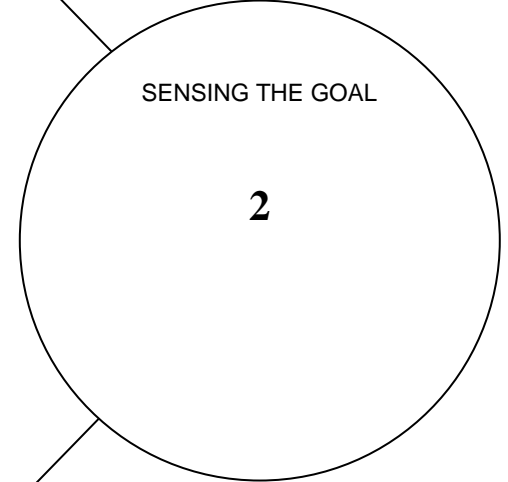


ACTION FOR NEXT FEW MONTHS.

GROUNDING IN THE NOW	PEOPLE TO ENROLL	WAYS TO BUILD STRENGTH	1 <sup>ST</sup> STEP	NEXT MONTH
<b>3</b>	<b>7</b>	<b>4</b>	<b>6</b>	----- <b>5</b> -----



TELL ABOUT TODAY.

WHERE ARE YOU NOW IN RELATION TO WHERE YOU WANT TO BE?

ADD FEELING WORDS.

WHO CAN HELP ACHIEVE THE GOAL?

CONFIRM BEFORE ADDING. DON'T ASSUME.

CAN ADD PEOPLE THEY ASSUME HAVE A SHARED COMMITMENT.

WHAT CONTRIBUTION CAN THIS PERSON MAKE?

ADD FEELING WORDS.

WHAT STRENGTHS, KNOWLEDGE, SKILLS ARE NEEDED TO ACHIEVE THE GOAL?

**8**  
DETERMINE COACH

IDENTIFY WHAT TO DO FIRST?

PEOPLE TO HELP?

BLOCKS?

**9**  
FOLLOW UP

WHAT IS NEEDED TO BE DONE THIS NEXT MONTH?

3 MONTHS FROM NOW.

WHAT ACTIONS ARE NEEDED TO BE DONE TO ACHIEVE YOUR GOAL?

POSSIBLE AND POSITIVE

IMAGINE TODAY IS FUTURE DATE – WHAT YOU HAVE ACHIEVED 1 YEAR FROM TODAY.

USE PAST TENSE.

YOU FEEL A SENSE OF ACCOMPLISHMENT AND PRIDE.

ADD FEELING WORDS.

FOCUS ON CREATING RESULTS; NOT JUST ELIMINATING PROBLEMS

## **PATH Summary**

### **1 - Visualizing the North Star – Touching the Dream**

What are the images that capture your North Star- the direction finder for your PATH.

- What dream do you most want to realize a part of as you make your way along this PATH?
- What images will guide you when there you meet difficult situations?

### **2 - The Goal: Images of a Positive Possible Future**

“Imagine that today is [this date a year from today]. You are taking time out to celebrate how far you have come since [today’s date]. You have done an incredible amount of hard work over the last months. There were ups and downs and times when you felt lost, and there is still much to do. But when you look back and see how far you have come since [today’s date], you feel a real sense of accomplishment and pride. Your dream is even more clear now because of what you have been able to do.”

If prompts are needed to get the Pathfinder started, have he/she think of life areas like relationships, work, school, recreation, etc.

### **3 - Grounding in the Now**

“Now let’s move back to the present. It’s \_\_\_ [today’s date] \_\_\_. This (touch the Goal area and keep moving forward!

together) is what you want to create. (Move back to the left end of the arrow). As of today, looking around at the present situation, coolly and objectively, how would you describe where you are Now? Give us a snapshot of the present.”

### **4 - Getting Stronger – Recognizing Ways to Build Strength**

“Moving from what is now to what you want to create will take energy and skill. There will be challenges; there will be problems; there will be stresses; there will be defeats. What do you need to do to get strong and stay strong as you move along your PATH?”

- What knowledge do you need most?
- What skills do you need to develop?
- How can you stay healthy and well as you work toward creating what you want?

### **5 - Let’s Do It! / Charting Action for the Next Few Months**

**Facilitate based on layout of PATH** (seasons, marking periods, etc.)

“Imagine that you are about (e.g.)half-way to [the future date recorded on the Goal]. What are the milestones that will let you know that you are on the track toward your goal?”

### **6 - The First Step**

“What is the first thing you will do to start this next part of your journey?”

The FIRST STEP includes actions that can be taken almost immediately – i.e. by tomorrow or next week. It does not need to be gigantic – but if the process is going to begin, it’s essential that it begin NOW.

### **7 - Identifying People to Enroll**

“There are some people you need to enroll to join your journey. Who do you need to enroll to achieve your dream?”

The first person who needs to enroll is the PATHfinder. Encourage them to sign the display.

### **8 - Determine coach**

The pathfinder and group will want to decide on someone to be the PATH coach. This person will serve as a positive nag to the pathfinder and those enrolled to support him/her.

### **9 – Follow up**

The PATH cannot sit idle! The first steps will help get the ball rolling, but follow up sessions should be scheduled so the PATH can be revisited. These will be times to celebrate accomplishments, make changes to the PATH as needed