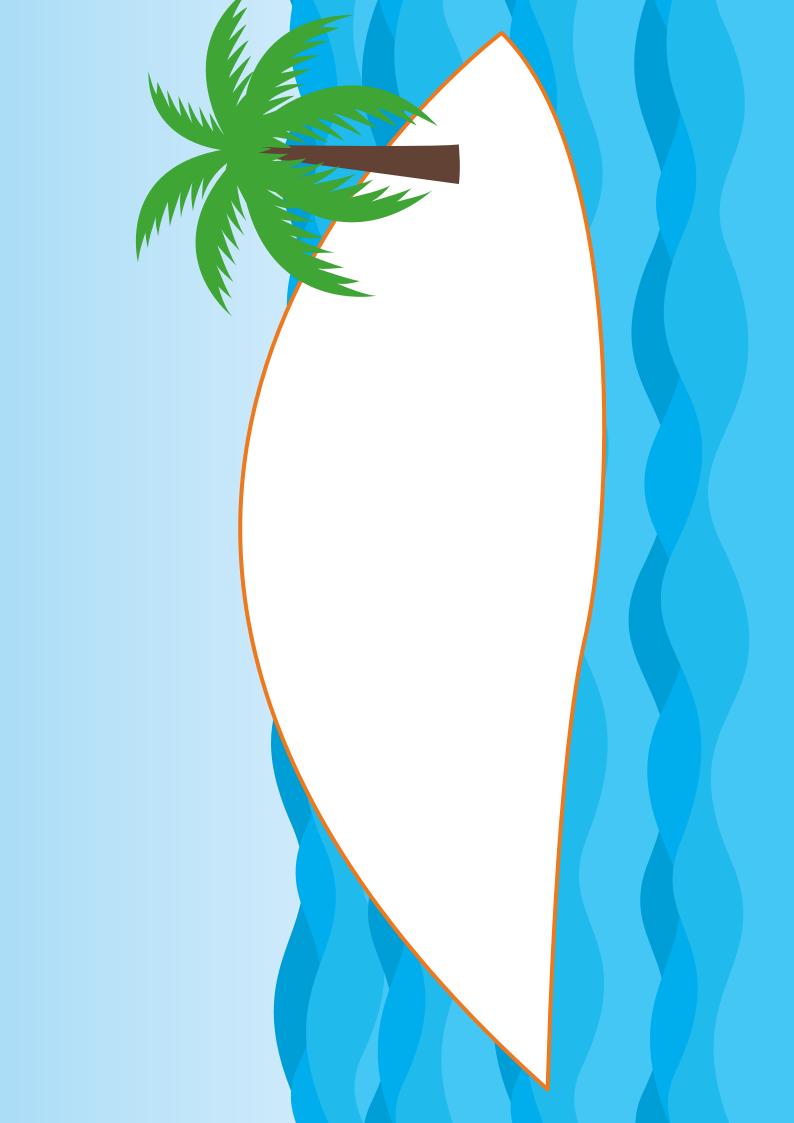
My Life, My Journey

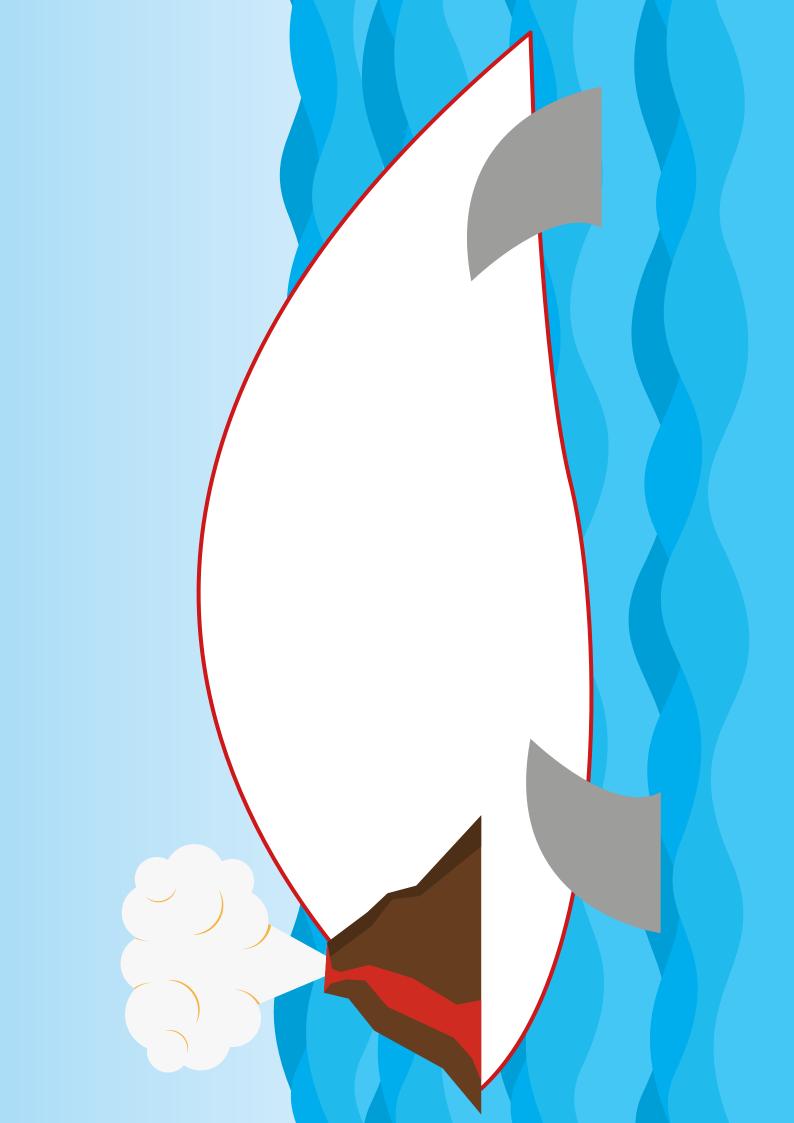
3 Islands

Name	•••••	•••••	•••••	•••••	•••••	•••••
Age	•••••			•••••	• • • • • • • • • • • •	
Today's	s Date	•••••	•••••	•••••		•••••









