

**WANTS: "What do I want?"** Write down the "wants & needs" that are in your world. Include what you need to do with school.  
School:  
\_\_\_\_\_.

**DOING & DIRECTION: "What is the direction your life is taking? What are you doing now to obtain your wants or fill your needs?"** Focus on what you are doing *now*, your current behavior, and the direction that it is taking you.

A) \_\_\_\_\_.

B) \_\_\_\_\_.

C) \_\_\_\_\_.

**EVALUATION: "Does your present behavior have a reasonable chance of getting you what you want & need now, and will it take you in the direction you want to go?"**

No

Yes

**PLANS & COMMITMENTS (Goals): "What plans could you make now that would result in a more satisfying life?"** Identify specific ways to fulfill your wants and needs (goals) by changing what you are doing now and formulate an action plan.

A) \_\_\_\_\_.

B) \_\_\_\_\_.

C) \_\_\_\_\_.

**DID THE PLAN WORK?**  
NO

**DID THE PLAN WORK?**  
YES

Goals: S-Simple, A-Attainable, M-Measurable, I-Immediate,  
C-Consistent, C-Controlled by the Client, Committed to by the Client, T-Timely.