

# SCALING SHEET



✘ Define the scale and mark your current position

1. On a scale of 1-10, when 10 means the situation turns out to be just the way you hoped for, everything is at it's best, and 1 is the opposite. Where are you on this scale?

♥ Find a next small step  
3. Mark where you would like to be.


➔ Discover signs of progress

4. How will you know that you are at? What will you be doing differently? What will you do more of? Who might notice it? What will they notice?

**To move towards what we want and hope for we do NOT need to analyse and explore the problem in detail.**

**Even when you are stuck Solution Focused scaling can support you to stay on track towards your preferred future.**



Take a look below at what to do with a solution focused scale and what difference it can make to your everyday lives. Each stage of what to do is numbered in 5 stages for you to follow. Enjoy! 



10

— Explore your resourceful past

2. What is already working well? What are you doing that is working well? What skills, capabilities, strengths, successes support that you are at and not at 1?

♥ Explore your preferred future

3a. How will you know that you are at? What will you be doing differently? What will you do more of? Who might notice it? What will they notice?

➔ Find a next small step

5. What could be a next small step (maybe even something VERY small) that you feel 100% confident you can do and also excited to do?

1



BEECHEN CLIFF