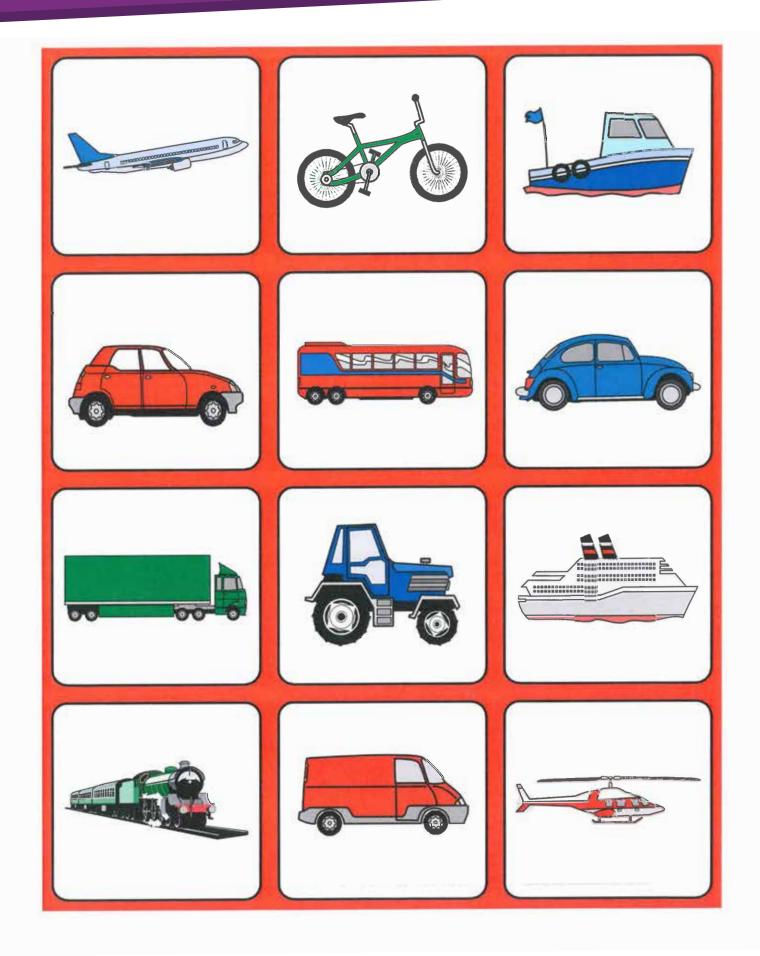
Conversation Summary

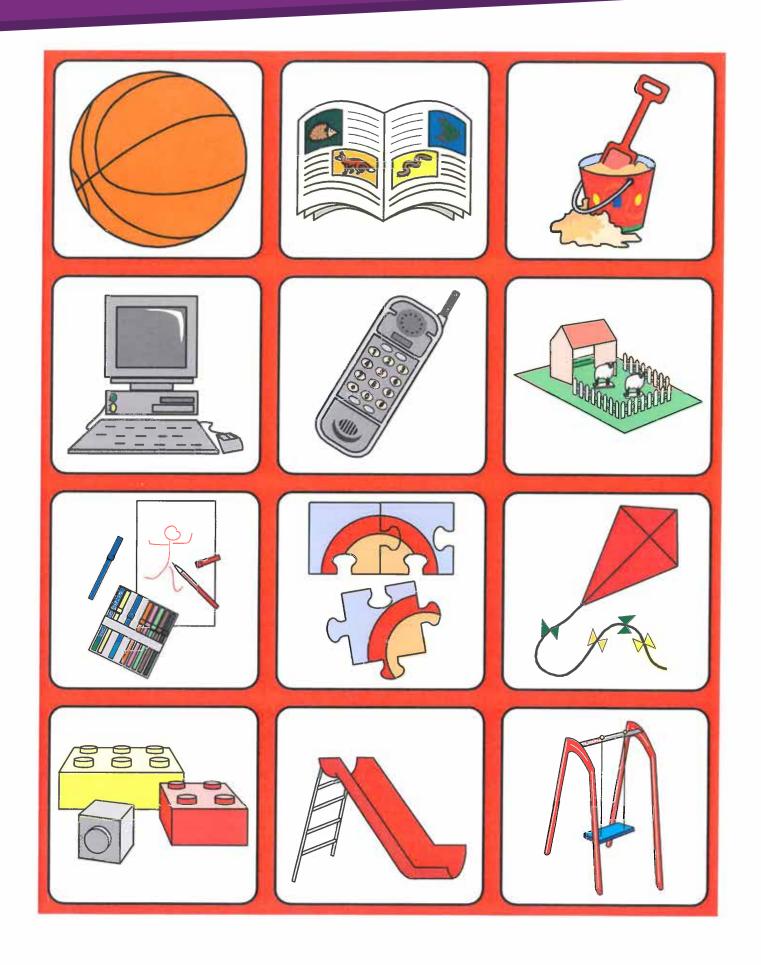
Island of what you want (anything you want)

