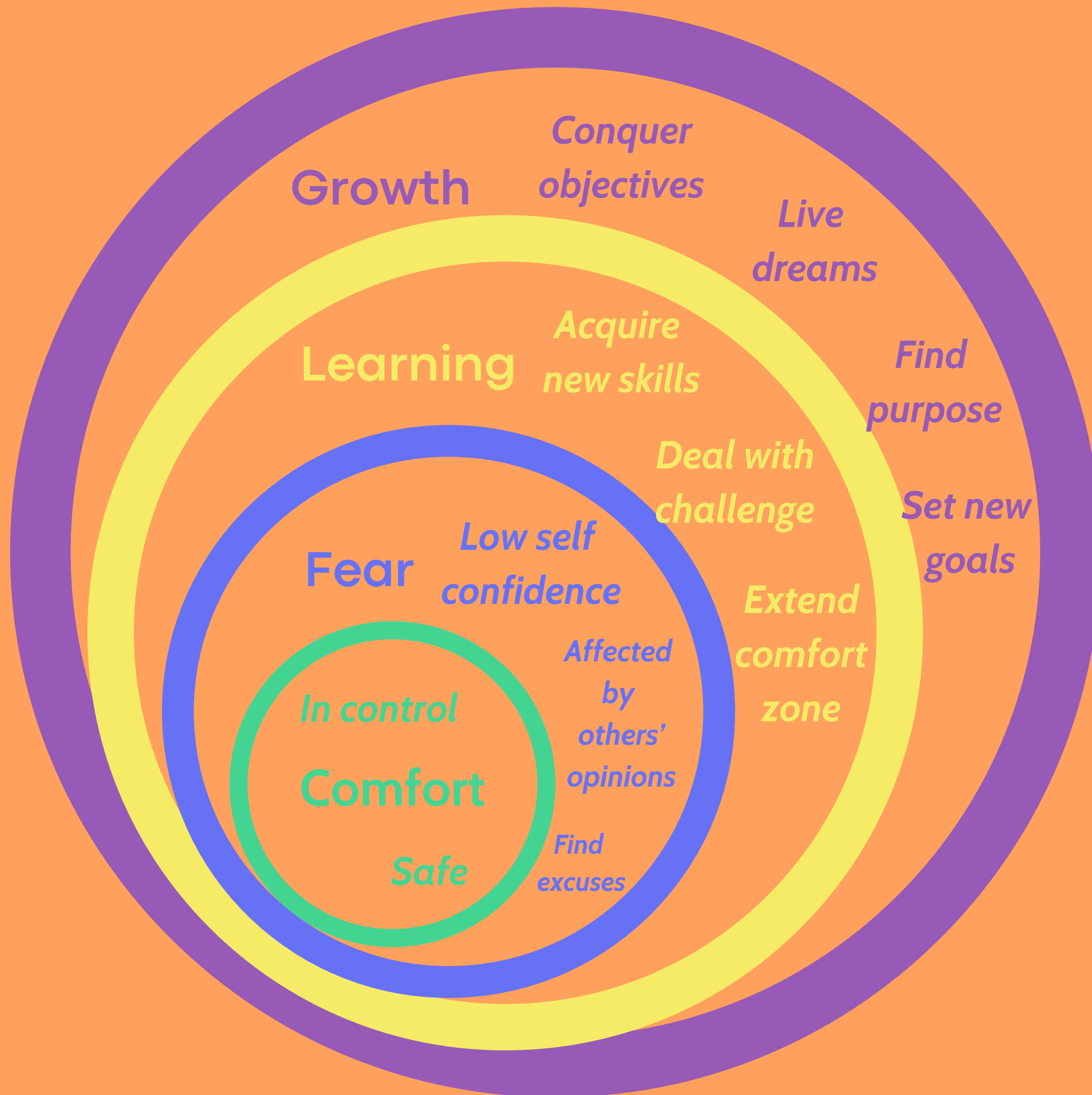


# Qualities & Strengths



## Confidence ●

Careful, precise, facts and logic, knowing, curious , questioning, open, learning

