

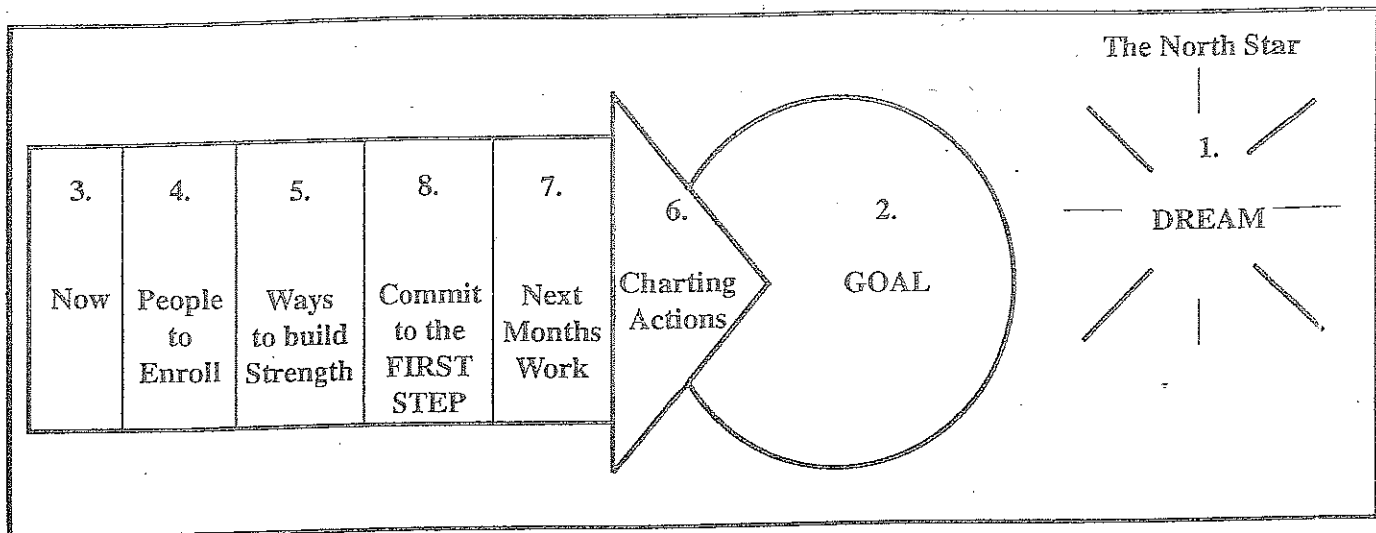
## PATH – Planning Alternative Tomorrows with Hope

PATH evolved from the MAPS process and focused more on an action plan. It works backwards from the individual's dream to the action steps needed now.

1. Dream - Situate yourself in a very positive future, picturing it clearly. Touch the dream.
2. Goals - Sense the goals: Focus for the next year what you want to accomplish
3. Now - Where am I and where are we now?
4. People to enroll - Identify people who need to be enrolled on the journey
5. Ways to build strength - Recognize ways to build strength
6. Charting Actions – Chart actions that need to be taken in the next few months
7. Next Month's Work - Be specific and plan what work needs to be done next month.
8. Committing to the first step - Be determined to take the first step toward the dream

# PATH

(Planning Alternative Tomorrows with Hope)



## YOUR PATH

A focused Planning Process

### Steps

Situate yourself in a very positive future, picture it clearly, then think Backwards.

1. Touching the Dream (the North Star).
2. Sensing the Goal: Focus for the next year.
3. Grounding in the Now: Where am I/are we?
4. Identifying People to Enroll on the Journey.
5. Recognizing Ways to Build Strength.
6. Charting Actions for the Next few Months.
7. Planning the Next Month's Work
8. Committing to the First Step (the Next Step)

(Including a Coach to Support your First Step)