**FOR** FORWARD

- What do I know?
- What don't I know?
- What might happen when I do this?
- What environment am I going into?

**FOR**

**F**ORWARD

**O**PPORTUNITIES & **O**BSTACLES

- Am I being balanced in my approach?
- Am I prepared for any eventuality?
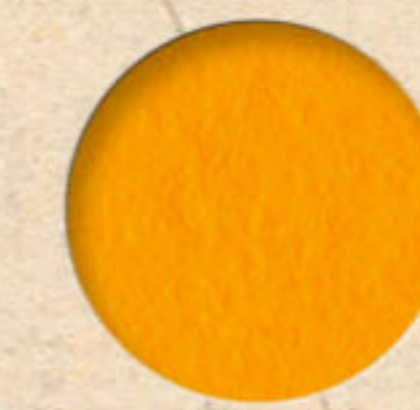- What do I hope is possible?
- What am I worried about?
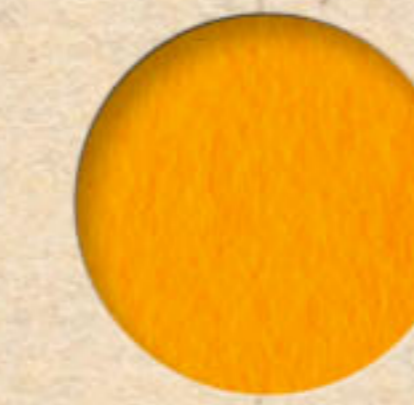- Could I use supervision as an opportunity to talk through the situation?

**FOR**

**F**ORWARD

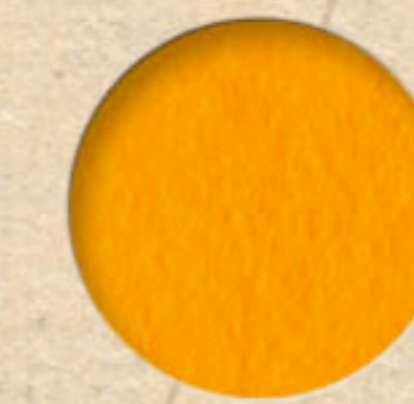**O**PPORTUNITIES & **O**BSTACLES

**R**EASON

- Why am I doing this piece of work?

- What do I want to achieve here?

- How will I know if I have succeeded?