

WHY PLAN?????



Before starting to plan with someone it is important to ask why you are planning.

If we think about our own lives we don't just sit down and plan for the sake of it, we plan for a reason. We plan when we have something to plan for.

Here are some of the reasons why it might help to plan with someone:

- If you want or need to get to know them better
- If they are not happy
- If they feel stuck
- If something in their life is about to change
- If they have ideas of things that they might want to change
- If they have clear dreams that they want to work towards
- If other people are not managing to support them well
- If other people are struggling to understand them
- If there are things that are not working and need to be sorted out

