

## 1. What's the priority area that's not working?

I don't do anything all day – I just watch TV.

## 2. The positive change – it needs to be positive, rather than a statement like 'I don't watch TV'

I have interests and hobbies.

## 3. Make it specific – this is specific enough, however you could make it even more specific if the person has a clear idea of a hobby or interest they would like to start or take up again

I have interests and hobbies that I follow every week.

## 4. It is achievable?

Yes. We can enable Sue to explore this.

## 5. Check it

**Is the solution embedded in the outcome?** – No there's no solution there. If there was we would say something like 'Sue will go to the luncheon club every week.'

**Is it measurable?** Yes. When we see Sue we can check if she is doing something related to her hobby or interest every week.

**Does it keep something that is working?** That's not relevant here.

**Does it change something that is not working?** Yes.

**Does it move the person towards a future they want?** Yes.

**Do you know your starting point?** Yes. We know Sue says she watches TV but we would find out if there's anything else.

**Is it personal and not expressed from a service perspective?** Yes, in Sue's example we've used every day language rather than writing something like 'Sue is engaged in meaningful activities on at least 1 occasion a week' which isn't something that you or I would say about our own lives.