

Future expectations on the test bench

In this area	This will be 1 (less good) — 6 (much better)	1 (I will be passive) — 6 (I will be active)	1 I have zero plans/projects, wishes — 6 I have many plans/projects and wishes	1 I don't think I can learn — 6 I can learn a lot	Points
My work					
My family					
My couple					
My leisure					
My personality					
My social relations					
My health					
My material needs					
Points					

Objectives should be

- significant
- _ modest and achievable
- _ concrete and behavioral
- _ realistic and self-initiated
- _ describe the presence of something, not the absence of something
- _ the beginning of something, not the end of the problem.

For something to end well, it must begin well - by negotiating a problem that can be solved.

(J.Haley)