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## Efficient ●

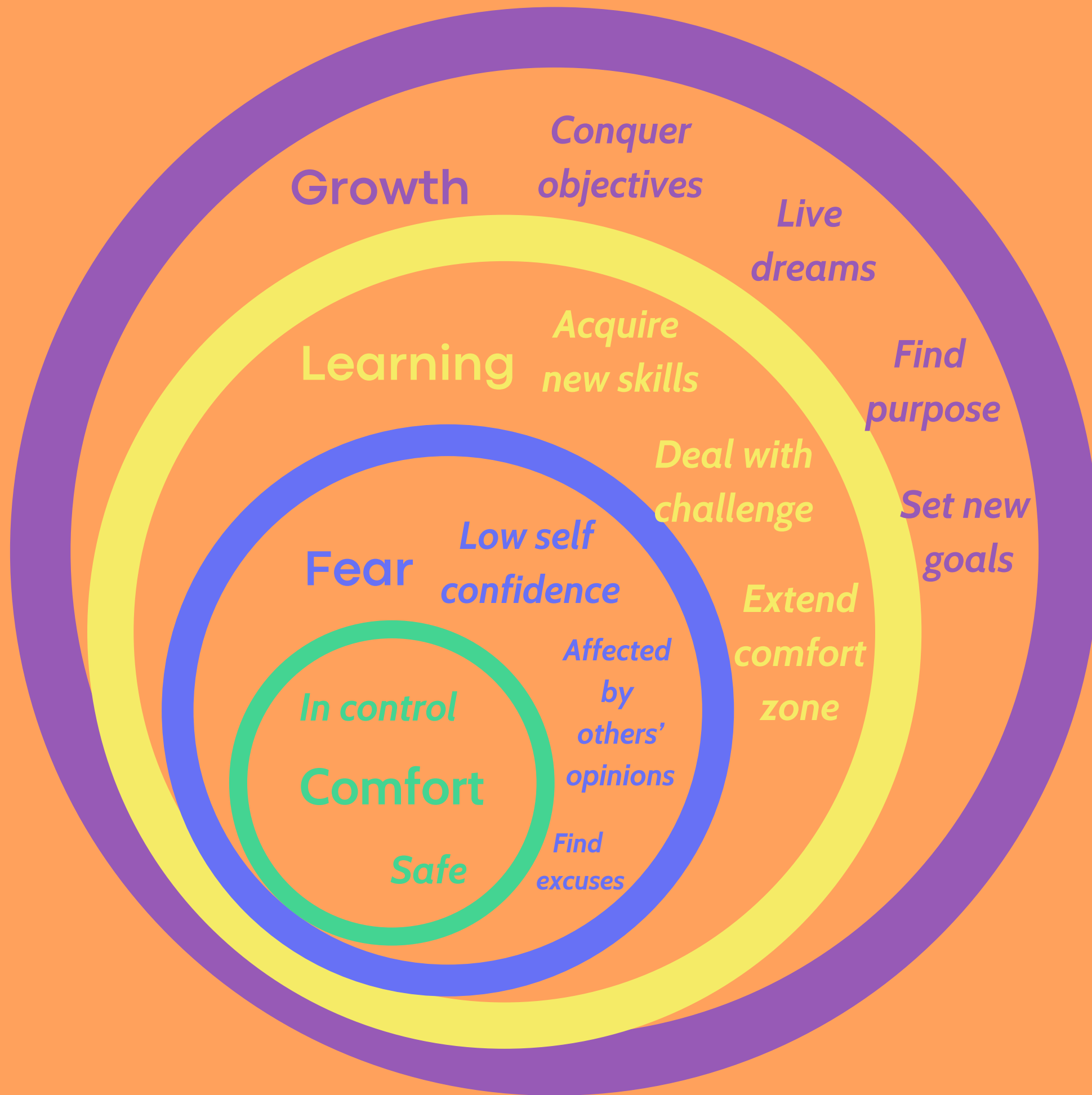
Set priorities and prioritise, calm and measured

---

## Moral code ●

Code of conduct, decorum, compassionate, resilient

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# My Qualities & Strengths

1. \_\_\_\_\_ ●

\_\_\_\_\_

2. \_\_\_\_\_ ●

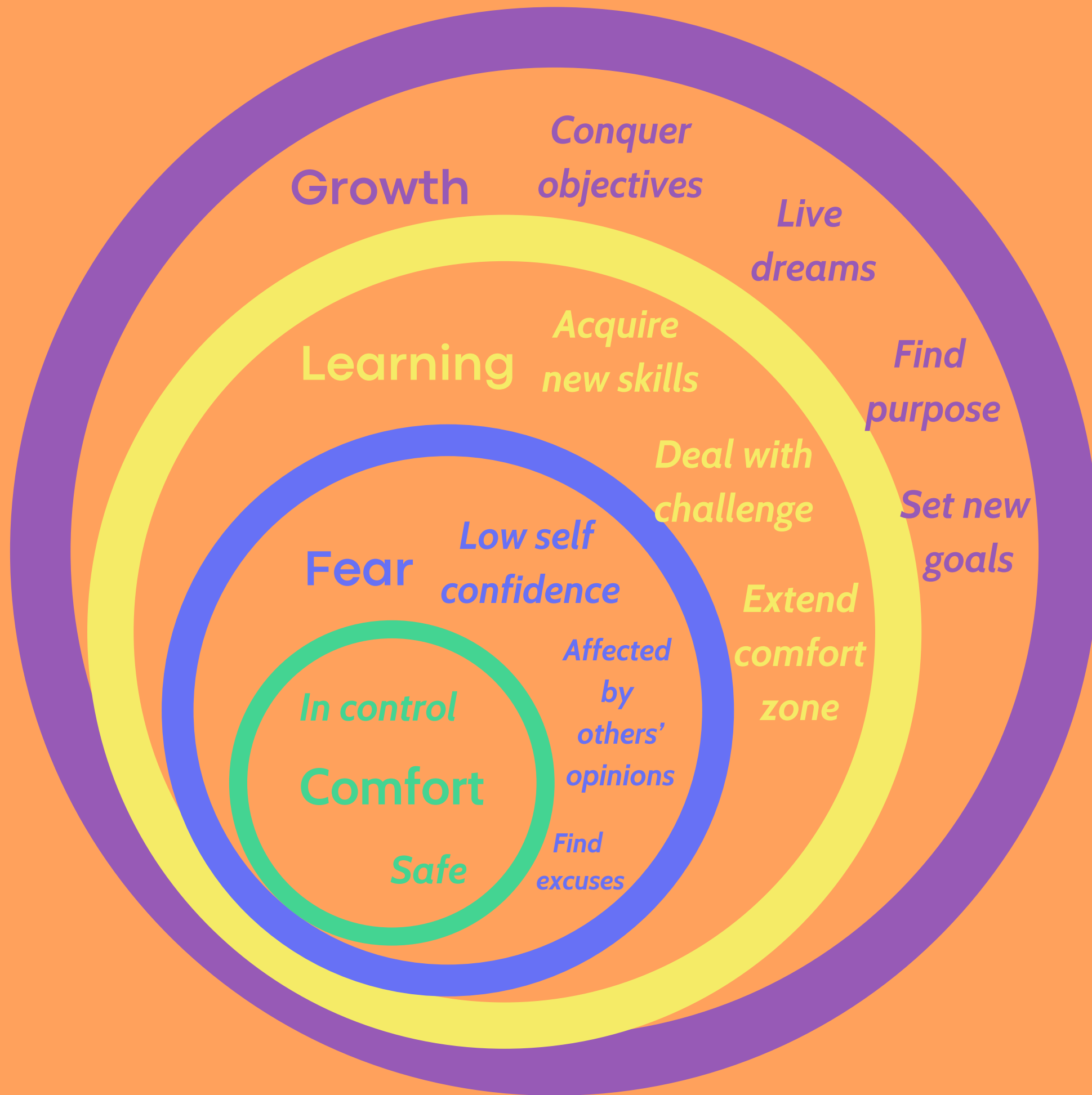
\_\_\_\_\_

3. \_\_\_\_\_ ●

\_\_\_\_\_

4. \_\_\_\_\_ ●

\_\_\_\_\_



# Zone Descriptors

Note what each zone looks like for you

**Comfort Zone** ●

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**Fear Zone** ●

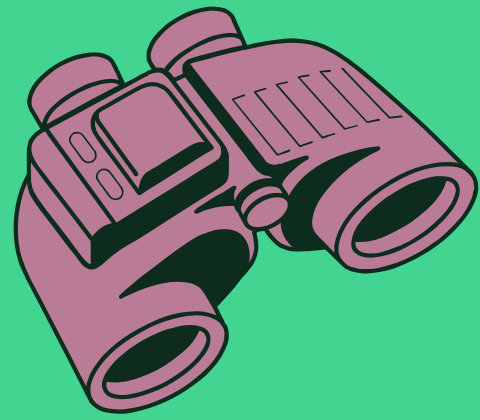
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**Learning Zone** ●

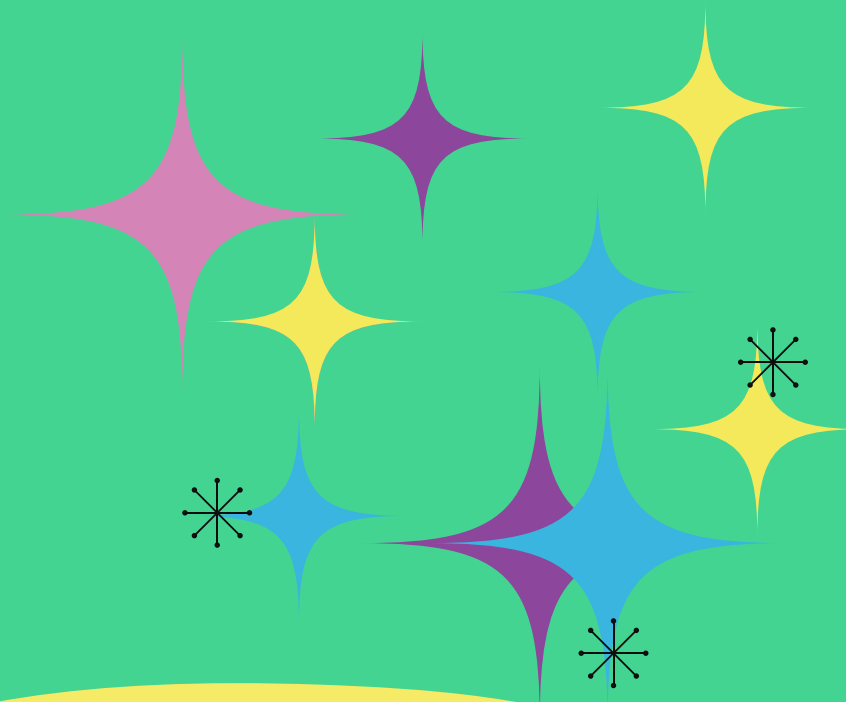
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**Growth Zone** ●

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# Preferred Future



Five aspects to consider when defining your preferred future

## Positive

Define what you want to have rather than what there would be an absence of i.e.

I'd be less anxious → I'd be calm, at ease

## Concrete & observable

Transform feelings into actions.

Be more confident → Say no to my boss

## Detailed

Descriptions help make goals realistic.

Be present with family →

Go with kids to park, see them smile, feel good

## Multi-perspectival

If it can be seen by others, what would they see?

Confidence → Good posture, chin up, eye contact, smiling, chatting with others

## Interactional

How would interactions with others change?

Being present → Affection through hugs; listening, asking questions about my day

