Stephan's Refocusing Exercise

MY VALUES:

IDEAS
Stephan's examples:
- Taking the dog for a walk
- Cycling
- Going out for coffee
- Learning how to stand
- Learning how to sit in a wheelchair
- Building a new career

REALITY FILTER
Stephan's examples:
- Physical and mental health
- Environment
- Relationships
- Financial circumstances
- Time

SHORTLIST
The aim is not to have too many goals at the beginning but rather focussing on the one goal that is either going to set in motion the path towards the others being achieved or the one thing that will bring the most elation when completed.

For example, I wanted to learn to cycle the most but for me to get cycling the first thing I had to do was learn to wear my walking legs so I can get used to prosthetics making the fitting of my walking legs the first goal. This was also the catalyst for me gaining more independence, going to the beach, taking the dogs for a walk etc.

GOAL

1. Who will I need to ask to help me with this?

2. What will I need to achieve this?

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THE DRIVE PROJECT

MY VALUES:

IDEAS

REALITY FILTER

SHORTLIST

GOAL