

Worksheet: Next steps

What do I want to achieve until when?	What will this aim cost me, how do I profit from it?	What information do I still require?	Which concrete tasks result from this? Until when?	Who can support me in which ways?

Worksheet: Next steps continued

Which strengths and sources thereof are helpful to me?	What obstacles might occur? What could I do to not achieve my aim?	How can I handle internal and external obstacles?	How am I going to celebrate my successful project?	What am I going to do if I cannot achieve my aim (in the way I imagined)?

(Source: cf. Lang-von Wins und Triebel 2006, 16, Klingenberger 2003, 167)