

1) **S** STARTING POINT -  
HERE'S ME/US FACING  
CONCERNS ABOUT ...

2) **H**OPED FOR OUTCOME -  
WHAT I'D LIKE TO HAPPEN HERE  
IS ...

3) **I**N THE WAY OF MY HOPES,  
OBSTACLES OR DIFFICULTIES  
INCLUDE...

4) **F**ACING ALL THAT, WHAT  
HELPS ME IS ...

5) **A** TURNING OR SHIFT  
MIGHT HAPPEN IF I WERE  
TO...

6) **S**PECIFIC ACHIEVABLE STEPS  
I CAN TAKE IN THE NEXT SEVEN  
DAYS TO MOVE FORWARD ARE...