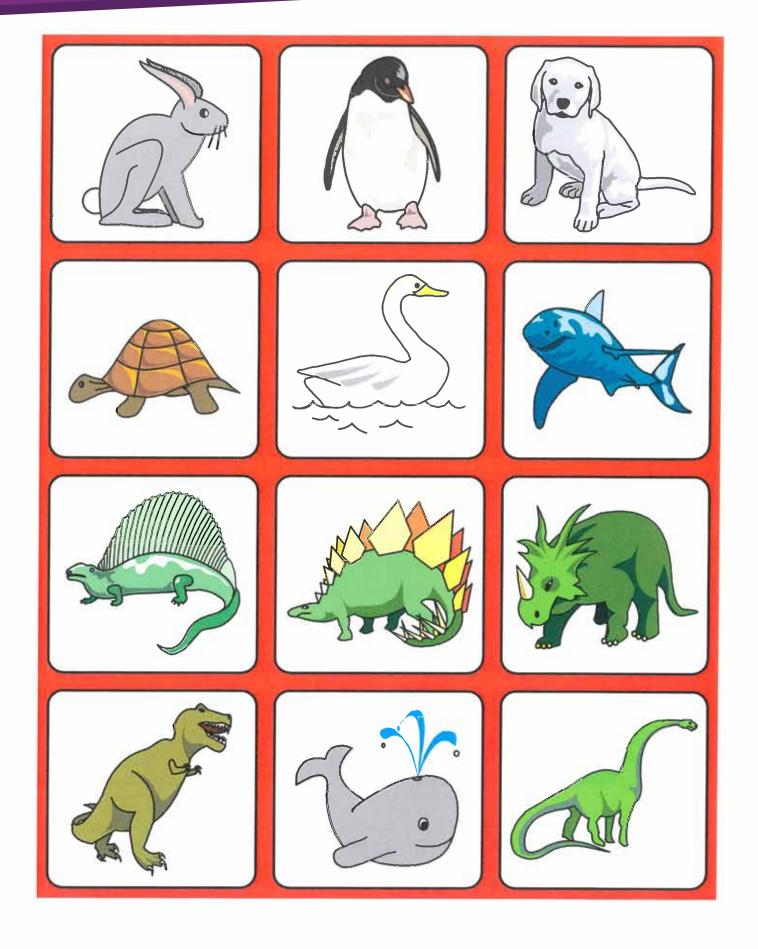
Island of what you sometimes want (anything you sometimes want... but not all the time)

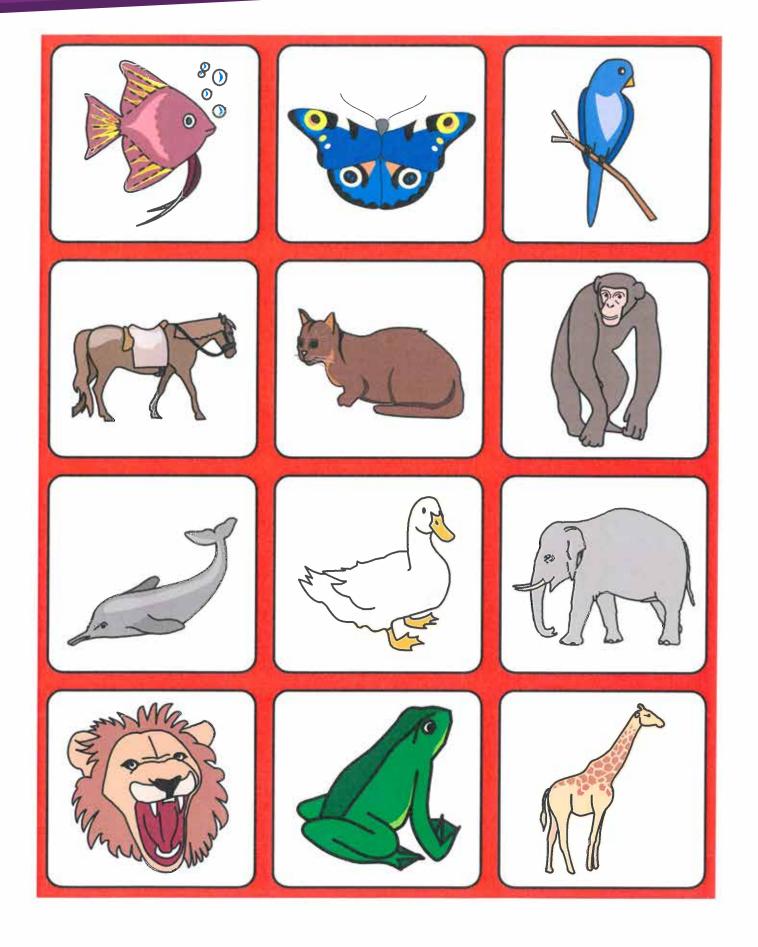
Island of what you do not want (anything you want to be far away from you and never see again)

