

Problem-to-goal framework

NOTICE • CHOOSE • STEP



Move from what is difficult towards one meaningful next step

You do not need the whole route today. Name what matters, notice what already helps and choose a step small enough to begin.

THE PRESENT SITUATION

What is happening now? Keep to observable facts where possible.

WHAT MAKES THIS DIFFICULT

Practical barriers, emotions, uncertainty, needs or competing pressures.

THE DIRECTION I WANT

What would be different? Describe a meaningful direction rather than a perfect outcome.

WHAT ALREADY HELPS

Strengths, past successes, people, resources and conditions that support you.

MY SMALLEST NEXT STEP

What can I do, when will I do it, and who or what could help?
