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| Where are you?Where do you want to be?C:\Users\Tanya\Desktop\logo\w&g logo.jpg | Before:What things are like now before we start? | After:How you want things to be in 6 months’ time. |
| HaveYour Big Issue(s)The thing you most want to sort out |  |  |
| FeelYour emotions most of the time. |  |  |
| AverageDayHow is it spent? |  |  |
| StatusHow do you see yourself?How do others see you?What kind of person are you? |  |  |