

2 DEFINE - My most important outcome

By the end of this week, I want to be able to...

1 OWN - Outside my control

Name the barrier without staying inside it.

OWN - My next action

What useful step remains available to me?

3 PRIORITISE - My three important actions

1

2

3

4 COOPERATE - A fair result

What does each person need to contribute?

5 LISTEN - Understand first

Whose feedback or viewpoint should I hear?

6 COMBINE - Strengths we can use

My useful strength: _____

Another person's strength: _____

How we will combine them: _____

7 RENEW - Protect the learner

☐ Body: sleep, movement or nourishment☐ Mind: reading, practice or reflection☐ Relationships: supportive connection☐ Values: quiet, faith or personal meaning

REVIEW

What worked? _____

What will I change next week? _____