

# MOVING ON

30 NOVEMBER.

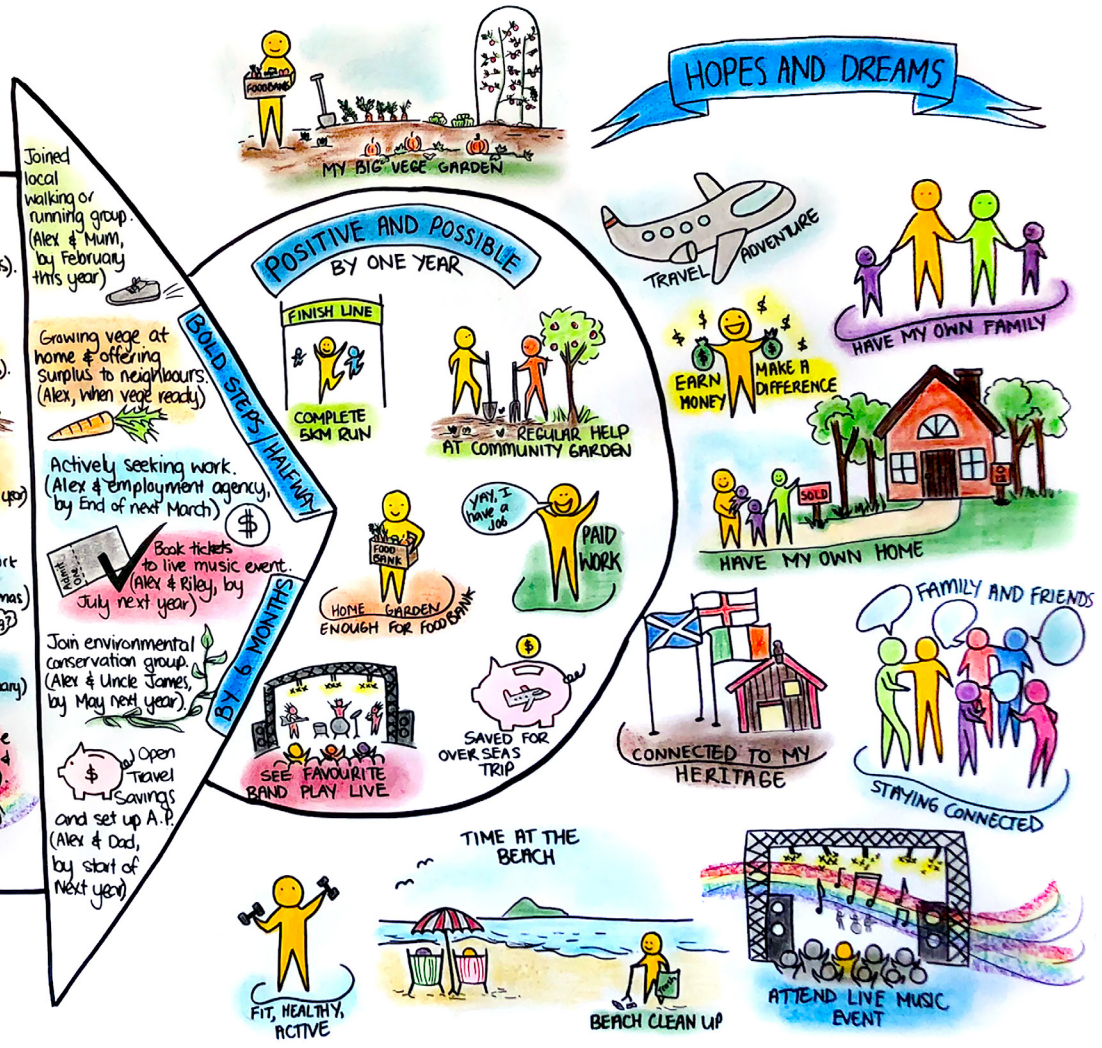
**Alex**

MUM  
Dad  
Grandpa Joe  
Riley (friend)  
Renee (neighbour)

Facilitated by:  
Alice  
Jason

NOW	WHO	STAYING STRONG	FIRST STEPS	NEXT STEPS
At Xroads Scared/excited about future Want my own house Walking 2x a week learning to grow veg with Renee Recycling at home Recently saw doco about beach clean up. Want to do this	Alex Parents Jono (brother) Louise & Joanne (sisters) Grandpa Joe Uncle James Renee (Neighbour) Riley (friend) Local community centre Sport Waikato local running club Foodbank Manager Community garden.	Get enough Sleep Time outside each day. Nature. Fresh air. Sunshine. Trying new things, so I keep learning. Connecting with people. Listening to music	Add one more walk / fitness session per week. (Alex, by Friday). Measure space for veg plot at home (Alex, Dad, Renee, by this Saturday). Talk with family about further study or looking for work (Alex, by end of week). Check out careers.govt.nz to see what work I am interested in. (Alex & Jono, by this Sunday).	Find out about local walking/running club (Alex & Mum, by Christmas). Set up veg garden & plant seasonal veg (Alex, Renee, by Christmas). Check out local community garden (Alex & Uncle James, by March next year) Explore options for work or further learning (Alex & Jono, by Christmas) Create my C.V (Alex & Jono, by January) Research live music events (Alex & Riley, by Christmas). Open travel savings and set up A.P. (Alex & Dad, by start of next year)

"Go for it Alex"  
"All is doable"  
"Wahoo! Here I come"  
"An exciting future"  
"Happy to help"  
"A rich and full life"



If you're stuck at a crossroads and you're not sure what to do, don't just sit there, do something! Interactionz can help you make a plan that moves you closer to your dream.

The PATH planning process finds which actions you (with help from your important people) can take to live your best life as part of your community.



- PATH encourages you to:**
- Dream about the life you want to live
  - Set goals to live that life
  - Decide on action steps to reach your goals
  - Decide who can help you reach those goals

## The PATH process:

- You choose a place to meet where you are comfortable, confident and relaxed.
- You invite trusted supporters (e.g. whaanau, friends, support staff) to a planning session. The process usually takes about four hours, and it is important participants are not rushed.
- At the session, an Interactionz process facilitator talks with you and your supporters. You are encouraged to dream and share your dreams for your life – without judgement. This gives an insight into what is meaningful to you.
- Supporters might be asked for their input too, but the plan is yours.
- An Interactionz graphic facilitator records the information shared in colourful drawings and keywords on a large sheet of paper.

## There are eight steps in the process:

-  1. Dreaming about your best life – if anything is possible
-  2. Visualising a positive and possible future with achievable goals
-  3. Looking at your life now – what is happening, how you feel, etc.
-  4. Deciding who you want to include in your life journey
-  5. Deciding how to get stronger – for energy and focus on the journey
-  6. Deciding on bold steps you can take to get you halfway to your goals
-  7. Deciding what you need to do in the next few months
-  8. Deciding the first steps you can take in the next few days

When these steps are completed, you will have a large colourful poster showing what your life is like now, and the steps you can take to reach your goals. You can take the poster home and pin it to the wall to remind you of the planning process and the goals you have set.

Seeing pictures of your goals makes them seem more achievable.

The PATH process helps you to plan for, and live, your best life. If this process doesn't meet your needs, talk to us about other planning tools we offer. We can even design a process with you.

Once you have made your plan, Interactionz can provide mentors to help you achieve your goals. Some people are eligible for mentor funding.

### For more information, please contact Interactionz:

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The PATH process was created by Jack Pearpoint, Marsha Forest and John O'Brien.

