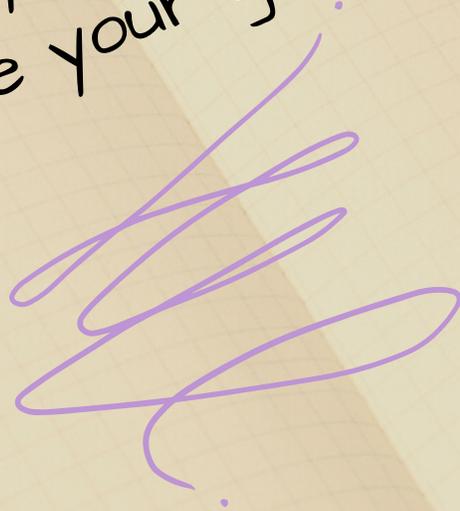


# I CAN DO

My Plan:

6 steps  
to solve any problem and  
achieve your goals.



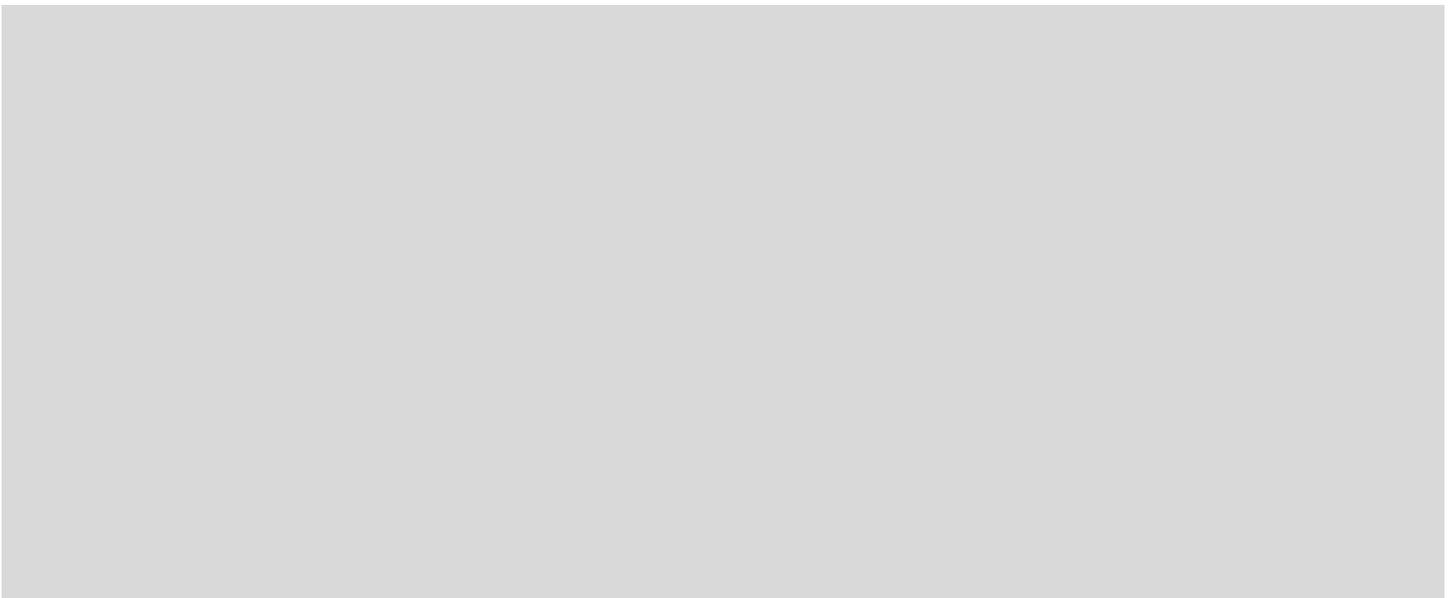
# I-CAN-DO

Use the I-CAN-DO life coaching model as a matrix to solve any issue and achieve your goals. This model has been adapted from several sources. Let's see what the mnemonic stands for:

Investigate  
Current  
Aims  
Number  
Date  
Outcome

## First thing first

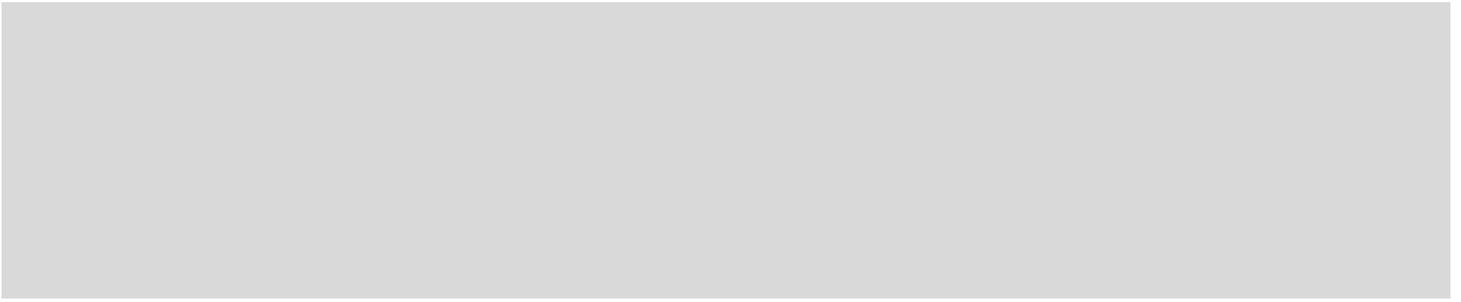
Select one area of your life that you'd really like to get better results or an issue that you want to find a solution for.



