

Individual Placement and Support (IPS) Supported Employment Program

Name the change!

Readiness Ruler

How ready am I to make this change?

1	2	3	4	5	6	7	8	9	10
Not Ready			Maybe				Ready		

Decisional Balance

What are the positives and negatives I might experience when making this change?

	Benefits (positives)	Struggles (negatives)
Change		
No Change		

SMART Goal Setting

A SMART goal can help me plan for moving forward and can be used to identify and celebrate progress.

Specific	
Measurable	
Achievable	
Relevant	
Time-Sensitive	

6-6-6 Plan

What will I do in the next six days, six weeks, and six months to get to my goal?

Six days	
Six weeks	
Six months	