

G Goal	What do you want to achieve?	What would achieving this lead to long term?	When would you like to achieve this by?	What would you prefer?	What would it look / sound / feel like?	What excites you about this goal?
	How will you know when you have achieved it?	How far and how detailed do you expect to get in this session?	In the long term what is your goal related to this issue?	What form of outcome are you seeking by the end of this session?	In the long term what is your goal related to this issue?	What is the time frame?
R Reality	What is the current position? (how are things now)	What things hold you back from getting to your goal?	What have you tried?	What are the problems this is causing?	What resources do you need right now?	Look back at the goal; is this what you really want?
	Who else has control over this and how much?	What resources do you have already?	What and how great (on scale of 1 – 10) is your concern?	What is really the main issue here?	Who is affected by this issue other than you?	What action steps have you taken on this so far?
O Options	What could you do?	What else could you do?	What would you do if you had more time?	What would you do if you could start again with a clean sheet?	Would you like to add a suggestion from me	Which of these solutions feels best to you?
	What might be some possible ways forward?	If there were no barriers, what would you do?	What will you know that's new by doing this?	If you secretly knew the answer, what would it be?	If you were me, what would you advise me to do?	What else could you possibly do?
W	What will you do?	What will be the first step?	When will you do it by?	Who else (if anyone) should be involved in this?	How sensible is your timescale?	How committed are you right now?

W What next?	What will you do?	What will be the first step?	When will you do it by?	Who else (if anyone) should be involved in this?	How sensible is your timescale?	How committed are you right now?
	What personal resistance do you have, if any, to taking these steps?	Who needs to know what your plans are?	What support do you need and from whom?	What could I do to support you?	What prevents this from being a ten on the scale?	Is there anything else you want to talk about now or are we finished?



**Julie
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