

Storyboard for Change (SHIFTS)

Difficult situations can sometimes feel easier if we write them down. Here is an exercise that may help to establish what needs to happen in order to be able to move forward.

Starting point -
this is the challenge that I'm facing...

Hoped for outcome -
what I'd like to happen is...

In the way of this, the obstacles or
difficulties are...

Facing all that, what helps me is...

Turning or shift -
this might happen if I were to...

Specific achievable steps that I can take in
the next ___ days to move forward are...

