

T15 Grid N.2

Sketching Future Map

<p>Let us set one goal you would like to pursue</p>
<p>Identify the kind of outcome: are we searching a new work, to change the current one, to modify some work activities?</p> <p>.....</p> <p>.....</p>
<p><i>To reach a goal there it is particularly useful to develop a plan and to carry out several actions. What actions can you undertake to reach you goal?</i></p> <p>a _____ <input type="checkbox"/></p> <p>b _____ <input type="checkbox"/></p> <p>c _____ <input type="checkbox"/></p> <p>d _____ <input type="checkbox"/></p> <p>e _____ <input type="checkbox"/></p> <p>We can check now for the most effective order in which we can address them or to find out whether there are steps we need to further detail it. Number them in the square provided at the end of each line)</p>
ACTION 1
<p>How long do you think it will take to carry it out in terms of weeks, months, or years?</p> <p><i>What kind of barriers you might expect? Where are they coming from?</i></p> <p><i>Are there supports you might expect?</i></p> <p><i>Are there supports you can search from services, from your neighbours or from your family?</i></p>
ACTION 2
<p>How long do you think it will take to carry it out in terms of weeks, months, or years?</p> <p><i>What kind of barriers you might expect? Where are they coming from?</i></p> <p><i>Are there supports you might expect?</i></p>

Are there supports you can search from services, from your neighbours or from your family?

ACTION 3

How long do you think it will take to carry it out in terms of weeks, months, or years?

What kind of barriers you might expect? Where are they coming from?

Are there supports you might expect?

Are there supports you can search from services, from your neighbours or from your family?

continue

We can now go back and verify if there are changes we would like to add in order to make the plan more effective, steps we might insert as sub goals in order to make the plan more effective.

We will check this plan again in the near future.