

## Chart Your Personal Course

(This form should be used if seeking Individual counseling)

*Aimless wandering can be an enjoyable and sometimes profitable activity; however, if you want to accomplish something, you'll probably find that it's best not to count on serendipity to save the day. Pilots are required to file a flight plan before taking off. Lenders require a business plan before they lend money. If you haven't defined goals for your personal life recently, you may find this exercise helpful in getting you started making the changes you are looking for.*

1. Describe 3 things you would like to work on in counseling.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. When you are finished with counseling, what do you hope will be different about you?

---

---

---

3. What might be the first and smallest sign that change is beginning?

---

---

---

4. When you notice that first change, what can you do to keep the ball rolling?

---

---

---