



Men & Divorce

Get Help to Help Yourself

Let's get on with it.

Set Your Direction

What are the things that you want to have happen.

They may be short term (a few weeks) they may be medium to long term (1 - 12 Months). They may be related to Money, property children, work or conflict. They may even just be about your own happiness.

What they are is purely your call, but it would be good if they relate to things that are bothering you or keeping you awake at night. The things that cloud your mind.

Consider the best possible outcome, how it looks or how it feels and describe your goal in those terms. Don't worry if it seems too big or impossible. We can break it down into smaller pieces and tackle them one piece at a time.

Goal: _____

<p>Task: _____</p> <p>Actions: _____ Priority</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Task: _____</p> <p>Actions: _____ Priority</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
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