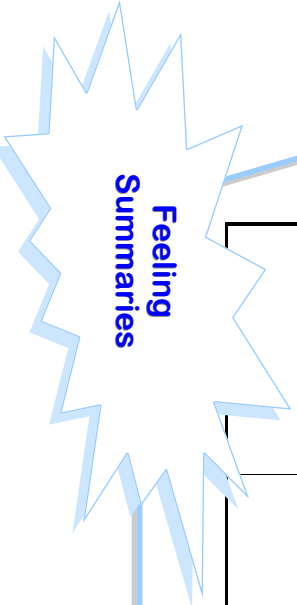


PATTH

Planning Alternative Tomorrows With Hope by Jack Pearpoint, John O'Brien & Marsha Forest

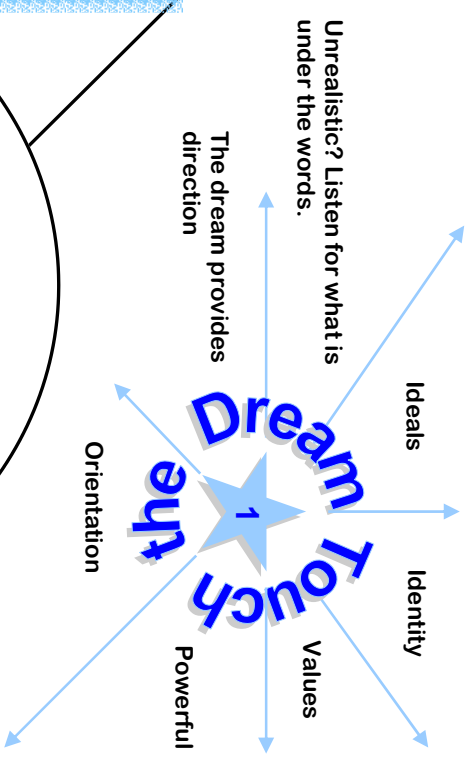
<p>The energy to follow a path comes from the tension between where you are now & where you want to be in the future.</p>	<p>Who controls the resources necessary for success? Who do you need to help you?</p>	<p>What do you need to get strong & stay strong as you work toward creating what you want? What knowledge do you need?</p>	<p>Moving from THINKING to ACTION requires commitment to a clear 1st step. What is the biggest barrier to taking the step?</p>	<p>Focus the process on action. What will you have to do? By what day? Who does what, when?</p>
<p>3 Grounding in the Now</p> <p>Describe where you are now. What is the present like? "Now" versus the image of success in the future.</p>	<p>4 Identifying People to Enroll</p> <p>Negotiate an exchange with those who will not enroll or...find a way around them! Be specific!</p>	<p>5 Ways to Build Strength</p> <p>What skills do you need to develop? What relationships do you need to maintain? To succeed, you must have the strength to endure the wait, the disappointments and to regroup & redirect.</p>	<p>8 Committing to the First Step</p> <p>Who will support you in this step? How will you ask for their support? Check for blocks.</p>	<p>7 Planning the Next 3 Months</p> <p>To accomplish what you want in the next three months, you will have to take action now—what will you have to do?</p>

How are you feeling now?
Use pictures and words to describe the "Now".



Feeling Summaries

Talk about the differences between how you feel today and one year from now.
Feelings that describe your reactions when you are in the future you are creating.



6
Planning the Next 6 Months

Take action toward what you want to create.
What steps do you have to take over the next six months?
Who will do them?

Possible & Positive

Use the dream to sense the goal.
Imagine that you have worked toward your dream.
Describe the changes that have resulted as if they are real.
What has happened? What have you done?
What does your life look like?
How does it feel?

2
Sensing the Goal