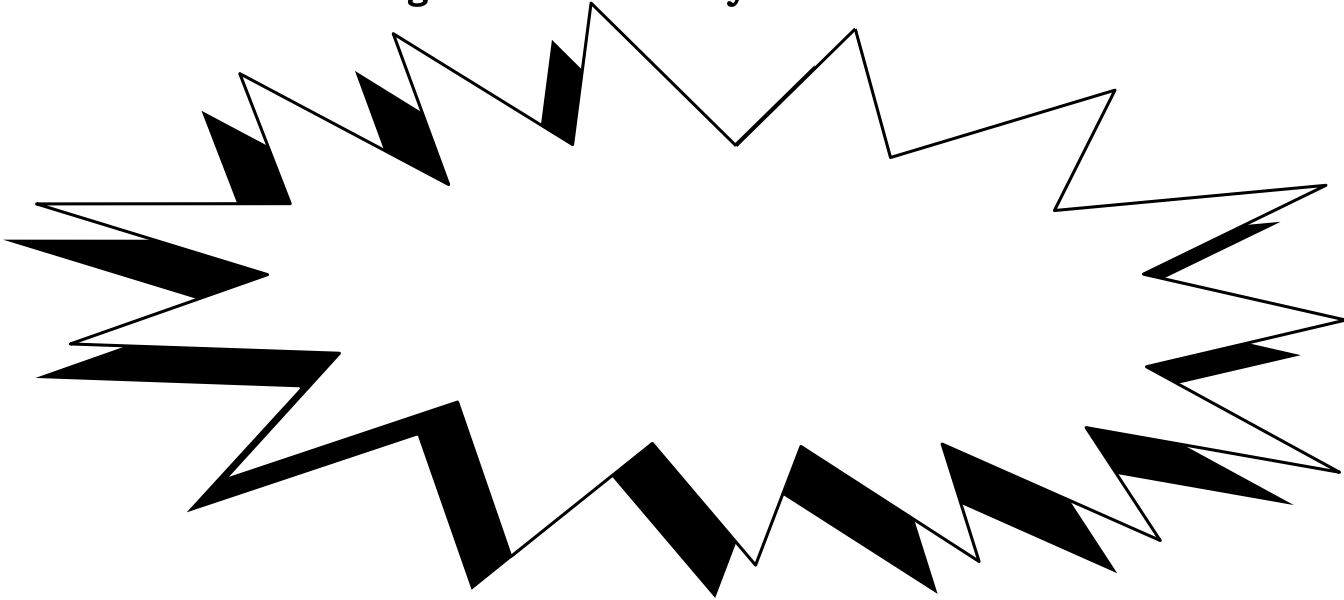


A TOPS TOOL FOR LOSING

This is a planning strategy to help you make the consecutive steps needed in order to create & sustain a lasting change.

1. In the star below, write a one-sentence description of a goal or outcome you want to achieve.



2. What needs to happen first to achieve this outcome?
Second? Third? Etc.

a.



b.



c.



d.



e.



f.