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# YOUR SOLUTION FOCUSED CHECKLIST FOR SUSTAINABLE CHANGE

This checklist is a **starting point**. Use it to clarify your next actionable goal, assess obstacles, and identify support needed for **making your goal a reality**:

## Refocusing

- Have I clarified** what my priorities are right now?
- Have I picked my main 1 goal** in line with my priorities?

## Direction

- Do I have a goal-post roadmap**, or an all-or-nothing plan?
- Does my plan allow** for fluctuating energy and focus?

## Obstacles

- What tends to get in my way?** (e.g. overwhelm, confidence, structure)
- Is this something I have the tools to adjust** - or would support help?

## Support

- Do I have people or systems** that help regulate and encourage me?
- Would professional, ND-affirming support** feel helpful right now?

