**A close-up of logos

Description automatically generatedYour plan**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date:** | | | |  |  | **Your appointment was with:** | | | |
|  | | | |  |  |  | | | |
|  | | | | | | | | | |
| **We talked about:** | | | | | | | | | |
|  | | | | | | | | | |
|  | | | | | | | | | |
| **My goals** | | | |  |  | **My actions** | | | |
| **What do you want to do?** | | | |  |  | **What exactly are you going to do?** | | | |
| **What might be difficult?** | | | |  |  | **What will help you?** | | | |
| **How important is it to you?** | | | |  |  | **How confident do you feel?** | | | |
| Thumbs Down with solid fill | Quite important | | Thumbs up sign with solid fill |  |  | Thumbs Down with solid fill  Not important | Quite important | | Thumbs up sign with solid fill  Very important |
| Not important | Very important |
|  | |  | |  |  | | |  | |
| **Review** | | | | | | | | | |
| **When: Where:** | | | | | | | | | |