

Client name:

Keyworker:

Date: / /

My Perfect Future - Part One

Tonight, you go to sleep, everything is quiet and you are sleeping peacefully. In the middle of the night, something really special happens, and all your problems are solved. But because this happens while you are sleeping, when you first wake up you have no way of knowing that this has happened

How will you know that this special thing has happened once you get up?

What will be the first thing you notice that tells you this special thing has happened?
What will be different?

What might other people, such as family or friends, notice about you that would tell them that something special had happened? How would they react?

What else would tell you that something special had happened?

How close do you think that you are to this perfect future?
Least Perfect 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Most Perfect

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My Perfect Future—Part Two

Describe the first few steps that you would need to take to make the things that you identified in 'My Perfect Future—Part One' more likely to happen.



Start off by describing little steps



Then describe some bigger steps



How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful