

**'Not yet' is a starting point, not a stopping point,
so use this sheet to get clear before you act.**

Colour the footprints to show how you feel about moving forward.

1. Right now, I feel:

- unsure
- worried
- stuck
- hopeful
- ready
- _____
- _____

3. What I need to find out:

- _____
- _____
- _____

My most important question right now:

- _____
- _____

2. What I can already do:

- _____
- _____
- _____

What I have already tried:

- _____
- _____

4. Now, my next step is:

- _____
- _____

By when:

- _____

Who can help me:

- _____



This is a thinking and focusing tool, not a full action plan

Use it to help the client get clearer, build confidence, and agree one realistic next step

1. Right now, I feel:

Choosing a word

- Which word feels most true today?
- Is there a word you would change or add?

Scaling by choosing a colour / using the footprints

- What does this colour mean for you today?
- What made you choose that colour?
- What would move you one step forward?
- What is behind that feeling?
- _____

2. What I can already do / What I have already tried

Surfacing strengths

- What do you already have going for you here?
- What have you managed before that is similar?
- What would someone who knows you say you are good at?

Learning from attempts

- What did you learn from what you tried?
- What worked, even a little?
- What would you do differently next time?

If confidence is low

- What is one small thing you can already do?
- What feels easier for you in other areas of your life?
- _____

3. What I need to find out / My most important question

Stage 1: Generate things to find out

- What feels unclear right now?
- What would you want more information about before deciding?
- What would help you understand this better?

If they struggle

- What are you curious about?
- What are you guessing rather than knowing?

Stage 2: Prioritise one question

- Looking at your list, which one matters most?
- If you could only get one answer, which would you choose?
- How would this move you forward?
- _____

4. Now, my next step is

Agreeing one step

- What is the smallest useful next step?
- What could you realistically do (in this timeframe)?
- What would move you from 'not yet' to 'a little closer'?

Making it stick

- By when will you do this?
- Who could help you if you get stuck?
- What might get in the way, and how could you handle that?
- How will you know you have done it?

If the step is too big

- What is a smaller version of that?
- What is the very first part of this?
- _____