

**SHORT-TERM (SMART) GOALS**  
(Specific, Measurable, Attainable, Relevant, and Time Based)

1.	
2.	
3.	
4.	
5.	
6.	
7.	

**COACHING THE 10 STEPS TO SUICIDE PREVENTION**

10. CULMINATION: THE END-STATE IS PROFESSIONAL AND OTHER BELONGING RESOURCES SUPPORTING THE PERSON TO RE-GROW NEW CONDITIONS AND ADAPTIVE IDENTITY.

9. CONNECTION: TRUST IS ESTABLISHED BY THE LOWER PROCESSES SO THAT YOU CAN CONNECT THE PERSON TO A PROFESSIONAL RESOURCE. THIS IS THE HAND-OFF TO A SAFE PERSON WITH A PLAN. STAY WITH THE PERSON UNTIL THE HAND-OFF IS COMPLETE.

8. COLLABORATIVE: PROVIDE SUPPORTIVE WORDS AND ACTIONS TO FIND THE BEST PATH, TAKE THE NEXT STEP, AND CONNECT TO HOPEFUL RESOURCES. EXAMPLE: "IF YOU LET ME HELP YOU, I WILL GET YOU THROUGH THIS." "IF YOU WILL LET ME, WE CAN WORK TOGETHER TO FIND A SOLUTION?" "WILL YOU ALLOW ME TO REMOVE THE MEANS TO SUICIDE FROM YOU?"

7. CONDITIONS: A) EXPLORE THE RESOURCES (PHYSICAL, EMOTIONAL, AND SPIRITUAL) AVAILABLE TO ENABLE THE PERSON TO ATTACH THEIR IDENTITY TO SOMEONE WHO CAN PROFESSIONALLY PROVIDE HOPE. B) ASK IF THERE IS A PLAN FOR SUICIDE. C) IF THERE IS A PLAN, ASK IF THERE IS A MEANS TO COMMIT SUICIDE..

6. COMMUNICATION SKILLS: REFLECT WORDS AND EMOTIONS BACK TO PERSON SO THAT S/HE KNOWS YOU UNDERSTAND.

5. COURAGE & VULNERABILITY: HOW CAN YOU BE VULNERABLE TO MODEL AND ENABLE COURAGE TO THE PERSON?

4. CARE: WHAT DOES THE PERSON CARE ABOUT AND HOW CAN YOU PROVIDE EMPATHY TO THE PERSON?

3. COMMITMENT: WHAT IS THE COMMITMENT LEVEL [SCALE 1-10. THREE AND BELOW IS DANGER ZONE] OF PERSON NEEDING HELP? WHAT WOULD MAKE IT CHANGE FROM A 3 TO 4?

2. CORE BELIEFS: WHAT DOES THE PERSON BELIEVE ABOUT THEIR SELF/SOUL? LISTEN FOR THE GAP AND THE NSI.

1. CONCERN (ISSUE): WHAT IS THE ISSUE(S) IN THE PERSON'S CONDITIONS (PURPOSE, BELONGING, ROUTINES) OR SPIRITUAL IDENTITY?

**Pathfinder Resiliency Tool**

**How to Always Find Your Best Path**



**CLOSE THE MEANING GAP**



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# HORIZON OF HOPE

DAILY AZIMUTH CHECK

- ◆ PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?
- ◆ WHAT IS THE DISTANCE TO MY PSI?
- ◆ WHAT P/S/E RESOURCES DO I NEED?

PURPOSE	
PERSONALITY RANGE	
CORE VALUES	CORE FEARS
CORE PURPOSE	
PURPOSE-IN-LIFE STATEMENT	
To	
(Action Toward Vision)	
So that	
(Intending Result)	

Values-Driven Routines	D	W	M	S
1.				
2.				
3.				
4.				
5.				
6.				
7.				

BELONGING	
Tribe	EBF
	1.
	2.
	3.
	4.
Best Friends	5.
	6.
1.	7.
2.	8.
3.	9.
	10.
I.P.	11.
	12.
M.	

## SPIRITUAL INTELLIGENCE

- |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
|----|----|----|----|----|----|----|

Date:	Positive Self-Identity	Copyright © Paul Lynn 2024
Ideal Future-Self (1-5)		
Spiritual Compass ▲ Warrior Code (UFR) ▼		
Worst Future-Self		
Best Path on Worst Day		