Question to support initial meeting and facilitate target setting.

**GOAL**:

* What do you want to achieve overall?
* What can we do in this session/ following sessions to help you work towards your goal?
* What will you have at the end of this session that you did not have before?
* What do you want to achieve long term?
* What does success look like?
* How much personal control or influence do you have over your goal?
* When do you want to achieve it by?
* Is it positive, challenging and attainable?
* How will you know when you have achieved it?

**REALITY**:

* What happens now?
* What is involved?
* How is this affecting you?
* What are you noticing about this?
* How do you feel about this?
* When things aren’t going well, how do you react?
* What have you done about this so far?
* What results did it produce?
* What is holding you back?

**OPTIONS**:

* What options do you have?
* What else could you do?
* If you could do ANYTHING about this then what would it be?
* Who can help you with this?

**WRAP UP:**

* Which options did you choose?
* To what extent did this help meet your goal?
* How are you going to start and finish each target set?
* Who needs to know what your plans are?
* What support do you need from them?
* How will you gain that support?