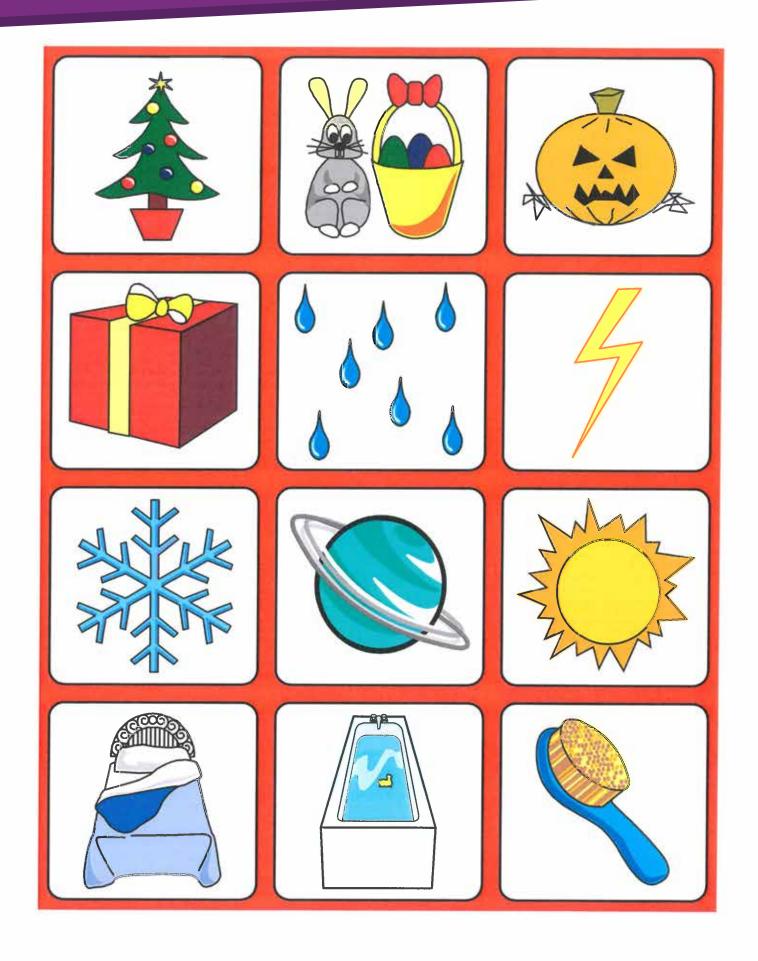
Date

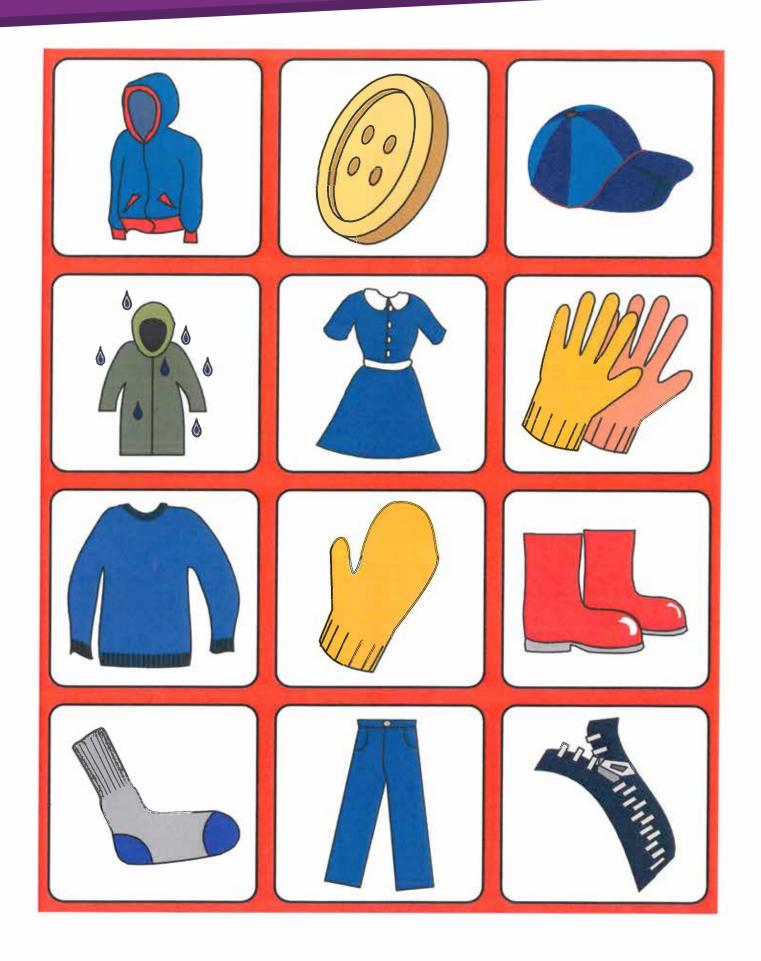


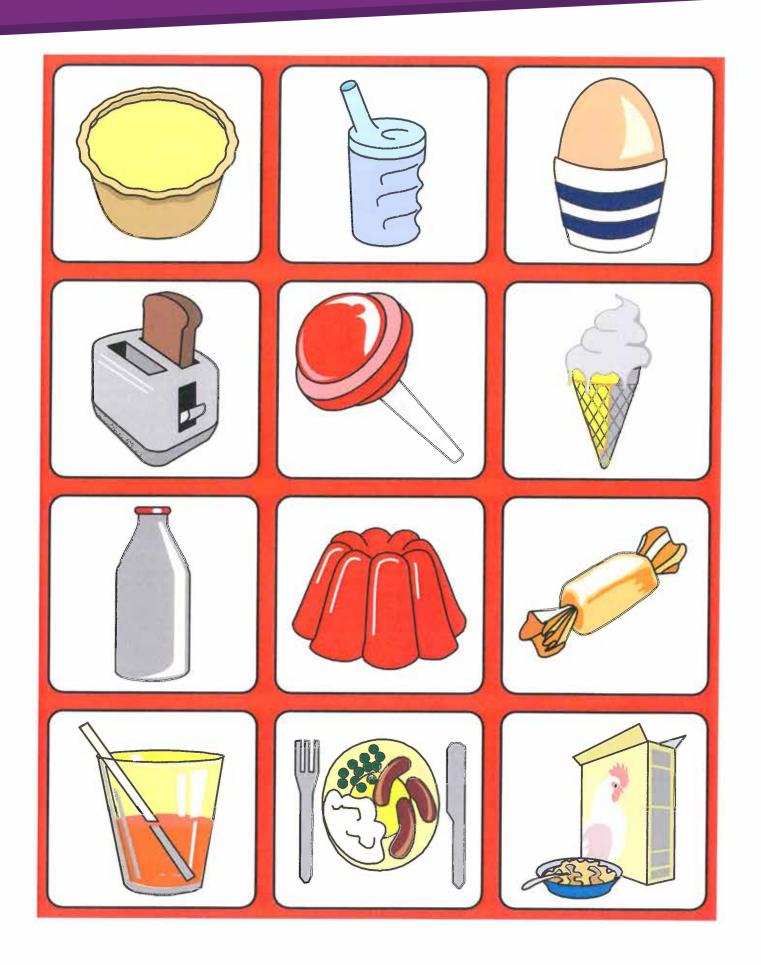


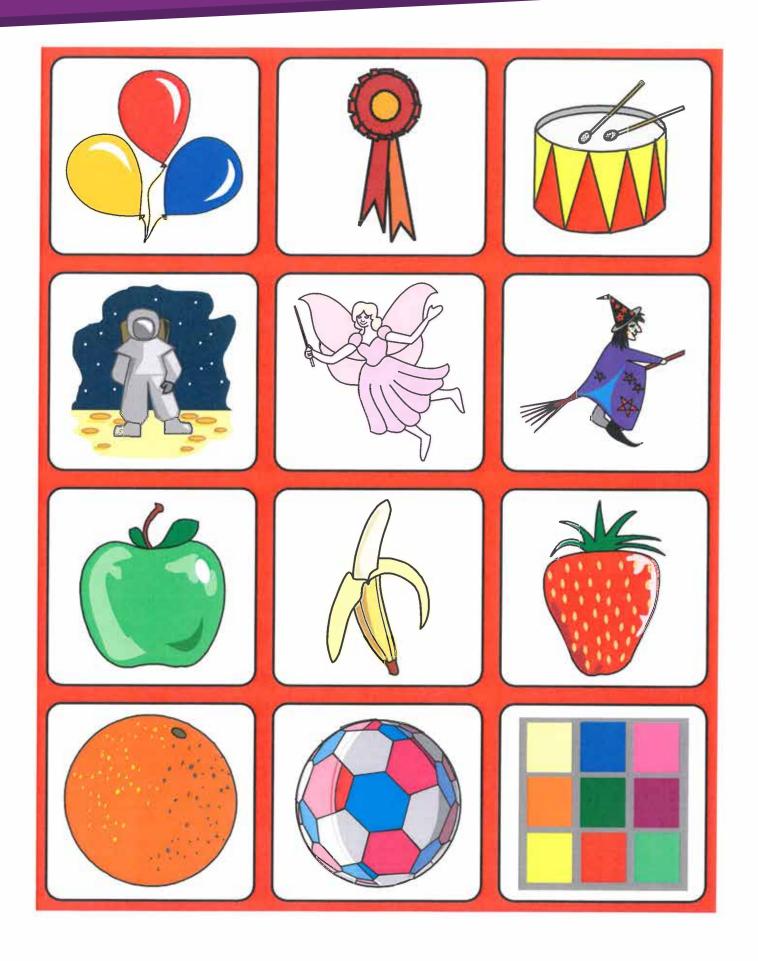


