THE PATH TOOL

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This Person Centred Planning Tool was originally used in a learning disability context to make sure that people weren't just thinking about dreams with people but actually putting together an action plan to reach those dreams. Subsequently, it has used as a planning tool with individuals teams and organisations. This is an exercise where you start with the end in mind, and thinking backwards from that.

1. The starting point is the **North Star** where you can detail all the things that you would love to do in life, things you would like to achieve. This can be from a work perspective, home life, relationships whatever the person wants to cover. It's very important not to limit the possibilities here so don't consider issues such as finance or time.
2. You then focus on the **Goals** sections to determine what life would be like in a year’s time (or other appropriate time frame) as you move closer to your dreams.
3. Next move to what's life is like **Now** and detail down the reality of the situation in relation to your dreams.
4. There is a section for detailing who you need to **Enrol**, people that can help you work towards your dreams.
5. **Keeping Strong:** It's vital that you also identify who or what will need to be in place to keep the momentum or resolve when things get tough and the road gets rocky.
6. Start charting actions for the **first 3 months**
7. Next detail down actions that will be taken within the **Next Month** and be sure to record who will do what and when (real dates not asap or whenever!).
8. Finally what are the **First Steps?** This section should include actions that you or others can take today, tomorrow next week. It's very important to make this immediate commitment to move forward



**3 months**

**Date**

**Next Month Date**

**Keeping Strong**

**P**lanning **A**lternative **T**omorrows with **H**ope

## **\*\*\* PATH**

# First Steps

# Enrol

# Now

***List GOALS....***

# Goals Date