

Hopes and Vision <i>Where would you like to be headed in your life?</i>	
Developing a mutually shared, proactive, meaningful, and sufficiently concrete vision Building a foundation of motivation, resourcefulness and community	
Obstacles <i>What gets in the way?</i>	Supports <i>What helps you get there?</i>
Identifying obstacles at individual, relational, and socio-cultural levels Describing obstacles in a way that <i>separates</i> problems from people	Identifying supports at individual, relational, and socio-cultural levels Describing supports in a way that <i>connects</i> people to their intentions and sense of agency
Plan <i>What needs to happen next?</i>	
Developing a mutually agreed upon plan that draws on supports to address obstacles to achieve vision in a way that is proactive and meaningful Outlining an action plan that concretely specifies who will do what with whom Engaging people's natural community in the development and support of plan	