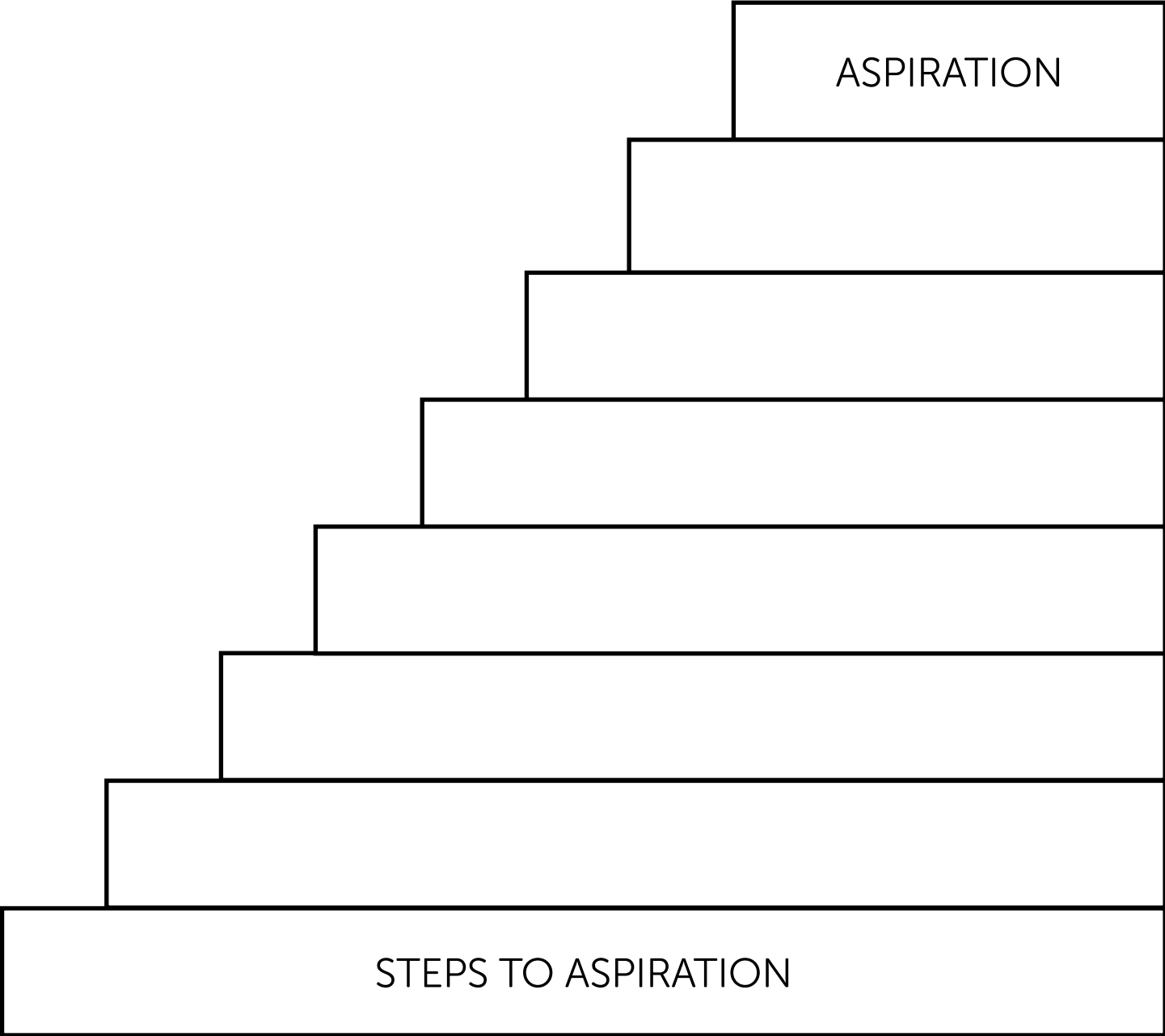
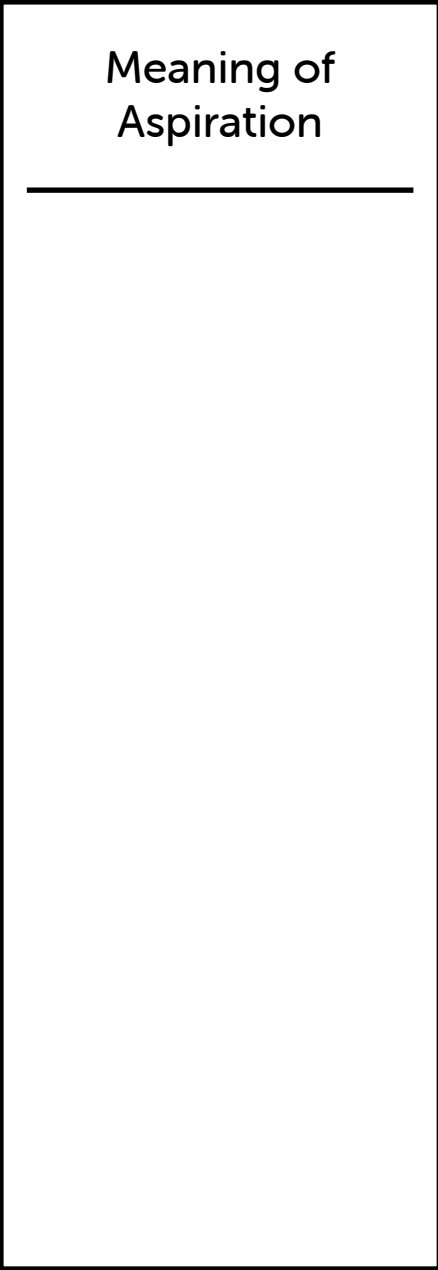


ASPIRATIONS AND STEPS CHART

Meaning of
Aspiration



ASPIRATIONS AND STEPS CHART

Instructions: Prior to using this chart, confirm the individual's aspiration and reflect any meanings you recall, or elicit new ones. This chart should be worked on only when the individual is in the adaptive mode.

Write, draw, or add a picture representing a person's aspiration at the top of the "steps" side of the figure on the right. Enter what the individual says are the best parts of their aspiration—including meanings, positive beliefs, or values—in the box labeled "Meanings of Aspiration" on the left side. Next, ask the individual what they or anyone working toward that aspiration would need to do to get there. Responses do not need to be provided in a particular order—rather, organize each answer by asking the individual where it goes on the stepwise chart, with earlier steps going toward the bottom, intermediate steps in the middle, and so on. You can always revise the order as the individual comes up with more ideas. Feel free to float ideas of steps to them. For more instruction and examples, see Chapter 5; Figure 5.1 contains a completed Aspirations and Steps chart.