



## Coaching Exercise: “A Place of Your Own” Follow-Up

Begin your one-to-one meeting by checking in about how things are going. Revisit the goal you are working on. Have you made progress toward it? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, make a note on the goal setting worksheet. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one.

This workshop was about changing housing. As a follow-up to the workshop:

- Revisit the work you did together in a pair during the workshop identifying your specific needs, tasks, and the timeline for before and after your move. You can either use the worksheet included here or make your own list.
- Once you have a solid list, create a goal-setting plan. Prioritize savings and budgeting for this specific goal. Review and update your financial profile and credit ratings. Investigate financial resources that will help you (rental assistance programs, 1st-time homebuyer programs, Mortgage options, realtors, open houses)
- Start planning for the cost of material needs and thinking about how to fit that cost into your budget. Can you start saving toward those costs now?
- Review your list of material needs, go back through the list and think about how you will get the things you need. What might you be able to get from family, friends, or through other agencies you work with. Is there anything you have in storage that you can get out for this? Do you know of any resources where you can get free or reduced-price things on your list?
- Talk about the personal support you have now. How will they look different when you move? How can you take the positive support with you, but leave behind any negative energy? Where else do you get support?

## WHAT I WILL NEED TO MOVE OUT

What material things do I need to move?

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How will I get them?

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What material things do I need all the time?

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How will I get them?

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What emotional support would be helpful as I move?

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How will I get them?

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What are my recurring emotional needs?

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How will I satisfy them?

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