

## SOLUTIONS FOCUS TOOLS

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### PLATFORM

What's the end-result you want to see?  
Are you willing to do something?



### FUTURE PERFECT

Articulate the desired outcome in detail



### SCALE

Where are you now?  
How much progress have you made?



### COUNTERS

What's working?  
What experiences or resources can you draw upon?



### AFFIRM

This is what I see that you're doing well...



### SMALL ACTIONS

The small steps that will get us moving



### REVIEW

What's better?  
How much progress have you made?



### WHAT ELSE?

Go deeper to find out what else is helping

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<https://www.solutionsfocuscoaching.live>