Done? Perfect! Now Go through the 6-steps below:

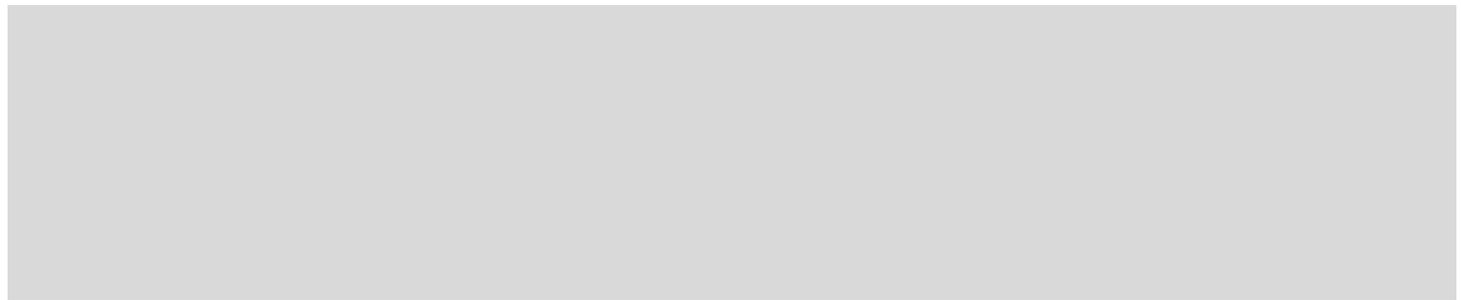
### 1. Investigate

Investigate what and why this is important to you, Think about what you DO WANT in this specific life area.



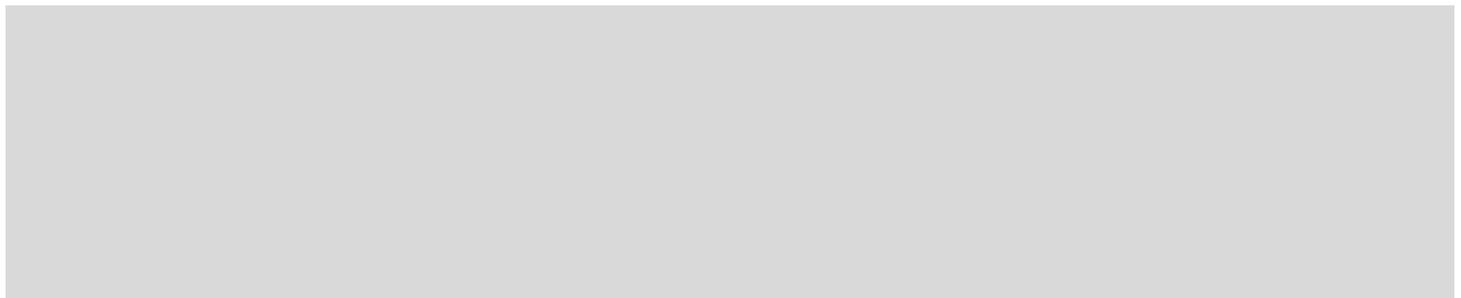
### 2. Current

What is the current situation like for you? (The goods, the bads, the positives and the negatives)



### 3. Aims

State your overall aim: What would you like to achieve in this life area?  
What are the smaller achievement that would bring you closer to your overall aim?



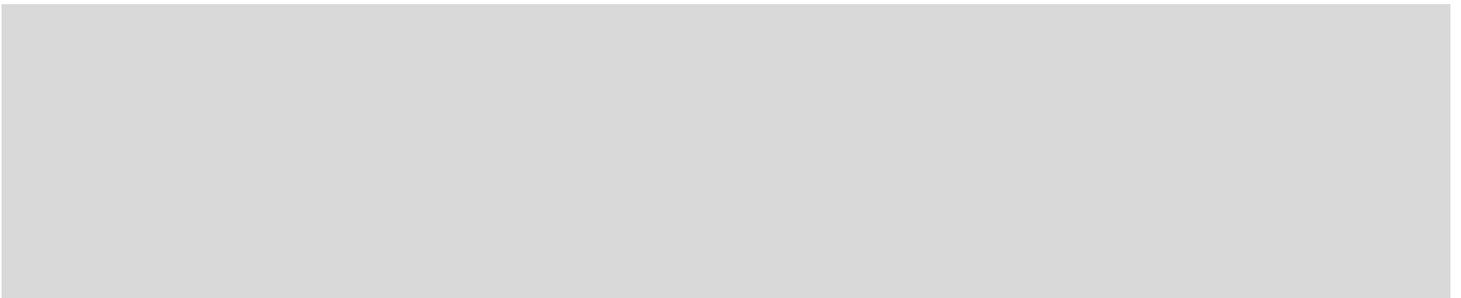
#### 4. Number

What are the number of alternative ways of achieving your aims/solving the problem? Select the ones you want to apply.



