

The letters **S H I F T S** can help you remember these six sections. Here's a template you can use for this process (see Fig. 4 below).

<p>1) S <i>STARTING POINT - HERE'S ME FACING THE CHALLENGE OF ...</i></p>	<p>2) H <i>HOPED-FOR OUTCOME - WHAT I'D LIKE TO HAPPEN HERE IS ...</i></p>
<p>3) I <i>IN THE WAY OF THIS, OBSTACLES OR DIFFICULTIES INCLUDE...</i></p>	<p>4) F <i>FACING ALL THAT, WHAT HELPS ME IS ...</i></p>
<p>5) A <i>A TURNING OR SHIFT MIGHT HAPPEN IF I WERE TO...</i></p>	<p>6) S <i>SPECIFIC ACHIEVABLE STEPS I CAN TAKE IN THE NEXT SEVEN DAYS TO MOVE FORWARD ARE...</i></p>

Fig. 4: The SHIFTS six-part storyboard template