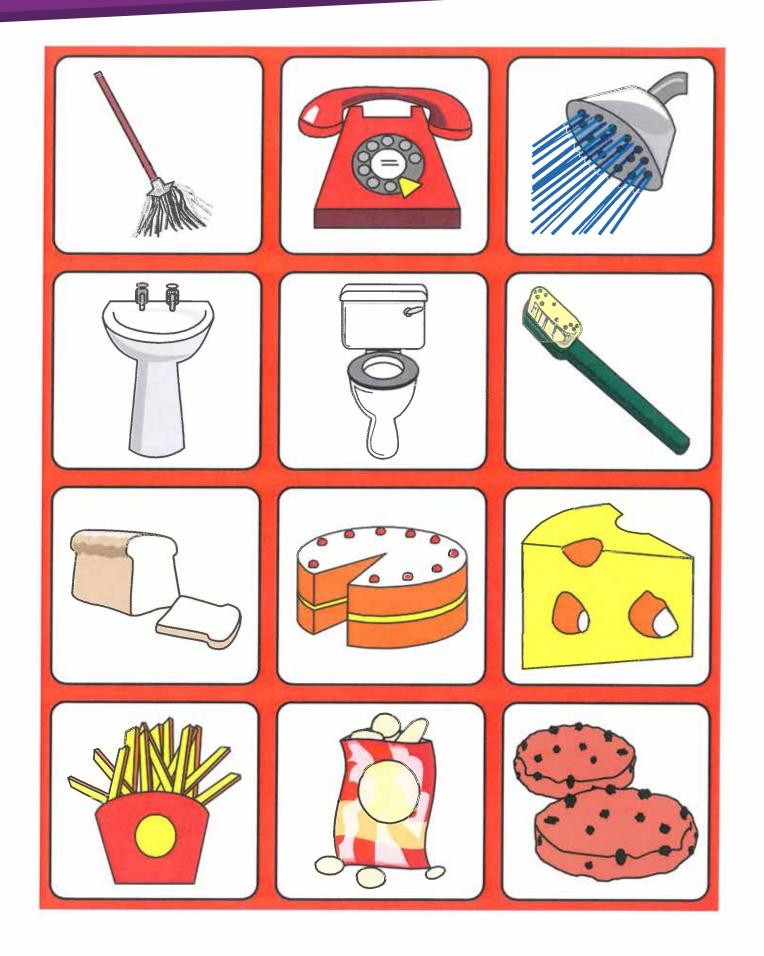












Action Plan



Name

When would you like it to start?		
Who is going to help you?	night help?	
How is it going to help you?	What else might help?	
What is going to help you?		

Review



Name

/ons	Not at all	
How much has it helped you?	A little	
How	A lot	