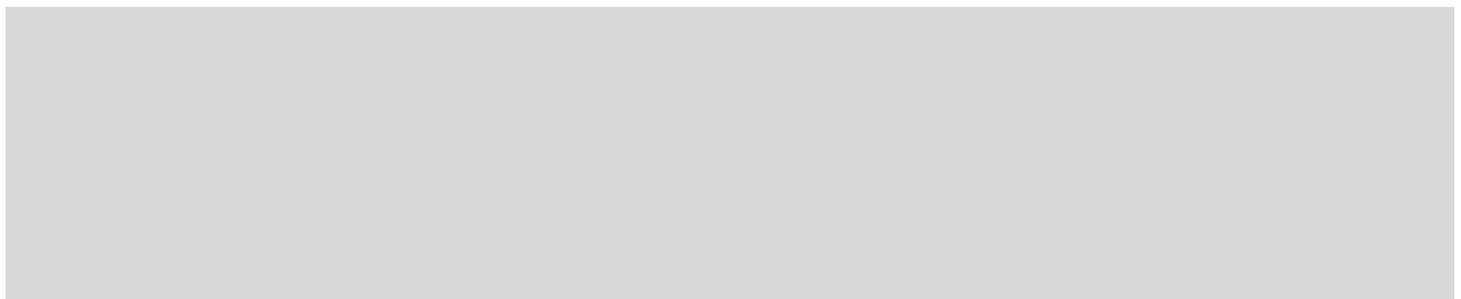
#### 5. Date

By what date do you want to achieve your aims/solve the problem?  
By what date are you going to take the possible steps identified in step 4?



#### 6. Outcome

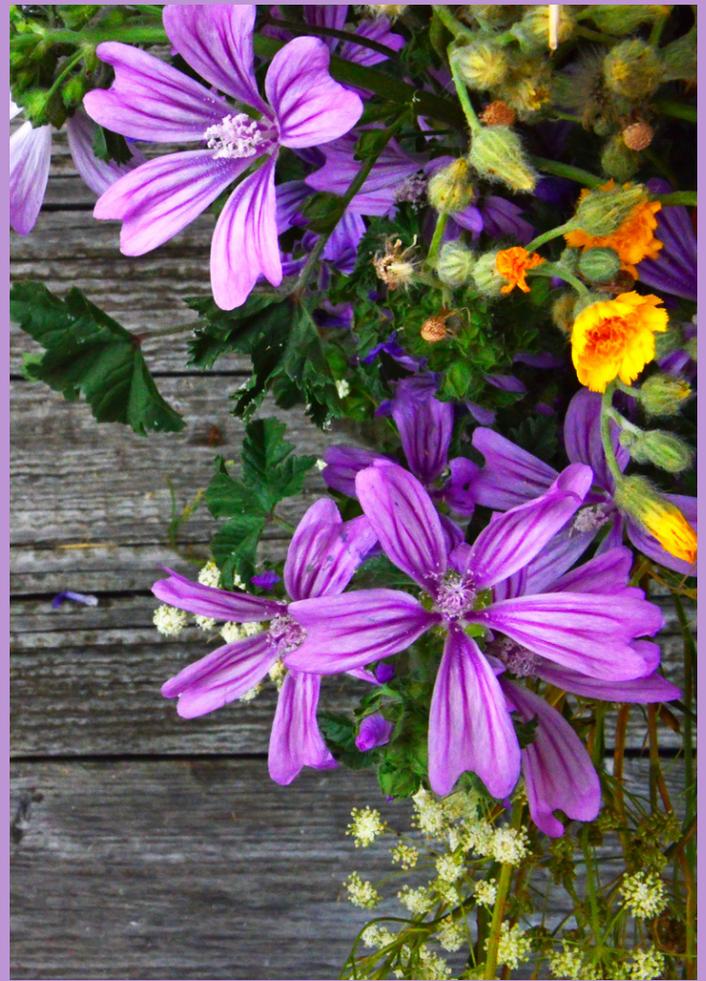
How will you know you have achieved your aims/solved the problem?  
Describe your achievement indicators.



"We all face challenges in our life. Some of these challenges will be easier to overcome whilst others may take a bit longer.

The fact is that we have the resources and the power within us to meet these challenges and rise up in glory, and "when a woman rises up in glory, her energy is magnetic and her sense of possibility contagious."

- Marianne Williamson, A Woman's Worth



We hope you can apply the 6 steps template to solve any issue and achieve what is really important to you.

Best Wishes :)  
Patrizia Jones  
[www.emotionalshift.net](http://www.emotionalshift.net)