

My Priorities for Today

Choose what matters most for this session and leave with a realistic first step.

USE WITH: Client and worker together

TIME: 10-15 minutes

ORIGINAL WORKSHEET

Facilitator note: Use the person's own words. The purpose is to narrow the session, not to solve every concern at once.

What is taking up the most space in my mind today?

Write or name the concerns that feel most important right now.

What feels most urgent?

Something may be urgent because of safety, a deadline, basic needs, or serious consequences.

What would make this session useful?

At the end of our time, what do I hope will be clearer, started, or decided?

My focus for today

The one issue we will work on first is:

Before I leave

- I understand the next step.
- I know who is responsible for it.
- I know when it should happen.
- I know what we will do if the first plan does not work.