Sticky Note Messages for School Counselors

Look beyond the problem.

See them as motivated- they came!

They will follow through if the plan comes from them!

X-ray vision on!

Spot the spark, not the smoke.

See beyond the frustration-there is an expert in front of you.

They are here, in my office.

That tells me their values need affirming.

Identify their values with them.

The plan will follow.

Notice the exception.

Say it out loud.

The exception is the best future action to try…

Because they have done it before.

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