***THE PLANNING PROCESS***

Thinking of the main problem that you are dealing with right now, list the two or three big concerns within that problem that you would like help with immediately:

1.

2.

3.

Looking at the list, circle the one that is your top concern right now. Use this top concern for the remainder of the exercise Write a one or two sentence statement about how your life will be different when that top concern is addressed

List at least three needs in this area of concern. Start each one with “I need help to….”

1.

2.

3.

Choose the top need, the one you feel is most important to addressing this concern and circle it. List the strengths or resources you have to address this top need or what you have done in the past to successfully address this need or the broader concern.

List the one, two or three people who you think would be willing to help you to meet this top need and identify a key strength or resource they have that could help to address this top need:

1.

2.

3.

Brainstorm at least three options or possibilities for addressing this top need that build on your strengths and what has worked for you in the past and that also build upon the strengths or resources that the people who are willing to help you could contribute.

1.

2.

3.

Describe 1 or 2 action steps for carrying out the top option (who, what, when, where, how).

Adapted with permission from the “The Canadian WrapAround Facilitator’s Training Manual”