



# Thinking Ahead

**What could get in the way of your goals? What could you do about it?**

## **Making a quiet space**

Is there a room for me to have an uninterrupted call?

Do I have a note of the number to call?

What shall I do if I need to reschedule?

Is my internet working to complete and send the measures?

Do I know who is calling who?

### **Solutions**

## **Schedule - Is This a Good Time?**

Is this time too early or too late?

Will I need child care?

Is this too close to something else?

Is this the best day?

Will we be too tired/hungry?

Do I have a backup plan?

### **Solutions**

## **Support - Who Is Helping Me?**

Do I have a partner or other adult at home?

Are there others?

Will my family make time for me to practise?

Is that person "on board?"

How do they feel?

Do I have a backup plan?

Are my other kids OK?

### **Solutions**

## My Routine - How Will This Fit in?

Does this work with my day to day life?

What might get in the way at home?

Is that person involved enough?

Is my family prepared?

Who shares the parenting?

Do I have a backup plan?

**Solutions**

## Finding Time - Can I Make Time for This?

What else needs to get done?

What are the best and worst times for me to practise at home?

What might have to get dropped for now?

What might come up?

Do I have a backup plan?

**Solutions**

## Other Issues - Did I Miss Anything?

**Solutions**