

Motivation Driven Practice Core Elements Observation Guide

Be Person-Centered and Strengths-Based + Prioritize Simplicity and Efficiency
[watch the video about these core elements](#)

Be Person-Centered and Strengths-Based

Behaviors or characteristics	Observations
What to look for	What I hear and see
Elicit participant's strengths	
Affirm participant's strengths and progress	
Prioritize participant's agenda	
Draw out participant's motivation	
Participant does most of the talking	
Identify an opportunity to make progress	

Prioritize Simplicity and Efficiency

Behaviors or characteristics	Observations
What to look for	What I hear and see
Structure the session by offering a short agenda and ask for agreement	
Focus the meeting on setting one simple goal	
Prioritize the person instead of the paperwork	
Use time efficiently during the meeting and offer reminders	

Self-reflection:

Strengths: What went well?	Growth opportunity What could I improve?
1.	1.
2.	
3.	
4.	