

### Where I am now

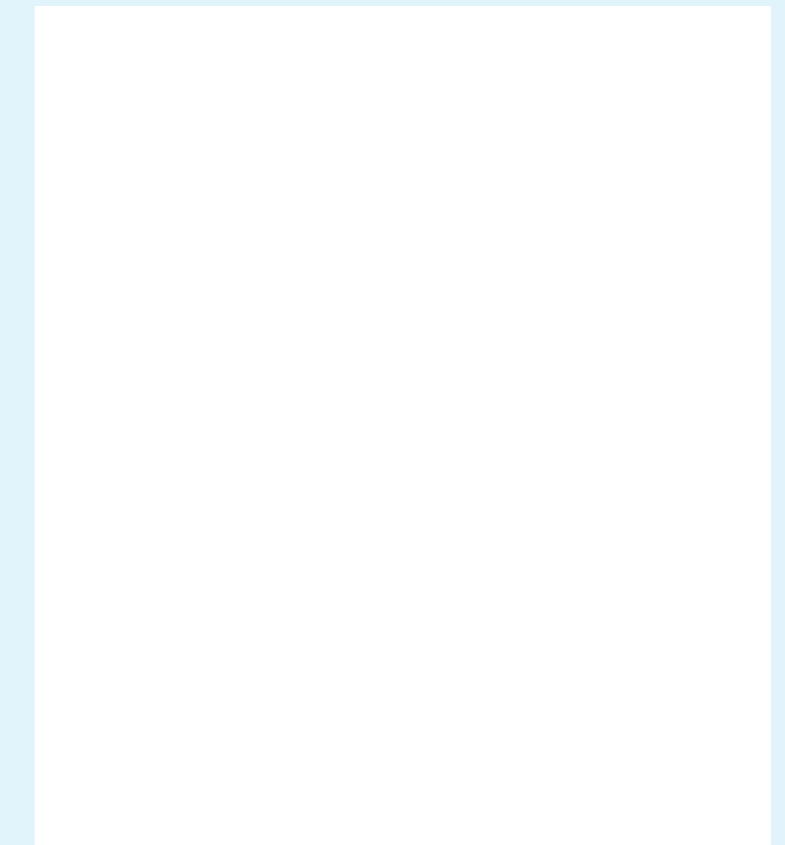
**Consider:**

- What's on my mind?
- What steps have I already taken?
- Do I know what my next steps are?



### Let's visualise

- What would success look like for me?
- How would things be different?



## What I am looking to achieve

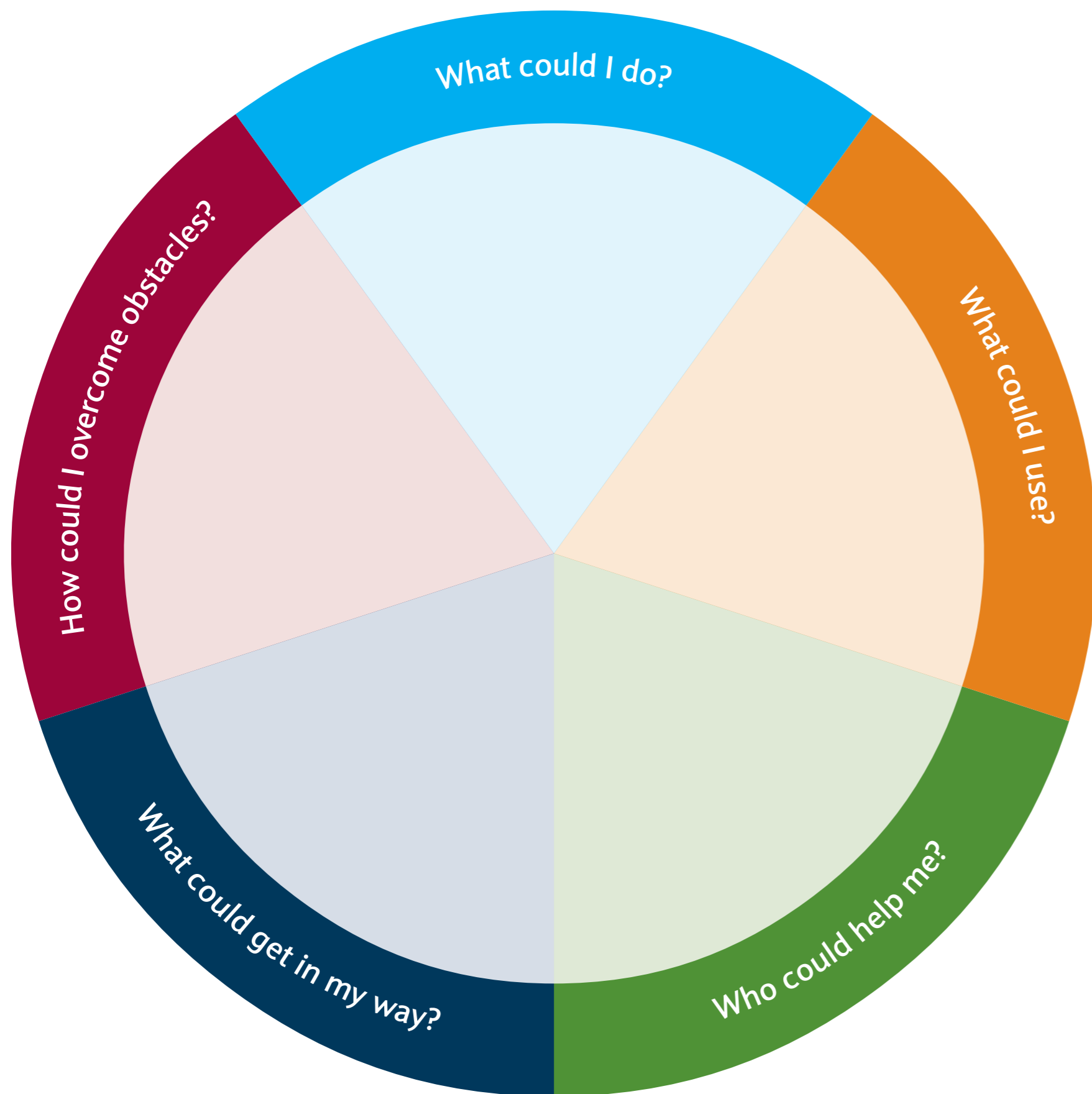
### How confident do I feel?

On a scale of 1 to 10, with 1 representing none of it happening and 10 being my absolute ideal, where would I put myself today?



### How would I know I had improved and moved higher on the scale?





Think about a time when I have been successful

- What personal qualities helped me to achieve the outcome?
- What steps have I taken already?

Which ideas do I like the most?

How confident do I feel now?

With 1 representing none of it happening and 10 being my absolute ideal, where would I put myself now?

