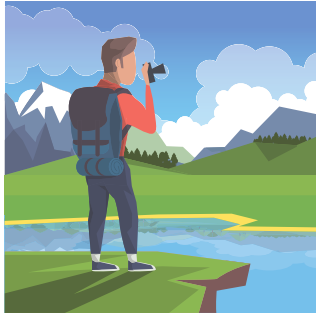


4. What Is Your Motivation?



Closing the Gap



1. What Your Current Life is Like

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



2. How You Want Your Life to Be

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3. What are the Barriers to How You Want it to be?

ADHD

Fear

Negative thoughts

Skills

Strengths?



5. Next Steps

Support?



