



Settled (☺)
 Demotivated (☹)
 Challenged (☹)
 Emotional (☹)
 Confused (☹)
 Unrealistic goals (☹)
 Lost (☹)

Set 1

Listened to
 world views
 +
 suggestions



Addressed
 each question in turn
 and adjusted
 mindset.



Reprogrammed
 thoughts +
 perceptions
 Used post-it notes
 as a guide
 + addressed one
 by one.



Tried a
 few suggestions
 positive
 outcomes
 Reinforcing
 feedback.



Strong
 motivated (☺)
 challenged (☹)
 motivated (☹)

Realistic (☺)
 Settled (☺)
 Back on
 Track (☺)

Confident in
 no judgemental
 supportive