

Think Journey Tool Guidance

I have created a **Think Journey Tool** template using Canva. Once you are a registered Canva user, you can edit this template and/or create your own design.

Canva is a free, online design tool which allows users to easily create personalised visual documents. To become a user, simply add your email address and create a username www.canva.com

Users can choose from a variety of ready-to-use design templates and play with the **layout/elements/text and background**. Users can also upload their own images.

When to use it

The **Think Journey Tool** helps professionals and individuals:

- Engage with motivational pathways of support to achieve goals
- Enable individuals to participate in peer mentoring and solution focused planning

How to use it

Users wouldn't do all the pages in one session; they indicate different phases in a journey (engage/plan/do/review) and could be undertaken by a range of people.

The individual can use the background images provided or choose from a range of free photos (or upload their own images) to change the background of the template and/or add image content under each heading, using the **elements** option. The **text** option allows users to add text under each heading.

Presentation mode allows users to embed videos/hyperlinks into the design.

The structured conversations below are aimed at supporting professionals/peers to undertake a mentoring relationship. Alternatively, users might work through the questions themselves to support them in identifying pathways of support. The questions act as prompts that build an awareness of interests, motivations, strengths, competencies and existing capacities. They correspond with the headings in the visual **Think Journey Tool**.

The first page is focused on engagement and explores a person-centred approach, adopting Rogerian values such as trust, unconditional positive regard and authenticity.

Where am I?

What is my everyday experience like?

How do I feel about it?

Who am I?

What are my interests?

What are my strengths?

What do I enjoy?

What do I feel motivated by?

Important people

Who is most important to me and why?

Is there anyone I would like to see more of? (and why)

Is there anyone I find difficult to see? (and why)

Who makes important decisions in my life?

What gets in my way

Is there anything that gets in my way?

I feel...when...

What helps me?

Is there anything that I find helpful?

If something gets in my way – what would I find helpful?

The second page introduces the miracle question exercise as solution focused planning, which is aimed at finding purpose and developing clarity on where we would like to be. It also supports individuals to visualise an alternative reality which is aspirational and outcome focused.

If the miracle could happen how would you know?

What would it look like?

Where would you be?

What would you be doing?

The third page is focused on developing an action plan which embeds the person-centred discussions from the first page (same headings). This is aimed at integrating knowledge about who you are, what's important to you, who's important to you, what gets in your way and what helps you, into support action.

Who am I Plan

How will my interests, strengths, enjoyments and motivations be utilised and channelled into my plan?

Important People Plan

What qualities do my important people have?

What do my important people and I do together?

How do these important people affect me?

Do my important people help me if I experience difficulties? (If so how?)

How will I access my important people?

How can they be involved in my plan?

Is there anyone I find difficult to see? How often do I see them?

Do they know why I find them difficult to see? How could I explain these difficulties to them?

How do I feel about the people who make important decisions in my life?

How do I feel about the decisions they make?

What gets in my way Plan

Can I better understand the things that get in my way?

When I am feeling...when...what could I try ...

What helps me Plan

Is there anything that I find helpful that I can put in my plan?

If something gets in my way...what could I try...

The fourth page continues the journey format and acts as a review of where the individual is now. The sub headings; **achievements, what's working, next steps, challenges** illustrate that the journey is a growth-orientated process.

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with.....

I understand that my.....

will be used for.....

Date.....

Signature.....