**Start SMART Tools**

The Three Questions

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| **What do I want?** | To get on an engineering apprenticeship would be cool. My Dads an engineer and I think I would be good at it too. |
| **What am I doing?** | Drinking too much at the weekend. I spend Friday thinking about drinking, then drink Friday night, Saturday and Sunday. I get wasted. It’s what all my mates do. On Monday I can’t focus at college at all. I’m starting to get behind with my work. |
| **How do I feel?** | Guilty. If my Dad finds out I’m behind with my work he’ll be disappointed and mad.  Ashamed, I’m throwing my future away before I’ve even got there. I’m an idiot  Depressed, I don’t want to give up going out with my mates, it’s the only thing I’ve got. |
| Pause and reflect | |
| If you are not doing what you need to, to get what you want, what can you do to get what you want? | Get on top of my work at college. Get assignments in on time. |
| What things can you do differently to get what you want? | I could just go out drinking one night instead of the whole weekend |
| Pause and reflect | |
| Would that help you feel better? | I don’t know unless I try, but I’d def give it a go. Anything’s better than being stuck like this. |
| If you feel better would that help you do this different thing? | I think I would feel more motivated to sort things. |
| How would feeling better and doing this make it easier to get what you want. | If I stop feeling crap and actually do something about it, I’ll feel more in control. If I don’t get an apprenticeship at least I’ll know it’s not my fault. |
| What possible things might get in the way of doing things this way? | My mates insisting I go out with them and making me feel bad for not going.  My Dad finding out I’m behind with my work and going mental. Then I would want to stick 2 fingers up and drink anyway.  It’s hard to change something you are used to doing. |